

Yoga as a potential therapy for cardiovascular disease and metabolic syndrome

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Cardiovascular disease (CVD) and metabolic syndrome are major public health problems in the US and worldwide.

There is promising evidence of Yoga, a popular mind-body practice, on improving cardio-metabolic health.

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 CVD prevention.

The review demonstrates the potential of yoga to have an impact on concrete, physiological outcomes that represent some of the greatest health burdens today.

More information: "The effectiveness of yoga in modifying risk factors for cardiovascular disease and metabolic syndrome: A systematic review and meta-analysis of randomized controlled trials" From *European Journal of Preventive Cardiology* (a SAGE Journal). Read the full article here: cpr.sagepub.com/content/early/.../562741.full.pdf+html

Provided by SAGE Publications

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