Yoga could reduce cardiovascular markers

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CYTER's study concludes one yoga session can reduce heart rate, BP

A new study by the Centre of Yoga Therapy, Education and Research, Mahatma Gandhi Medical College & Research Institute reveals that a single session of yoga can significantly reduce heart rate and blood pressure.

According to the conclusion of the study, a single yoga session can reduce the heart rate, blood pressure and derived cardiovascular indices. The magnitude of the reduction depends on the pre-existing medical conditions, as well as the protocol of yoga therapy that is adopted.

The changes in cardiovascular could be attributed to an enhanced harmony in cardiac autonomic functions, resulting from the coordinated breath-body work, as well as the relaxation of mind and body, Deputy Director (Yoga) of CYTER Ananda Balayogi Bhavanani told The Hindu.

For the study, data of 1896 patients – 1229 women, 633 men and 34 transgender – from the ages of 24 to 48 was analysed. These people attended yoga sessions between November 2010 and September 2012 and heart rate, systolic and diastolic pressure were measured after a 60 minute yoga session. Pulse pressure, mean pressure, rate pressure product and double produce were derived from the data.

In patients with hypertension, there was a significant reduction in cardiovascular parameters following the session. People with skin problems and musculoskeletal problems, the reduction was less significant, while in patients with no health conditions as well as those with psychiatric and respiratory conditions, there was a moderate change in the cardiovascular markers, the study indicates.

According to Dr. Bhavanani, although there have been several studies on the physiological, psychological and biochemical changes following yoga practice, only very few have focussed on the effect of a single session. CYTER also conducted a one day CME to discuss papers on Lifestyle Diseases and Yoga recently.


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