

Effectiveness Of A Yoga-based Cardiac Rehabilitation (yoga-care) Program: A Multi-centre Randomised Controlled Trial Of 4,014 Patients With Acute Myocardial Infarction From India

Purpose: evaluation of a yoga-based cardiac rehabilitation program in India for effectiveness and cost-effectiveness.

Trial Design: randomized 1:1, controlled trial; 3959 AMI patients from 24 cardiac centers in India; Yoga-CaRe program (13 supervised in-hospital sessions) vs. enhanced standard care (3 educational sessions). Trial: 50 months.12 week follow-up.

Primary Endpoints: composite of a) First cardiac event (composite of death, nonfatal myocardial infarctions and stroke) and emergency cardiac admissions, and b) QOL at 12 weeks.

Results: compared to standard care, the yoga-based cardiac rehabilitation program did not improve cardiovascular outcomes during this study, but QOL improvements were noted.

	Yoga-CaRe	Enhanced Standard Care	
Composite cardiac events	6.7%	7.3%	HR=0.91 p=0.33
Death	4.0%	3.9%	HR=1.02, p=0.99
MI, non-fatal	0.7%	0.8%	HR=0.88, p=0.73
Stroke, non-fatal	0.2%	0.2%	HR=1.34, p=0.43
Emergency admissions	2.4%	3.0%	HR=0.82, p=0.26
Quality of Life	10.7%	9.2%	P=0.002

