

The Impact of Yogic Therapy on Cardiovascular Disease Patients

R.M.A.D. Rasnayaka* and S. Joniton

Department of Sport Sciences and Physical Education, Faculty of Applied Sciences,
Sabaragamuwa University of Sri Lanka, Belihuloya, Sri Lanka.

*kumuduanuradha28@gmail.com

Yoga is qualitatively different from any other mode of physical activity in that it consists of a unique combination of muscular contractions, stretching exercises, relaxation techniques, and breathing exercises. Few scientific studies have been conducted about the effect of yoga on biomechanical variables like lipid profile and blood pressure. This study included 100 male patients with cardiovascular disease (hypertensive) who were registered at divisional hospital Pambahinna as a total sample. From that total sample, thirty (N= 30) patients (age group 50-60 years) were selected for this study under the random sampling method. Under the instructions of yoga experts, the researcher gave eight weeks of yoga instruction and yoga practices to the experimental group, three days a week for 50-60 min each session. A post-test was conducted after eight weeks of the yoga training program. Selected variables such as lipid profile and Blood pressure were measured to collect the data. Data were analyzed using the Wilcoxon's test. The results showed that there was a significant difference in lipid profile and blood pressure levels before and after intervention in the selected sample. The results have shown that the mean Total Cholesterol (TC) was 203.13mg/dl and 181.86mg/dl, the mean High density Lipoproteins (HDL) was 40.46mg/dl and 49.53 mg/dl, the mean Low density Lipoproteins (LDL) was 153.86mg/dl and 128.16mg/dl, the mean Triglycerides (TG) was 179.13mg/dl and 148.12mg/dl, the mean of systolic blood pressure and diastolic blood pressure 148.56mm Hg, 136.26mm Hg and 88.76mm Hg and 77.46mm Hg before and after treatment respectively. Finally, it can be concluded that the pre-test and post-test results of this study show a significant difference as well as it has shown a positive impact of yogic therapy on cardiovascular disease patients.

Keywords: Yoga, Blood Pressure, Cardiovascular Disease Patients, Lipid Profile