



▼ POST GRADUATES ABSTRACTS

PG -17 : EFFECT OF YOGA THERAPY ON FASTING LIPID PROFILE IN CHRONIC KIDNEY DISEASE: A COMPARATIVE STUDY

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Introduction: Lipid abnormalities are common among patients with Chronic kidney disease (CKD) and it tends to persist/worsen even after initiating treatment. The cardiovascular mortality and morbidity remains significantly high in this population. **Aim:** The present study was carried out to assess the effect of yoga therapy on fasting lipid profile in CKD patients.

Materials and Method: It was an interventional case control study on CKD patients with and without yoga in a tertiary care hospital. About 30 adult male and female CKD patients aged >18 years were enrolled in Group 1 who underwent yoga therapy. Group 2 consisted of 30 CKD patients who did not do yoga and they served as controls. Serum lipid profile, RFT and

BP were estimated among all patients of both groups. Chi-square test, Paired and unpaired t test, mean and delta change were used for comparing parameters. A p-value of <0.05 was considered statistically significant.

Results: Out of 60 patients, males were predominant. There was significant reduction in Triglycerides, LDL and VLDL in the yoga group. Total cholesterol also reduced but was not statistically significant. HDL also increased but insignificant statistically. There was also significant reduction in BP in the yoga group.

Conclusion: Yoga can reduce the lipid levels and Blood pressure in CKD patients. It can reduce the cardiovascular mortality and morbidity.