

Yoga can cure cardiovascular disease: study

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A systematic review and meta-analysis of randomised controlled trials has concluded that yoga can be a potential therapy for cardiovascular disease and metabolic syndrome. The study is published in *European Journal of Preventive Cardiology*.

In the study, Out of 1,404 records, 37 randomised controlled trials were included in the systematic review and 32 in the meta-analysis. Compared to non-exercise participants, yoga showed significant improvement for body mass index, systolic blood pressure, low-density lipoprotein cholesterol, and high-density lipoprotein cholesterol. Significant changes were seen in body weight, diastolic blood pressure, total cholesterol, triglycerides and heart rate but not fasting blood glucose.

According to the authors, "This review helps strengthen the evidence base for yoga as a potentially effective therapy for such conditions. The results support earlier reviews on the positive benefits of yoga for cardiovascular disease prevention."

However, no significant difference was found between yoga and exercise. The team concluded that there is promising evidence of yoga on improving cardio-metabolic health.