



## ACC International Conferences Best Posters

**BETTER CARDIOVASCULAR OUTCOMES OF COMBINED SPECIFIC INDIAN YOGA AND AEROBIC EXERCISE IN OBESE CORONARY PATIENTS WITH TYPE 2 DIABETES**

Poster Contributions  
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**Background:** Major cause of death across the world is coronary artery disease. Its severity depends on various risk factors like hypertension, diabetes, smoking, dyslipidemia, obesity, stress and others.

**Methods:** Randomized clinical study done in last 3 years duration. 750 patients enrolled in this study who had been diagnosed previously as coronary heart disease. In group 1 aerobic exercise (n=225) and in group 2 Indian specific yoga for heart disease and diabetes (n=240) and in group 3 Indian specific yoga plus aerobic exercise (n=285). We arranged three sessions of yoga and aerobic exercise each of 6 months duration.

**Results:** We found almost similar results in group 1 and group 2 as per reduction of blood pressure, lipid profile, weight and waist circumference with improved angina (p<0.05). In group 3 there was around 2 times blood pressure, body mass index and cholesterol reduction as compared to individual groups (p<0.04). There was also a significant improvement of left ventricle function, improved 6 min walk or exercise capacity, heart rate recovery, class of dyspnea/angina (p<0.05, 0.003) was seen in group 3.

**Conclusion:** Combined Indian yoga and aerobic training give better control of coronary risk factors.

**Table**

Variable reduction	Group1(n=225) AEROBIC EXERCISE	Group2(n=240) INDIAN YOGA	Group3(n=285) COMBINED
Blood pressure (mmHg)	8 +/-2	9 +/-2	17 +/-4
Total cholesterol(mg/dl)	25 +/-6	26 +/-5	49 +/-8
Triglyceride(mg/dl)	19 +/-4	21 +/-6	46 +/-7
LDL(mg/dl)	23 +/-6	26 +/-4	52 +/-8
Body Mass Index	5 +/-2	6 +/-2	9 +/-3
Waist circumference (cm)	11 +/-3	10 +/-2	19 +/-4