

Effects of Mediyoga on quality of life, blood pressure and heart rate in patients with paroxysmal atrial fibrillation- a randomized controlled study

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Abstract

Aims: Poor quality of life is common among subjects with AF. Yoga has been shown to have positive effects on both mental and physical health. The aim of this study was to investigate whether medical yoga has any effect, on perceived quality of life, blood pressure (BP) and heart rate (HR).

Method: Eighty patients, with diagnosis paroxysmal atrial fibrillation, were randomized to standard treatment with yoga or with standard treatment only. We used Mediyoga, specifically designed for patients with cardiovascular diseases. The standard care comprises drug treatment, cardio version and ablation. BP, HR were measured and the patients' own perception state of health was evaluated with EQ-5D and SF-36 before the intervention and after three months. A follow-up was accomplished after six months.

Result: Patients in Mediyoga group reported improved health ($p=0,006$) in EQ-5D VAS scale, compare with the control group. According to SF-36 the yoga group reported improved health in physical quality of life, ($p=0,01$) and mental quality of life ($p=0,02$). In the yoga group the systolic, diastolic blood pressure and HR decreased ($p= 0,03$ respective $p= 0,007$ and $p= 0,02$) compared to the control group.

Conclusion: Medi yoga with light movements and deep breathing leads to improved perceived quality of life, lower blood pressure and heart rate in patients with paroxysmal atrial fibrillation. Medi yoga can be a complementary treatment method for patients with paroxysmal atrial fibrillation.

Keywords: paroxysmal atrial fibrillation, medical yoga, quality of life, blood pressure, heart rate.