

## ABSTRACT

**Background:** Significant numbers of HIV infected individuals suffer from psychological as well as physiological problems such as anxiety, depression, poor quality of life and deviation of BP, pulse rate, breathing rate and weight from their normal values etc leading to decline in CD4 counts and poor adherence to ART. Yoga is a well known intervention to reduce all the above problems.

**Aim:** To see whether one month of integrated yoga intervention has a positive impact on the physiological parameters of patients living with HIV.

**Methodology:** 40 HIV-infected patients from a HIV rehabilitation centre in Manipur state of India were selected for the study and are divided into two groups, Yoga (n=20) and Control (n=20). However, yoga group drops to 10 due to various reasons faced by the participants. Yoga group performed physical postures (asanas), breathing practices (pranayama) and yoga based relaxation techniques for 60 minutes six days a week for 30 days whereas, the control group continued their daily routine. They had no significant difference in age, socioeconomic status, CD4 counts and ART status between the groups at the baseline. There were no changes in medications of both the groups during the course of study. Paired and independent samples t-tests were used to compare within and between group results.

**Results:** Paired sample t-test shows decrease in BP-systole and BP-diastole which are not significant statistically and a statistically significant reduction in weight in yoga group. In the same group, there is statistically significant increase in pulse rate and breathing rate. In control group, there is statistically insignificant decrease in BP-systole, Breathing rate and weight. There is significant increase in BP-diastole and insignificant increase in pulse rate all statistically.

**Conclusion:** One month intense practice of Integrated Yoga leads to significant normalizations in physiological parameters (BP, BR, PR and weight) of the people living with HIV.

**Key words:** HIV, Yoga, BP, pulse rate, breathing rate, weight, CD4 count.