Benefits of Yoga for Cardiac Patients by Michelvar Smith

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Cardiovascular diseases are most common among individuals who are overweight, lead a sedentary or inactive lifestyle and women who are post-menopausal. Exercise and diet is the key to remaining healthy and avoiding any heart related complications. A stringent exercise regimen tends to intimidate individuals, which eventually results in non compliance.

For individuals like this, yoga offers a gentle and stress-free cardiac exercise which eventually gives similar results as talking a walk and simultaneously also provides a patient with a host of benefits. As a matter of fact, a large number of Vancouver based physiotherapy experts have been advocating Yoga as a rehabilitation modality for patients who have undergone cardiac surgery or any such procedure.

Here are some evident benefits of Yoga for cardiovascular patients â€“

1. Strengthening of the entire Cardiovascular System â€“

Yoga is an art as well as a science. Performing it also helps in exercising the muscles of our heart. The stretching exercises involved in Yoga and the various poses one is expected to hold in a quintessential session ensures that the heart works harder to pump blood throughout an individualâ€™s body. In addition to this, performing Pranayama, a unique technique of deep breathing, also eventually benefits in the circulation of blood.

All of this combines to strengthen the cardiovascular system of an individual and also work towards the reduction of hypertension. This also consequently leads to the lowering of oneâ€™s resting heart rate, blood glucose levels, and bad cholesterol, triglyceride and blood pressure levels. Chances of chest pain are also highly reduced among individuals who regularly perform Yoga.

2. Lowering Stress Levels

The gentle aerobic exercise that is provided by yoga helps in the release on endorphins and reduces the levels of cortisol in an individual. All of this helps in reducing stress. The combination of slow stretches, careful meditation and deep breathing helps in relaxing the muscles and calming down oneâ€™s mind. There are a number yoga positions known as â€˜asanasâ€™ which are designed to different body parts and systems. For example, there are certain asanas which help regulate the endocrine system of the human body hereby targeting anxiety and depression within an individual which eventually also influences the heart.

3. Rehabilitation and Prevention of Heart Diseases â€“

Yoga is not only good for the purpose of prevention of cardiovascular illnesses but also for rehabilitative purposes. It is ideal for heart patients who need to recover and strengthen their muscle. There have been infinite numbers of studies which have statistically proven that including Yoga therapy in a normal cardiac rehabilitative care leads to quicker and more positive results, as well as less inflammation, fewer requirement of heart related procedures and surgeries as well as lower blood lipid levels.

Get in touch with your physician to understand the extent to which you are permitted to pursue this unique alternative therapy. For example, depending on your particular case normal hatha yoga may not be sufficient for your rehabilitation. After discussion with your doctor and physical therapist you

will be able to design a custom recovery plan that helps you lead a normal life quickly.

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