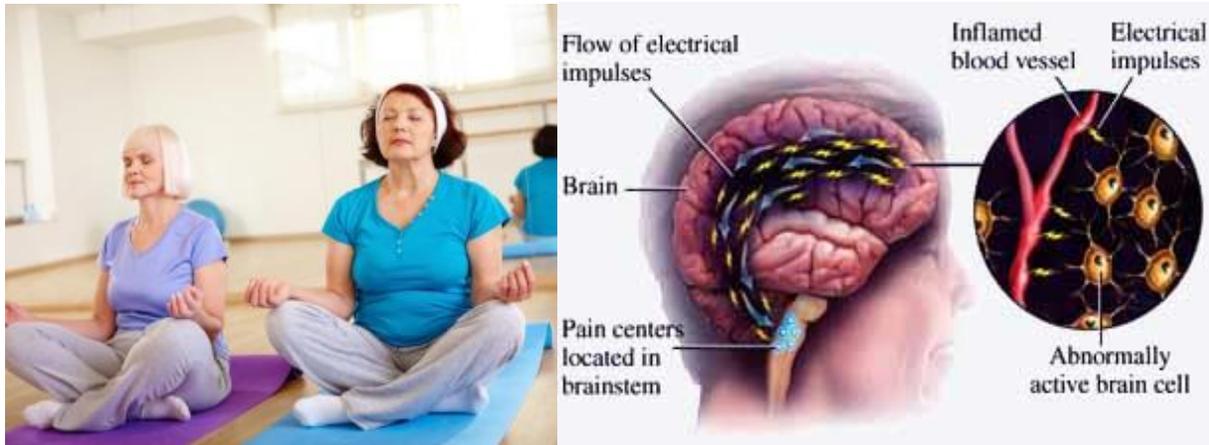


Regular Yoga Helps in Blood Pressure Control and Atrial Fibrillation Cases

Written by Emma Tiller on 16 Mar 2016 edited for Med Expose'



Regular Yoga helps in maintaining a healthy heart and can be suggested for people suffering from Atrial fibrillation, according to a new study. The study team found that people engaging in yogic practices regularly benefitted in cases of abnormal heart rhythm and high blood pressure. Many others studies in the past have linked yoga with better quality of life and health, including a study showing positive results with migraines.

Atrial fibrillation is the most common heart rhythm disorder, impacting nearly 1.5-2 percent of the population in the developed countries. The current study was conducted in Sweden over 12-week period. The study team found that participants performing yoga regularly during the study showed significant improvement in heart rate and blood pressure.

Atrial fibrillation is a heart disorder which impacts the two upper chambers of heart. Blood doesn't pump completely in the ventricles in cases of Atrial fibrillation and pools in the upper chambers (atria). As there is a mismatch in the working of upper and lower chambers of heart, the condition leads to heart rhythm disorder.

Study team lead Maria Wahlstrom from Karolinska Institute in Sweden said, "Atrial fibrillation episodes are accompanied by chest pain, dyspnoea and dizziness. These symptoms are unpleasant and patients feel anxious, worried and stressed that an AF episode will occur."

The study included 80 patients suffering from paroxysmal atrial fibrillation. It happens for 48 hours and then stops. However, some people can even suffer from the condition for a week.

The study participants were divided into two groups. One group was offered standard treatment with medication and in certain cases, cardioversion and catheter ablation. The second group was offered standard treatment and a yoga program including deep breathing, meditation and light movements.

The yoga schedule was performed once a week, for one hour. The study team evaluated patients after 12 weeks. The study team said, "Quality of life (physical and mental health) was assessed using two validated questionnaires, the Short-Form Health Survey (SF-36) and the EuroQoL-5D (EQ-5D) Visual Analogue Scale (VAS)."

"We found that patients who did yoga had a better quality of life, lower heart rate and lower blood pressure than patients who did not do yoga," said Wahlstrom.

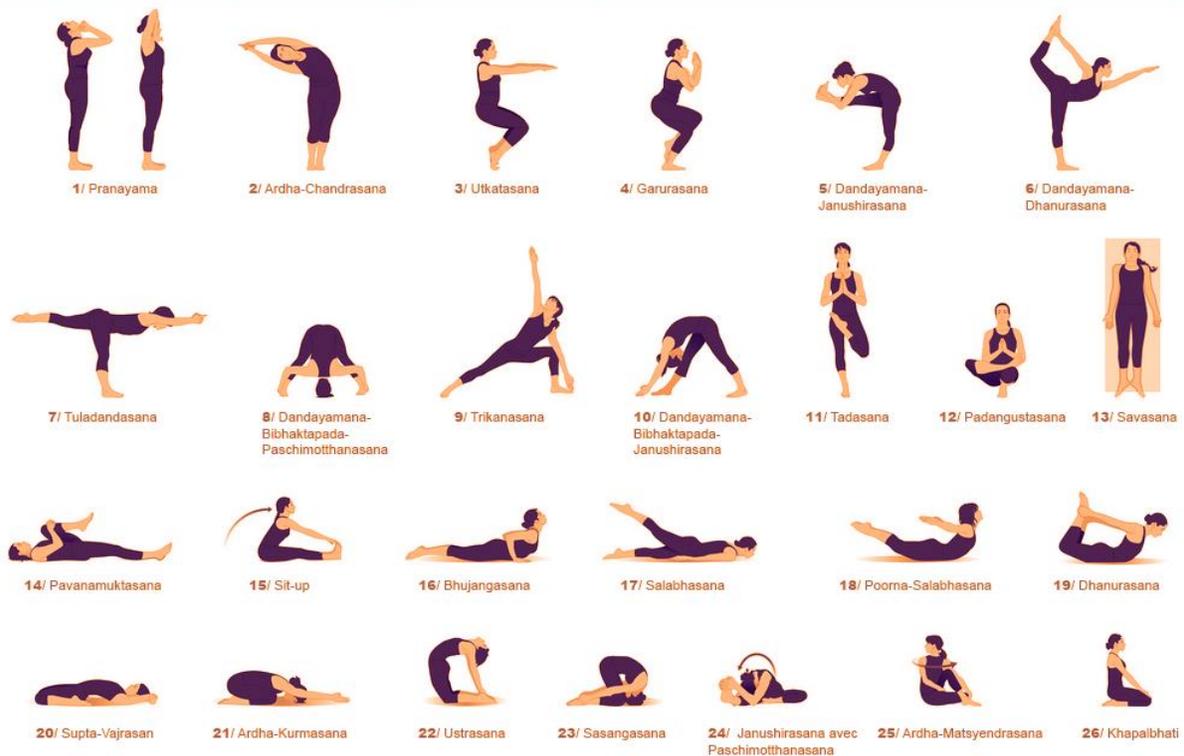
The research paper informed, "It could be that the deep breathing balances the parasympathetic and sympathetic nervous system, leading to less variation in heart rate. The breathing and movement may have beneficial effects on blood pressure."

"Yoga may improve quality of life in patients with paroxysmal AF because it gives them a method to gain some self control over their symptoms instead of feeling helpless," said Wahlstrom.

As per CDC information, nearly 6.1 people in the United States suffer from atrial fibrillation.

Detailed findings of the study have been published in the European Journal of Cardiovascular Nursing.

LES 26 POSTURES OU "ASANAS" DU YOGA BIKRAM



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yoga during pregnancy



warm ups - to prepare the body and mind
Breathe, relax breathing, it goes out through the nose.

standing poses - to strengthen and firm the legs
Make sure that you don't lock your knees or ankles, and avoid any lower back discomfort or overloading. Keep a series of your palms supporting your lower spine and abdomen.

sitting poses - to release the legs and lower back
Don't lock your knees, keep them slightly bent to avoid overstretching.

twists and sidebends - to open the chest and improve breathing
Turn through the upper spine only, avoid twisting through the abdomen.

gentle backbends - to strengthen the spine
Draw your tailbone under to keep the lower back long.

releasing poses & relaxation
Always relax at the end. Bring on your right side, supporting your head with a pillow.

Keep your awareness on your breath and feeling strong through the legs and spine.
Count 5 to 10 breaths for each pose or side. If you are pressed for time, miss out the sitting poses, twists and sidebends or do one from each section.



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