

Yoga improves quality of life, cardiovascular function in heart failure patients

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Previous studies have shown that yoga therapy and lifestyle modifications have improved heart failure patients' quality of life and enhanced their cardiovascular function. A new study, presented at the

American College of Cardiology Asia 2023 conference, held 29–30 September in Manila, Philippines, examines the long-term outcomes of yoga therapy to determine the benefit of adding yoga therapy as a complementary treatment in the management of heart failure.

Heart failure is a form of cardiovascular disease where the [heart muscle](#) is either too weak or too stiff to pump properly, often leading to fluid buildup, shortness of breath and other complications. The New York Heart Association (NYHA) Functional Classification system is the most used classification system to determine the severity of a patient's symptoms.

The NYHA system places [patients](#) in one of four categories based on the limitations of their physical activity with Class I being the least severe and Class IV being the most severe. Clinicians also measure ejection fraction to determine how effectively the heart pumps blood.

The study included 75 [heart failure](#) patients at a tertiary care center in South India, who underwent [coronary intervention](#), revascularization or device [therapy](#) within in the previous six months to one year. All of the patients included in the study were less than or equal to NYHA Class III and had been on optimized medical therapy for at least six months to one year. To be included in the study patients had to be between 30 to 70 years old and have a left ventricular [ejection fraction](#) (LVEF) of

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