



Yoga Based Life Style Management for Chronic Diseases (The Caring Heart Project - Research - fact and the programme)

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One's overall approach to life is determined by genes and environmental factors. Environmental factors mainly include influence of parents, teachers and the social background during childhood. Such factors influence one's motivations, attitudes, values and behavioural pattern under different situations of life.

Several factors which adversely affect one's health can be gradually modified through persistent effort, whereby one experiences improvement in physical well-being and mental capacity.

Human being acts as his own doctor when he consumes pleasing food in moderation, cultivates habit of hard work, serene temperament and ethical character. 60 % of the health scenario in USA during the last 50 years was attributed to appropriate life styles.

As far back as 1733, a doctor in Vienna stated that right mode of living and tranquility of mind play an important role in the management of Heart Diseases.

A research commission for heart diseases has suggested that development of high quality protein products should be promoted. It has further mentioned that non vegetarian food, alcohol, obesity and smoking lead to breakdown of biophysical and metabolic functions.

This paper is prepared on the basis of the Caring Heart Project conducted by The Yoga Institute for last 5 years. The objective of the project was to achieve reversal of coronary arterial blocking through improvement of personality and modification in life style.

People with ischemic heart disease between 30 to 70 years were invited to participate through media. The exclusion criteria were mainly, IHD patients who had undergone intervention, severe triple vessel diseases, M I < 8 weeks, people on anticoagulant drugs, E F < 30 and severe co-morbid conditions.



The Caring Heart Project was implemented after detail case study of each participant as below.

Consent form signed by every individual. Each patient's background was studied through interviews.

Family support was encouraged by volunteers visiting their homes.

Complete medical investigation done, including coronary stress thallium followed by angiography in coordination with hospitals. Counseling sessions were conducted individually and with family to explain:

1 All about IHD 2 Need for adhering to the Life Style Programme for a long period. 3 Regular attendance and commitment benefits 4 Importance of nutritional evaluation and anthropometric measurements.

Guidance was procured from: 1 The Yoga experts for appropriate Yoga techniques to be adopted and for basic Yoga Philosophy to be imparted to patients. 3 Cardiologists for medical counseling and evaluation of Thallium and Angiography reports. 4 Dietician for nutritional advice. 5 Psychiatrist for evaluating and counseling each patient individually. 6 Biostatistician for precise publication of a paper. (Published in April 04 issue of JAPI., called 'Beneficiary Effects of Yoga in Reversal of Coronary Heart Disease') 7 Volunteers for keeping medical records, coordination between patients and hospitals.

The yoga based life style was imparted in four sections:

ACHAR - VICHAR, AHAR - VIHAR.
Right action - Right thought - Right food - Right recreation

ACHAR (Right action)

In 1990, Morris had researched to establish that executives who reported regular moderately intense exercise after 10 years had three times lower coronary artery diseases than their sedentary colleagues.

Dr Steven Blair and his colleagues had published a paper in JAMA, which showed that even little exercise like walking for 30 minutes by sedentary people can lower the mortality rate by all causes as much as 40 %.

Routine was rescheduled in regard to time management and priorities. Accordingly time for exercise, food, sleep, recreation and working hours sorted out.

Apart from yogic practices, the importance of regular walks, avoidance of junk foods, tea, coffee, alcohol were emphasized.

Reading of scriptures was recommended as part of routine.

VICHAR (Right thoughts)

Studies at university college of London have revealed that people prone to anger are 2.5 times more liable to get MI (or sudden death) in comparison to calmer counterparts.



Also studies have shown that hopelessness and depression in people lead to 4 to 5 times more chances of heart disease.

Behavioral modifications bring about significant positive results. We are what we think about ourselves and we shall be what we decide to be. 30 years of Mayo Clinic study showed that people with positive attitude live 19% more than pessimists.

Yoga essentially prescribes a Balanced State Mind. It prescribes certain Restraints and Observances (Yamas and Niyamas). There is enough in this world for everyone's need but not for ones greed.

Right attitudes promote ideas of Duty, Faith, Objectivity and Balanced State of Mind.

AHAR (Right Food)

Keeping all the nutritional principles intact, only sattvic food was recommended. Accordingly sprouts, dairy products, unrefined cereals, fresh fruits and vegetables were recommended.

Carbohydrates with low glycemic index and high fibre content preferred. At Yoga Institute sattvic meals served during programmes.

VIHAR (Right recreation)

Persistent stress can increase the Cortisol level. Constant high level of Cortisol leads to suppression of the immune system. And also can cause depression,

Scientific studies have indicated that deep quiet breathing lowers the blood pressure. It also lowers the pulmonary artery pressure and increases ejection fraction of the heart. Pranayama, meditation and Yoga asanas can produce helpful endorphins.

The idea of Vihar was implemented as below:

Different techniques of relaxation were taught and experiences noted. Mauna practice for stipulated period of time.

Karma Yoga and some altruistic work to be done as homework.

Some games with yogic concepts were played.

Chorus singing was also conducted

It was encouraged for them to find out some humorous anecdotes and also find out humorous incident in their day to day life.

Small recreational activities with the family members and picnics, vacations, festivals, rituals were promoted.

It was encouraged to elaborate on five good qualities of their spouse or any close relative. Group activities like camps and get together were done.



COMPARISON OF OVERALL EFFECT OF INTERVENTION BETWEEN STUDY AND CONTROL GROUPS OF CARING HEAR PROJECT.

PARAMETERS	STUDY GROUP			CONTROL GROUP		
	Improve Status	Quo	Deteriorate	Improve Status	Quo	Deteriorate
MPI Status	43.7	46.5	9.8	31	33.3	35.7
Angiography Status as per No of Patients	70.4	0	29.6	28	12	60
Angiography Status As per lesions	68.6	14.4	17	39.8	22.6	37.6
C G I - Nutritional	93	5.6	1.4	35.7	35.7	28.6
CGI-Psychological	90.2	9.8	----	35.7	54.8	9.5

Above table reveals that intervention of Yoga had a significant impact in Study Group as compared to Control Group as following parameters showed considerable change:

1. 90.2 % cases had improvement / status quo in study group as compared to 64.3 % among control group in relation to MPI status.
2. 70.4 % cases had improvement / status quo in study group as compared to 40 % among control group in relation to angiography findings. (As per patients classified as per myocardial jeopardy due to artery disease)
3. 83 % of the cases had improvement / status quo in study group as compared to 62.4 % among control group as per number of Coronary lesions.
4. 90.2 % of the cases had improvement in study group as compared to 35.7 % among control group in relation to C G I (psychological) score.
5. 93 % of the cases had improvement in study group as compared to 35.7 % among control group in relation to nutritional status

M P I - Myocardial Perfusion Imaging C G I - Clinical Global —impression—.

