

## Appendix-1

### IAYT MODULE FOR CARDIAC HEALTH

<i>Practice</i>	<i>Duration In Min</i>
<b>Breathing Practices</b>	
Prasārita hasta śvāsa (Hands in & out breathing)	1
Utkacita hasta śvāsa (Hands stretch breathing)	1
Vvāgra śvāsa (Tiger breathing)	1
Ankle stretch breathing	1
Straight leg raising breathing	1
Setubandhāsana breathing	1
Bhujiaᅅgāsana breathing (Serpent posture breathing)	1
<b>Quick Relaxation Technique</b>	2
<b>Āsana</b>	
<b>Standing Āsana</b>	
Tādāsana	2
Trikonāsana	2
Ardhaticakrāsana	2
Ardhacakrāsana	2
Pādahastāsana	2
<b>Sitting Āsana</b>	
Vakrāsana ( Spinal twist with legs straight)	2
<b>Supine Āsana</b>	
Śavāsana ( Supine relaxation posture)	2
<b>Prānāvāma</b>	
Candranādi Prānāvāma	4
Nādiśodana Prānāvāma	2
Brāmari Prānāvāma	2
<b>Deep Relaxation Technique</b>	10
<b>Mind Sound Resonance Technique (MSRT)</b>	30

### ***Breathing Practices***

Yogic breathing practices combined with simple body movements aimed to bring about a slow rhythmic breathing pattern. The principles involved in the technique of breathing are (i) slow down the rate of breathing while synchronizing the movement of hands, legs, abdominal or thoracic muscles as needed in each exercise with breathing, (ii) ensure that exhalation is longer than inhalation and (iii) practice with full awareness of the touch of the flow of air through the nostril down the air passages.

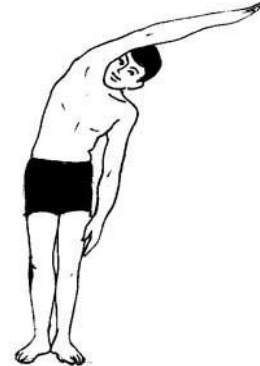
### ***Āsana***



Tādāsana



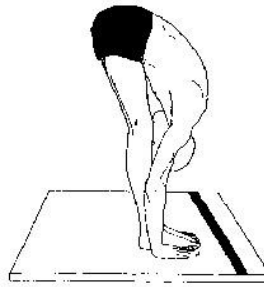
Trikoṇāsana



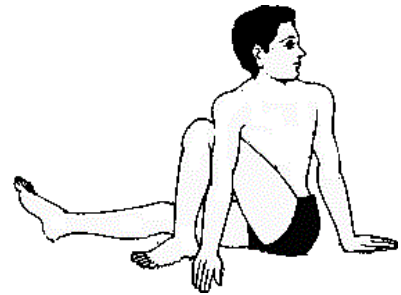
Ardhaḥaṭīcakrāsana



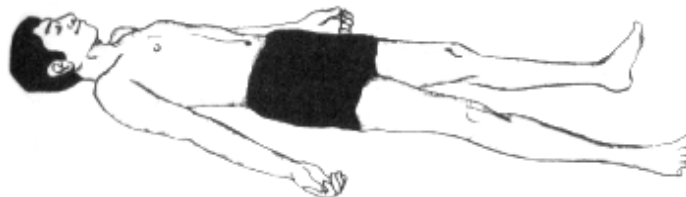
Ardhaḥaṭīcakrāsana



Pādahastāsana



Vakraśana



Śavāsana

### ***Quick Relaxation Technique***

Lying down in Śavāsana, the muscles of the back collapsing on the ground, legs apart, arms apart, palms facing the roof. The most comfortable position assumed. Awareness is brought to the movements of the abdominal muscles moving up and down as one breathe in and out, recognizing the haphazardness and jerky movement of the abdominal muscles. Not manipulating the breathing, mentally five rounds are counted, one inhalation and one exhalation forming one round. The abdominal movements is synchronized with breathing. While inhaling the abdomen bulging up and while exhaling the abdomen-sinking down. "Inhale..... deeply and exhale..... completely. Continue

up to three rounds". Then it is associated with feeling "As you inhale, the abdominal muscles are coming up feel the whole body getting energized and feel the lightness. As you exhale, feel the whole body collapses and sinks down nicely, releasing all the stresses and tensions completely. Inhale..... deeply and exhale..... completely. Continue up to three rounds".

### ***Prāṇāyāma***

#### *Candranāḍī Prāṇāyāma*

Sitting in pdmāsana, adopting Nāsika mudra with the right hand (folding index & middle fingers towards the palm), Inhalation & exhalation are carried out through the left nostril (candra nāḍī), keeping the right nostril closed all the time during the practice.

#### *Nāḍīśodana Prāṇāyāma*

Sitting in pdmāsana, adopting Nāsika mudra with the right hand (folding index & middle fingers towards the palm), air should be inhaled through the left nostril after having retained the breath as long as possible (khumbaka), it should be exhaled through the right nostril, and again inhaled through right after performing kumbhaka and exhaled through the left nostril.

#### *Brāmarī Prāṇāyāma*

Sitting in pdmāsana, after quick inhalation, air is exhaled slowly producing a soft humming sound. In order to produce the sound of a female bee (i.e., Bhrāmarī) it is instructed to utter any word ending with 'ng' such as 'Sing', 'Ring' etc. and stretch the 'n' part which will give rise to Bhrāmarī. While practicing Bhrāmarī, strong vibrations is felt, particularly in the head region. Also its resonating effect is felt. Before going for the next round Bhrāmarī, it is instructed to allow the vibrations to settle down thoroughly.

### ***Deep Relaxation Technique***

Deep Relaxation Technique (DRT) is done by taking a trip to different parts of the body from toes to head gradually with visualization, awareness and deeper feeling of relaxation.

Phase-I: Bring your awareness to the tip of the toes, gently move your toes and relax. Sensitize the soles and relax, relax your feet, loosen the ankle joints, relax the calf muscles, Pull up the knee caps, release and relax, relax your thigh muscles, buttock muscles, loosen the hip joints, relax the pelvic region and the waist region. Totally relax your lower part of the body. R..e..l..a..x..... Chant A-kāra, AAA..... Feel the vibration in your lower parts of the body.

Phase-II: Gently bring your awareness to the abdominal region and observe the abdominal movements for a while, relax your abdominal muscles, relax the chest muscles. Gently bring your awareness on your lower back, relax your lower back and loosen all the vertebral joints one by one. Relax the muscles and nerves around the backbones. Relax your middle back, shoulder blades and upper back muscles, totally relax. Shift your awareness to the tip of the fingers, gently move them a little and sensitize. Relax your fingers one by one. Relax your palms, loosen the wrist joints, relax the forearms, loosen the elbow joints, relax the hind arms-triceps, biceps and relax your shoulders. Shift your awareness to your neck, slowly turn your head to the right and left, again bring back to the center. Relax the muscles and nerves of the neck. Relax your middle part of the body, totally relax. R..e..l..a..x.....Chant U-kāra, UUU..... Feel the vibration in the middle part of your body.

Phase-III: Gently bring your awareness to your head region. Relax your chin, loosen your lower jaw and upper jaw, relax your lower and upper gums, lower and upper teeth and relax your tongue. Relax your palates-hard and soft, relax your throat and vocal chords. Gently shift your awareness to your lips, relax your lower and upper lips. Shift your awareness to your nose, observe your nostrils, and feel the warm air touching the walls of the nostrils as you exhale and feel the cool air touching the walls of the nostrils as you inhale. Observe for a few seconds and relax your nostrils. Relax your

cheek muscles, feel the heaviness of the cheeks and have a beautiful smile on your cheeks. Relax your eye balls muscles, feel the heaviness of eye balls, relax your eye lids, eye brows and the space between the eye brows. Relax your forehead, temple muscles, ears, the sides of the head, back of the head and crown of the head. Relax your head region totally relax. R..e..l..a..x..... and chant M-kāra, MMM..... Feel the vibration in your head region.

Phase-IV: Observe your whole body from toes to head and relax, chant AUM in a single breath A.....U.....M..... Feel the resonance throughout the body.

Phase-V: Slowly come out of the body consciousness and visualize your body lying on the ground completely collapsed.

Phase-VI: Imagine the vast beautiful blue sky. The limitless blue sky. Expand your awareness as vast as the blue sky. Merge yourself into the blue sky. You are becoming the blue sky. You are the blue sky. Enjoy the infinite bliss. E..N..J..O..Y... the blissful state of silence and all pervasive awareness.

Phase-VII: Slowly come back to body consciousness. Inhale deeply. Chant an Om-kāra. Feel the resonance throughout the body. The soothing and massaging effect from toes to head.

Phase-VIII: Gently move your whole body a little. Feel the lightness, alertness and energy throughout the body. Slowly bring your legs together and the hands by the side of the body. Turn over to the left or the right side and come up when you are ready.

Step-VIII: Closing Prayer

*Sarve bhavantu sukhinah Sarve santu nirāmayāh  
Sarve bhadrāni paśyantū Mā kaścit duhkha bhāgbhavet  
Om Śāntih Śāntih Śāntih.*

Meaning: May all be happy. May all be free from disease. May all see only things auspicious. May none be subject to misery.

### ***Mind Sound Resonance Technique (MSRT)***

i) Starting Position:

Sit in any meditative comfortable position or lie down in Śavāsana with legs apart, hands away from the body, head and neck in a very convenient position. The whole body is completely collapsed on the ground.

Let us start the session with the prayer - Maha Mrtyunjaya Mantra.

*Om Trayambakam yajamahe Sugandhim Pustivaradhanam  
Urvarukakamivabndhanat Mrtyormuksiya mamrtat.  
Om Shanti, Shanti, Shanti.*

Step-I : A-Kāra Chanting (9-Rounds). Maintain calmness of your mind and let us slowly proceed to the practice of M S R T, recognizing all the subtle changes during chanting. Let us begin with chanting 9 rounds of A-kāra synchronizing with the whole group and chanting very smoothly and try to feel the vibration in the lower parts of the body. Inhale A..... very carefully observe the changes, all the vibrations smoothly settling down. Very slowly and leisurely awaken the energies and chant another A-kāra. Inhale A..... Once again recognize all the vibrations settling down, gradually merging into the inner calmness, taking you very naturally into that inner quietude. Recognize the sublime state of energies. Learn to effortlessly remain in that peaceful state for longer and longer duration. Inhale A.....very carefully observe all the changes within Inhale again A....., Inhale A....., Fine vibrations of A-kāra engulfing your whole being and smoothly taking you into inner calmness, recognize the subtle and sublime state of energies at all levels. Once again inhale deeply A....., Every chanting taking you into deeper and deeper level of calmness, softer

and softer states of your being. Try to produce a very rich sound and every chanting giving full expression to your energies. Inhale A.....Recognize, the energies very smoothly subsiding, taking you into inner quietude. Inhale A..... Let go all inhibitions of your energies. Recognize a very tranquil flow. Final round of A-kāra. Inhale A..... learn the subtle technique of producing resonance by perfectly matching the sound vibrations and that of the body vibrations followed by quietude.

Step –II : U-Kāra Chanting( 9-rounds)Let us now move on to U-kāra chanting. Inhale U..... Try to produce very powerful sound, the flutter, the buzzing sound as you exhale. Inhale U..... Feel the pleasant resonance in the chest cavity very peacefully subsiding. Again inhale U..... Maintaining all the alertness of the mind and keen sensitivity. Recognize all the subtle changes. Inhale U....., Inhale U....., Breathe In for the sixth round U..... Again inhale U..... Recognize the smooth and relaxed state of energies. Inhale U....., Inhale U..... Last round Inhale U..... Appreciate the inner calmness.

Step –III : M-Kāra Chanting( 9-rounds)Let us move on to produce the finest vibration of M-kāra. Inhale M..... Feel the blossoming of energies particularly in the head region, giving you the wonderful feeling of expansion. Again inhale M....., Inhale M.....,inhale M....., Inhale M....., inhale M....., Inhale M....., inhale M....., Last round Inhale M..... allow the resonance to diffuse in the head region.

Step –IV : Om-Kāra Chanting( 9-rounds)Let us now proceed to chant Om-kāra by combining all the three syllables, A U M, giving a sublime release of energies. Feel the flow of energy during chanting starting from A-kāra and ending with M-kāra, wonderful feeling of expansion in the whole body. Inhale A...U...M..... in the ration of 1: 1: 2. Inhale A...U...M..... Recognize the blissful feeling of lightness and expansion of your energies, the wonderful calmness and tranquility of the mind. Again inhale A...U...M..... Check your position. Allow all the vibrations to completely quite down. Inhale A...U...M....., Inhale A...U...M..... Merge into the divine vibration of OM. Inhale A...U...M....., Inhale A...U...M....., Inhale A...U...M..... Last round inhale A...U...M..... Allow the resonance and the subtle vibrations to diffuse and merge into silence.

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## **Appendix-2**

### **INFORMED CONSENT FORM**

**Informed Consent form for patients, participating in a randomized control trial to study the effectiveness of Integrated Approach of Yoga Therapy based rehabilitation program for heart failure secondary to coronary artery disease.**

**Name of Organization: Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) and Sri Jayadeva Institute of Cardiovascular Sciences and Research.**

**Name of Program Director: Dr. Subramanya Pailoor**

**Name of Program: PhD (Yoga)**

This Informed Consent Form has two parts:

- Information Sheet (to share information about the research with you)
- Certificate of Consent (for signatures if you agree to take part)

You will be given a copy of the full Informed Consent Form

## **PART I: Information Sheet**

### **Introduction**

There may be some words that you do not understand. Please ask us to stop as we go through the information and we will take time to explain. If you have questions later, you can ask them of the investigator, the study doctor or the staff.

### **Purpose of the research**

Heart disease is becoming very common nowadays making it difficult for the patients lead a normal life. Medicine alone cannot improve the patient's day to day activities. Within 30 days after discharge from the hospital, one out of four heart failure patients are readmitted. In order to carry out the day to day activities confidently, the lifestyle has to be modified, along with some sort of physical activity (exercise). Yoga is more ideal because it has components like Asana (physical exercise), Pranayama (breathing exercise) and meditation. We are doing this research to find out if yoga is better for heart failure patients when done along with the medicines the doctors have prescribed.

### **Type of Research Intervention**

This research will consist of doing some tests like echocardiogram (ultra sound scanning of the heart) and blood test. You will be taught yoga at the hospital three days a week for approximately one hour for a total of three months. After that you will be given CDs and pamphlets, with the help of which you should continue the practice at home for another three months, at the end of which tests will be done once more.

### **Participant selection**

We are inviting all male heart failure patients between 30 to 65 years of age who fit into the inclusion and exclusion criteria as explained by the research associate to participate in this research on yoga.

### **Voluntary Participation**

Your participation in this research is entirely voluntary. It is your choice whether to participate or not. Whether you choose to participate or not, all the services you receive at this hospital will continue and nothing will change. If you choose not to participate in this research project, you will be given the treatment that is routinely offered in this hospital for heart failure, and we will tell you more about it later. You may change your mind later and stop participating even if you had agreed

earlier.

### **Information on the Trial [Integrated Approach to Yoga Therapy-IAYT]**

In this research, we are testing the effectiveness of Yoga based rehabilitation on heart failure. Other studies of yoga has been tested before in similar patient population. Now we want to evaluate the effectiveness of a holistic program (IAYT).

Rehabilitation following most of the heart diseases gives good results. Yoga is an age old practice, which is being followed in India for hundreds of years. It includes physical exercises called Asana, breathing exercises called Pranayama and meditation called Dhyana. Along with these, the yoga module used in this research also include relaxation, lecture sessions and counseling. It is absolutely safe if done according to the instructions given by the therapist. You may experience generalized body paincramps or a catch in the first few days, which is normal and gets all right by itself. Only one or two incidences of severe injuries have been reported in other modules, especially in advanced practices and when the protocol was not followed correctly. Such advanced practices are not included in the module currently being used. We know of no other problem or risks.

### **Procedures and Protocol**

Once your participation in the study is confirmed, some of the simple tests will be performed. Echocardiogram, an ultrasound scanning of the heart, will be done which requires a few minutes and is not painful. A blood sample will be taken to check for lipids (fat) and blood sugar level, which will require a small prick in the forearm. You will be asked to walk for a few minutes under supervision to check for your physical capacity. Routine measurements like the BP, height, weight, etc. will be taken. A few questions related to your daily activities, stress, etc. would be asked.

Because we do not know if the addition of yoga to the prescribed medicine would be better than taking only medicine for treating heart failure, we need to compare the two. To do this, we will put people taking part in this research into two groups. The groups are selected by chance, as if by tossing a coin.

Participants in one group will be given the yoga practice along with the medicine prescribed by the heart specialist while participants in the other group will be taking only the medicine prescribed by the heart specialist. It is important that neither you nor we know which of the two groups you will be included in. The people involved in testing will not know, to which group each one belong to. This information will be in our files, but will not be disclosed until after the research is finished. We will then compare which of the two has the best results. This is the best way we have for testing

without being influenced by what we think or hope might happen.

The healthcare workers will be looking after you and the other participants very carefully during the study. If we are concerned about any particular practice, we will identify them and make changes. If there is anything you are concerned about or that is bothering you about the research please talk to the investigator or one of the other health care workers.

We will take blood from your arm using a syringe and needle. Each time we will take about 15 ml of blood. In total, we will take about 50 ml of blood in six months. At the end of the research, in 1 year, any leftover blood sample will be destroyed.

### **B. Description of the Process**

During the research you make 4 visits to the hospital.

- During the first visit, a small amount of blood, equal to about a teaspoon, will be taken from your arm with a syringe. This blood will be tested for the level of fat and sugar. We will also ask you a few questions about your general health and measure how tall you are and how much you weigh.
- At the next visit, which will be one or two days later, you will again be asked some questions about your health and then you will be allotted one of the groups either that with yoga or that without yoga. As explained before, neither you nor we will know whether you go to yoga group or the non-yoga group.
- If you get the yoga group you will have to visit the hospital three times a week for a period of three months.
- Irrespective of which group you belong to, after three months, you will come back to the hospital for a repetition of all the tests which were previously mentioned.
- If you belong to the yoga group, we will provide you with CDs and pamphlets, with the help of which, you will have to practice yoga which was taught at the hospital, by yourself at home.
- No matter which group you belong to, you will come back to the hospital after six months, when all the previously mentioned tests will be repeated for the third time.
- If you are in the non-yoga group, we would offer yoga therapy after six months following the completion of the study.

### **Duration**

The research takes place over 6 months in total. During that time, it will be necessary for you to

come to the hospital 5 days, for 2 hours each day. If you get a chance to be included in the yoga group, you will have to come to the hospital three times weekly for three months, that would come to around 36 days in total. Each day you will be spending an hours time in the yoga centre of the hospital, where supervised sessions of yoga practices will be arranged. We would like to meet with you three months after your last clinic visit for a final check-up. At the end of six months, the research will be finished.

### **Side Effects**

As already mentioned, yoga therapy will have no side effects. It can make you tired and it can cause some temporary soreness of the muscles of your body, cramps and muscle catch. It is possible that it may also cause some problems that we are not aware of. However, we will follow you closely and keep track of any unwanted effects or any problems. Or we may stop one or more practices. There are chances that you will be dropped out of the study if the situation demands, after discussing with the heart specialist. If this is necessary, we will discuss it together with you and you will always be consulted before we move to the next step.

### **Risks**

By participating in this research it is possible that you will be at greater risk than you would otherwise be. There is a possibility that your symptoms may increase with some of the practices. While the possibility of this happening is very low, you should still be aware of the possibility. We will try to decrease the chances of this event occurring, but if something unexpected happens, we will provide you with first aid. There is, less chances that your disease will not get better because yoga therapy is being provided additional to the standard medicines. Any other accident or medical conditions during this period, which is not due to the intervention would not be covered.

### **Benefits**

If you participate in this research, you get a chance of long term follow up from the hospital staff. The yoga therapy will be provided free of cost to you. There may not be any benefit to you, but your participation is likely to help us find the answer to the research question. There may not be any benefit to the society at this stage of the research, but future generations are likely to benefit.

### **Reimbursements**

You will not be given any money or gifts to take part in this research.

### **Confidentiality**

With this research, something out of the ordinary is being done in your community. It is possible that if others in the community are aware that you are participating, they may ask you questions. We

will not be sharing the identity of those participating in the research.

The information that we collect from this research project will be kept confidential. Information about you that will be collected during the research will be put away and no-one but the researchers will be able to see it. Any information about you will have a number on it instead of your name. Only the researchers will know what your number is and we will lock that information up with a lock and key. It will not be shared with or given to anyone except the people involved in the research and the research clinician.

### **Sharing the Results**

The knowledge that we get from doing this research will be shared with you through community meetings before it is made widely available to the public. Confidential information will not be shared. There will be small meetings in the community and these will be announced. After these meetings, we will publish the results in order that other interested people may learn from our research.

### **Right to Refuse or Withdraw**

You do not have to take part in this research if you do not wish to do so and refusing to participate will not affect your treatment at this hospital in any way. You will still have all the benefits that you would otherwise have in this hospital. You may stop participating in the research at any time that you wish without losing any of your rights as a patient here. Your treatment at this hospital will not be affected in any way.

### **Whom to Contact**

If you have any questions you may ask any one of our team members now or later, even after the study has started. If you wish to ask questions later, you may contact the following person: Srihari Sharma K N, Telephone no-9886040520 /e-mail- srihari\_physio@yahoo.com

**This proposal has been reviewed and approved by SVYASA IRB as well as the IRB of Sri Jayadeva institute of cardiovascular sciences and research center. IRB is a committee whose task it is to make sure that research participants are protected from harm. If you wish to find about more about the IRB, contact The technical coordinator, IEC- SVYASA, No.19, 'Eknath Bhavan', Gavipuram circle, Kempegoda Nagar, Bengaiuru- 560019 Telephone number- 08026612669.**

You can ask me any more questions about any part of the research study, if you wish to. Do you have any questions?

**PART II: Certificate of Consent**

I have read the foregoing information, or it has been read to me. I have had the opportunity to ask questions about it and any questions that I have asked have been answered to my satisfaction. I consent voluntarily to participate as a participant in this research.

Print Name of Participant \_\_\_\_\_

Signature of Participant \_\_\_\_\_

Date \_\_\_\_\_

Day/month/year

**Statement by the researcher/person taking consent.**

We have accurately read out the information sheet to the potential participant, and to the best of our ability made sure that the participant understands that the following will be done:

1. Baseline assessment.
2. Supervised intervention for three months.
3. Interim assessment after three months.
4. Final assessment after six months.

We confirm that the participant was given an opportunity to ask questions about the study, and all the questions asked by the participant have been answered correctly and to the best of our ability.

We confirm that the individual has not been coerced into giving consent, and the consent has been given freely and voluntarily.

A copy of this ICF has been provided to the participant.

Print Name of Researcher/person taking the consent\_\_\_\_\_

Signature of Researcher /person taking the consent\_\_\_\_\_

Date \_\_\_\_\_

Day/month/year

## INFORMED CONSENT FORM-KANNADA VERSION

### ಮಾಹಿತಿಯನ್ನೊಳಗೊಂಡ ಒಪ್ಪಿಗೆ ಪತ್ರಕ

ಹೃದಯಾಘಾತದ ನಂತರದ ಹೃದಯದ ನಿಷ್ಕ್ರಿಯತೆಯಿಂದ (ಹಾರ್ಟ್ ಫೈಲ್ಯೂರ್) ಬಳಲುತ್ತಿರುವ ರೋಗಿಗಳ ಮೇಲೆ ಸಮಗ್ರ ಯೋಗ ಚಿಕಿತ್ಸೆಯ ಪರಿಣಾಮಗಳನ್ನು ಗುರುತಿಸುವ ಸಲುವಾಗಿ ಕೈಗೊಂಡಿರುವ ಅಧ್ಯಯನದಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳುವ ರೋಗಿಗಳಿಗೆ ಮಾಹಿತಿಯನ್ನೊಳಗೊಂಡ ಒಪ್ಪಿಗೆ ಪತ್ರಕ.

ಸಂಸ್ಥೆಯ ಹೆಸರು :

ಸ್ವಾಮಿ ವಿವೇಕಾನಂದ ಯೋಗ ಅನುಸಂಧಾನ ಸಂಸ್ಥಾನ ಮತ್ತು

ಶ್ರೀ ಜಯದೇವ ಹೃದ್ರೋಗ ಹಾಗೂ ಸಂಶೋಧನಾ ಸಂಸ್ಥೆ.

ಕೆಳಕಂಡ ಪತ್ರಕದಲ್ಲಿ 2 ಭಾಗಗಳಿರುತ್ತವೆ -

1. ತಿಳುವಳಿಕೆಯ ಭಾಗ (ಅಧ್ಯಯನದ ಬಗ್ಗೆ ನಿಮಗೆ ತಿಳುವಳಿಕೆಯನ್ನು ನೀಡಲು)
2. ಒಪ್ಪಿಗೆ ಪತ್ರಕ (ನೀವು ಒಪ್ಪಿದ ನಂತರ ನಿಮ್ಮ ಸಹಿಯನ್ನು ತೆಗೆದುಕೊಳ್ಳಲು)

ಈ ಪತ್ರಕದ ಒಂದು ಪ್ರತಿಯನ್ನು ನಿಮಗೆ ನೀಡಲಾಗುತ್ತದೆ.

ಭಾಗ -1

ಪರಿಚಯ:

ನಿಮಗೆ ಅರ್ಥಮಾಡಿಕೊಳ್ಳಲು ಕಷ್ಟವಾಗಿರುವ ಕೆಲವು ಪದಗಳನ್ನು ನೀವು ಗುರುತಿಸಿದ ಸಂದರ್ಭದಲ್ಲಿ ನಮ್ಮ ಗಮನಕ್ಕೆ ತಂದರೆ ಅದರ ವಿವರಗಳನ್ನು ತಿಳಿಸಲು ನಮಗೆ ಸಹಾಯವಾಗುತ್ತದೆ. ಮುಂದೆ ಯಾವುದಾದರೂ ಸಂದರ್ಭದಲ್ಲಿ ನಿಮಗೆ ಪ್ರಶ್ನೆ ಎದುರಾದಲ್ಲಿ [AA±ÉÆÃzsÀÆÉUÉ](#) ಸಂಬಂಧಪಟ್ಟ ವೈದ್ಯ ಇಲುವೆ ಸಿಬ್ಬಂದಿಯನ್ನು ಕೇಳಿ ಪರಿಹರಿಸಿಕೊಳ್ಳಬಹುದು.

[AA±ÉÆÃzsÀÆÉAiÀÄ](#) ಅವಶ್ಯಕತೆ:

ಪ್ರಸ್ತುತ ಸಂದರ್ಭದಲ್ಲಿ ಹೃದಯ ಸಂಬಂಧಿತ ಕಾಯಿಲೆಗಳು ಹೆಚ್ಚುತ್ತಿದ್ದು ಇದರಿಂದ ಬಳಲುವ ರೋಗಿಗಳಿಗೆ ದೈನಂದಿನ ಕೆಲಸಗಳನ್ನು ಮಾಡುವುದು ಕಷ್ಟಕರ. ಔಷಧವನ್ನು ತೆಗೆದುಕೊಂಡಾಕ್ಷಣ ಎಲ್ಲವು ಸರಿಹೋಗುತ್ತದೆ ಎಂಬ ಭಾವನೆ ತಪ್ಪಾಗುತ್ತದೆ. ಹಾರ್ಟ್ ಫೈಲ್ಯೂರ್ ರೋಗಿ ಆಸ್ಪತ್ರೆಯಿಂದ ಮರುಳಿದ ಕೇವಲ ೩೦ ದಿನಗಳಲ್ಲಿ ಪುನಃ ಆಸ್ಪತ್ರೆಗೆ ದಾಖಲಾಗುವುದು ಸರ್ವೇ ಸಾಮಾನ್ಯ. ದೈನಂದಿನ ಚಟುವಟಿಕೆಗಳನ್ನು ಯಾವುದೇ ತೊಂದರೆ ಇಲ್ಲದೆ ನೆರವೇರಿಸಲು ಕೆಲವೊಂದು ಕ್ರಮಗಳನ್ನು ಅನುಸರಿಸಬೇಕಾಗುತ್ತದೆ. ಉದಾಹರಣೆಗೆ: ಜೀವನ ಶೈಲಿಯಲ್ಲಿ ವ್ಯತ್ಯಾಸ, ವ್ಯಾಯಾಮ ಇತ್ಯಾದಿ. ಬಹಳ ಸೂಕ್ತವಾದ ಅಭ್ಯಾಸವೆಂದರೆ ಯೋಗ. ಏಕೆಂದರೆ ಇದು ಆಸನ, ಪ್ರಾಣಾಯಾಮ, ಧ್ಯಾನದಂತಹ ವಿವಿಧ ಅಂಶಗಳನ್ನು ಒಳಗೊಂಡಿರುತ್ತದೆ. ಹಾರ್ಟ್ ಫೈಲ್ಯೂರ್ ರೋಗಿಗಳನ್ನು ತಜ್ಞರು ನೀಡಿರುವ ಔಷಧಿಗಳೊಂದಿಗೆ ಯೋಗಾಭ್ಯಾಸದ ಪರಿಣಾಮವನ್ನು ಗುರುತಿಸುವ ಸಲುವಾಗಿ ಈ ಅಧ್ಯಯನವನ್ನು ಕೈಗೊಳ್ಳಲಾಗಿದೆ.

[AA±ÉÆÃzsÀÆÉAiÀÄ](#) ಪ್ರಕ್ರಿಯೆ:

[AA±ÉÆÃzsÀÆÉAiÀÄ](#) ಸಂದರ್ಭದಲ್ಲಿ ಹೃದಯದ ತಪಾಸಣೆಗಾಗಿ ಏಕೋ ಕಾರ್ಡಿಯೋಗ್ರಾಂ ಹಾಗೂ ರಕ್ತ ತಪಾಸಣೆಯನ್ನು ಮಾಡಲಾಗುತ್ತದೆ. ವಾರದಲ್ಲಿ 3 ದಿನಗಳು 1 ಗಂಟೆ ಯೋಗಾಭ್ಯಾಸವನ್ನು 3 ತಿಂಗಳುಗಳ ಕಾಲ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಮಾಡಿಸಲಾಗುತ್ತದೆ. 3 ತಿಂಗಳ ನಂತರ ನಿಮಗೆ ನೀಡಲಾಗುವ ಸಿ.ಡಿ. ಹಾಗೂ ಕರಪತ್ರಗಳ ಸಹಾಯದಿಂದ ಈಗಾಗಲೇ ಹೇಳಿಕೊಡಲಾದ ಯೋಗಾಭ್ಯಾಸವನ್ನು ಮುಂದಿನ 3 ತಿಂಗಳು ಮನೆಯಲ್ಲಿ ಸ್ವತಃ ಅಭ್ಯಾಸ ಮಾಡುವುದು. ಕಡೆಯಲ್ಲಿ ಮತ್ತೊಮ್ಮೆ ಪರೀಕ್ಷೆಗಳಿಗೆ ಒಳಪಡಿಸಲಾಗುತ್ತದೆ.

ಭಾಗವಹಿಸುವವರ ಆಯ್ಕೆ:

ಹಾರ್ಟ್ ಫೈಲ್ಯೂರ್ ಪೀಡಿತ, 30 ರಿಂದ 60 ವಯೋಮಾನದ ಹಾಗೂ ಆಯ್ಕೆಯ ನಿಮಗಳಿಗೆ ಹೊಂದುವ ಎಲ್ಲಾ ಪುರುಷರನ್ನು ಈ ಅಧ್ಯಯನಕ್ಕೆ ಆಹ್ವಾನಿಸುತ್ತಿದ್ದೇವೆ.

ಸ್ವಯಂಪ್ರೇರಿತ ಭಾಗವಹಿಸುವಿಕೆ:

ಈ [AA±ÉÆÃzsÀÆÉAiÀÄ](#) ನಿಮ್ಮ ಭಾಗವಹಿಸುವಿಕೆ ಸಂಪೂರ್ಣ ಸ್ವಯಂ ಪ್ರೇರಿತ. ಈ ಅಧ್ಯಯನದಲ್ಲಿ ಭಾಗವಹಿಸುವುದು ಬಿಡುವುದು ನಿಮ್ಮ ಇಚ್ಛೆಗೆ ಬಿಟ್ಟದ್ದು. ನೀವು ಈ ಅಧ್ಯಯನದಲ್ಲಿ ಭಾಗವಹಿಸಲಿ ಬಿಡಲಿ ಈ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಸಿಗುವ ಯಾವುದೇ ಸವಲತ್ತುಗಳಿಂದ ವಂಚಿತರಾಗುವುದಿಲ್ಲ. ಈ [AA±ÉÆÃzsÀÆÉ](#)ಯಿಂದ ಹೊರಗಿರಲು ಇಚ್ಛಿಸಿದ್ದಲ್ಲಿ ನಿಮಗೆ ಈ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಸಾಮಾನ್ಯವಾಗಿ ಹಾರ್ಟ್ ಫೈಲ್ಯೂರ್ ರೋಗಿಗಳಿಗೆ ಸಿಗುವ ಔಷಧೋಪಚಾರಗಳು ಸಿಗುತ್ತದೆ. ಒಮ್ಮೆ ಅಧ್ಯಯನದಲ್ಲಿ ಭಾಗವಹಿಸಲು ಒಪ್ಪಿದ ನಂತರವೂ ಮನಸ್ಸಿನಲ್ಲಿ ಪರಿವರ್ತನೆ ಆದರೆ ಭಾಗವಹಿಸದಿರುವ ಹಕ್ಕು ನಿಮ್ಮದಾಗಿರುತ್ತದೆ.

[AA±ÉÆÃzsÀÆÉAiÀÄ](#) ಬಗ್ಗೆ ಮಾಹಿತಿ:

ಈ [AA±ÉÆÃzsÀÆÉAiÀÄ](#) ಮೂಲಕ ಹಾರ್ಟ್ ಫೈಲ್ಯೂರ್ ರೋಗಿಗಳ ಮೇಲೆ ಯೋಗದ ಪ್ರಭಾವವನ್ನು ಪರೀಕ್ಷಿಸಲಾಗುತ್ತದೆ. ವಿವಿಧ ಅಧ್ಯಯನಗಳಲ್ಲಿ ಯೋಗದ ಪರಿಣಾಮಗಳನ್ನು ಇಂತಹುದೇ ಸಮೂಹಗಳಲ್ಲಿ ಪರೀಕ್ಷಿಸುವ ಕಾರ್ಯ ನಡೆದಿದೆ. ಈ ಅಧ್ಯಯನದ ಮೂಲಕ ಸಮಗ್ರ ಯೋಗದ (ಇಂಟೆಗ್ರೇಟೆಡ್ ಅಪ್ರೋಚ್ ಆಫ್ ಯೋಗ ಥೆರಪಿ) ಪರಿಣಾಮವನ್ನು ಗುರುತಿಸಲು ಇಚ್ಛಿಸಿದ್ದೇವೆ.

ಹೃದಯ ರೋಗಗಳಲ್ಲಿ ವ್ಯಾಯಾಮ ಆಧಾರಿತ ಪುನರ್ವಸಲಿ ಪರಿಣಾಮಕಾರಿ ಎಂಬುದು ಸಾಭೀತಾಗಿದೆ. ಯೋಗ ಭಾರತದಲ್ಲಿ ಆಚರಣೆಯಲ್ಲಿರುವ ಒಂದು ಪುರಾತನವಾದ ಪದ್ಧತಿ. ಇದು ಆಸನ-ದೈಹಿಕ ವ್ಯಾಯಾಮ, ಪ್ರಾಣಾಯಾಮ-ಉಸಿರಾಟದ ನಿಯಂತ್ರಣ ಹಾಗೂ ಧ್ಯಾನ-ಮನಸ್ಸಿನ ಮೇಲಿನ ಹತೋಟಿಯಂತಹ ವಿವಿಧ ಅಂಶಗಳನ್ನೊಳಗೊಂಡಿರುತ್ತದೆ. ಪ್ರಸ್ತುತ ಅಧ್ಯಯನದಲ್ಲಿ ಮೇಲೆ ತಿಳಿಸಿರುವ ಅಂಶಗಳ ಜೊತೆಯಲ್ಲಿ ವಿಶ್ರಾಂತಿ (ರಿಲಾಕ್ಸೇಷನ್), ಪ್ರವಚನ ಹಾಗೂ ಸಲಹೆಗಳನ್ನು ಅಳವಡಿಸಲಾಗಿದೆ. ಯೋಗ ಶಿಕ್ಷಕರ ಸೂಚನೆಗಳನ್ನು ಅನುಸರಿಸಿ ಅಭ್ಯಾಸ ಮಾಡುವುದರಿಂದ ಹೆಚ್ಚು ಪರಿಣಾಮ ಉಂಟಾಗುವುದರ ಜೊತೆಯಲ್ಲಿ ಜೋಪಾನವೂ ಹೌದು. ಪ್ರಾರಂಭದ ದಿನಗಳಲ್ಲಿ ಮೈ ಕೈ ನೋವು ಉಂಟಾಗುವುದು ಸಾಮಾನ್ಯ ಹಾಗೂ ನಿರೀಕ್ಷಿತ. ಅದು ತನ್ನಷ್ಟಕ್ಕೆ ಸರಿಹೋಗುವಂತಹುದು. ಗಂಭೀರ ತೊಂದರೆಗಳು ಬಹಳ ವಿರಳ. ಇದು ಸಂಭವಿಸುವುದು ಪ್ರಗತ ಅಭ್ಯಾಸದ ಸಂದರ್ಭದಲ್ಲಿ ಮತ್ತು ಸೂಚನೆಗಳ ಕಡೆ ಗಮನ ಕೊಡದಿದ್ದ ಸಂದರ್ಭಗಳಲ್ಲಿ ಮಾತ್ರ. ಇಂತಹ ಪ್ರಗತ ಯೋಗಾಭ್ಯಾಸವನ್ನು ನಮ್ಮ ಅಧ್ಯಯನದಲ್ಲಿ ಅಳವಡಿಸಿರುವುದಿಲ್ಲ. ಇದನ್ನು ಹೊರತುಪಡಿಸಿ ಬೇರಾವ ತೊಂದರೆಗಳು ನಮ್ಮ ಗಮನಕ್ಕೆ ಬಂದಿರುವುದಿಲ್ಲ.

[AA±ÉÆÃzsÀÆÉAiÀÄ](#) ಪ್ರಕ್ರಿಯೆ:

[AA±ÉÆÃzsÀÆÉAiÀÄ](#) ಸಂದರ್ಭದಲ್ಲಿ ಹೃದಯದ ತಪಾಸಣೆಗಾಗಿ ಏಕೋ ಕಾರ್ಡಿಯೋಗ್ರಾಂ ಹಾಗೂ ರಕ್ತ ತಪಾಸಣೆಯನ್ನು ಮಾಡಲಾಗುತ್ತದೆ. ವಾರದಲ್ಲಿ 3 ದಿನಗಳು 1 ಗಂಟೆ ಯೋಗಾಭ್ಯಾಸವನ್ನು 3 ತಿಂಗಳುಗಳ ಕಾಲ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಮಾಡಿಸಲಾಗುತ್ತದೆ. 3 ತಿಂಗಳ ನಂತರ ನಿಮಗೆ

ನೀಡಲಾಗುವ ಸಿ.ಡಿ. ಹಾಗೂ ಕರಪತ್ರಗಳ ಸಹಾಯದಿಂದ ಈಗಾಗಲೇ ಹೇಳಿಕೊಡಲಾದ ಯೋಗಾಭ್ಯಾಸವನ್ನು ಮುಂದಿನ 3 ತಿಂಗಳು ಮನೆಯಲ್ಲಿ ಸ್ವತಃ ಅಭ್ಯಾಸ ಮಾಡುವುದು. ಕಡೆಯಲ್ಲಿ ಮತ್ತೊಮ್ಮೆ ಪರೀಕ್ಷೆಗಳಿಗೆ ಒಳಪಡಿಸಲಾಗುತ್ತದೆ.

ಭಾಗವಹಿಸುವವರ ಆಯ್ಕೆ ವಿಧಾನ:

ಹಾರ್ಟ್ ಫೈಲ್ಯೂರ್ ಪೀಡಿತ, 30 ರಿಂದ 60 ವಯೋಮಾನದ ಹಾಗೂ ಆಯ್ಕೆಯ ನಿಮಿಷಗಳಿಗೆ ಹೊಂದುವ ಎಲ್ಲಾ ಪುರುಷರನ್ನು ಈ ,À±ÉÆËzÀÉÉiÀÀ° ಆಹ್ವಾನಿಸುತ್ತಿದ್ದೇವೆ.

ಸ್ವಯಂಪ್ರೇರಿತ ಭಾಗವಹಿಸುವಿಕೆ:

ಈ ,À±ÉÆËzÀÉÉiÀÀ° ನಿಮ್ಮ ಭಾಗವಹಿಸುವಿಕೆ ಸಂಪೂರ್ಣ ಸ್ವಯಂ ಪ್ರೇರಿತ. ಈ ,À±ÉÆËzÀÉÉiÀÀ° ಭಾಗವಹಿಸುವುದು ಬಿಡುವುದು ನಿಮ್ಮ ಇಚ್ಛೆಗೆ ಬಿಟ್ಟದ್ದು. ನೀವು ಈ ,À±ÉÆËzÀÉÉiÀÀ° ಭಾಗವಹಿಸಲಿ ಬಿಡಲಿ ಈ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಸಿಗುವ ಯಾವುದೇ ಸವಲತ್ತುಗಳಿಂದ ವಂಚಿತರಾಗುವುದಿಲ್ಲ. ಈ ,À±ÉÆËzÀÉÉiÀÀ° ಹೊರಗಿರಲು ಇಚ್ಛಿಸಿದಲ್ಲಿ ನಿಮಗೆ ಈ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಸಾಮಾನ್ಯವಾಗಿ ಹಾರ್ಟ್ ಫೈಲ್ಯೂರ್ ರೋಗಿಗಳಿಗೆ ಸಿಗುವ ಔಷಧೋಪಚಾರಗಳು ಸಿಗುತ್ತದೆ. ಒಮ್ಮೆ ,À±ÉÆËzÀÉÉiÀÀ° ಭಾಗವಹಿಸಲು ಒಪ್ಪಿದ ನಂತರವೂ ಮನಸ್ಸಿನಲ್ಲಿ ಪರಿವರ್ತನೆ ಆದರೆ ಭಾಗವಹಿಸದಿರುವ ಹಕ್ಕು ನಿಮ್ಮದಾಗಿರುತ್ತದೆ.

ವಿಧಾನ:

ಒಮ್ಮೆ ಅಧ್ಯಯನದಲ್ಲಿ ನಿಮ್ಮ ಭಾಗವಹಿಸುವಿಕೆ ಖಚಿತವಾದಲ್ಲಿ ಒಂದೆರಡು ಸಾಮಾನ್ಯವಾದ ತಪಾಸಣೆಗಳನ್ನು ಮಾಡಲಾಗುವುದು. ಏಕೋ ಕಾರ್ಡಿಯೋಗ್ರಾಂ (ಹೃದಯದ ಅಲ್ಟ್ರಾಸೌಂಡ್ ಸ್ಕ್ಯಾನ್) ನೋವುರಹಿತವಾಗಿರುತ್ತದೆ. ರಕ್ತದಲ್ಲಿನ ಕೊಬ್ಬಿನ ಅಂಶ ಹಾಗೂ ಸಕ್ಕರೆ ಅಂಶದ ತಪಾಸಣೆಗಾಗಿ ರಕ್ತದ ನಮೂನೆಯನ್ನು ಸಂಗ್ರಹಿಸಲು ಒಂದು ಸಣ್ಣ ಸೂಜಿಯಿಂದ ಕೈ ರಕ್ತನಾಳಕ್ಕೆ ಚುಚ್ಚುವ ಅಗತ್ಯವಿರುತ್ತದೆ. ನಿಮ್ಮ ದೈಹಿಕ ಸಾಮರ್ಥ್ಯದ ಪರೀಕ್ಷೆಗಾಗಿ ಕೆಲವು ನಿಮಿಷಗಳ ಕಾಲ ನಮ್ಮ ಸಮೀಪದಲ್ಲಿ ನಡೆಯಲು ಸೂಚಿಸಲಾಗುತ್ತದೆ. ಇದರ ಜೊತೆಯಲ್ಲಿ ಸಾಮಾನ್ಯ ತಪಾಸಣೆಗಳಾದ ಬಿ.ಪಿ., ಎತ್ತರ, ತೂಕ ಇತ್ಯಾದಿಗಳನ್ನು ಮಾಡಲಾಗುತ್ತದೆ. ನಿಮ್ಮ ದೈನಂದಿನ ಚಟುವಟಿಕೆ, ಮಾನಸಿಕ ಒತ್ತಡ, ಇತ್ಯಾದಿಗಳಿಗೆ ಸಂಬಂಧಿಸಿದಂತೆ ಕೆಲವು ಪ್ರಶ್ನೆಗಳನ್ನು ಕೇಳಲಾಗುತ್ತದೆ.

ಹಾರ್ಟ್ ಫೈಲ್ಯೂರ್‌ನಲ್ಲಿ ಔಷಧೋಪಚಾರಗಳ ಜೊತೆಯಲ್ಲಿ ಯೋಗವನ್ನು ಅಳವಡಿಸುವುದರ ಪರಿಣಾಮ ನಮಗೆ ತಿಳಿದಿಲ್ಲವಾದ ಕಾರಣ ಇದರ ವಿಶ್ಲೇಷಣೆ ಅಗತ್ಯ. ಇದಕ್ಕಾಗಿ ಅಧ್ಯಯನದಲ್ಲಿ ಭಾಗವಹಿಸುವವರನ್ನು ಎರಡು ಗುಂಪುಗಳಾಗಿ ವಿಂಗಡಿಸಲಾಗುವುದು. ಇದು ಕಾಯಿನ್‌ನ್ನು ಟಾಸ್ ಮಾಡಿದಷ್ಟೆ ಆಕಸ್ಮಿಕ. ಒಂದು ಗುಂಪಿನಲ್ಲಿ ಭಾಗವಹಿಸುವವರಿಗೆ ಔಷಧದ ಜೊತೆಯಲ್ಲಿ ಯೋಗಾಭ್ಯಾಸವನ್ನು ನೀಡಲಾದರೆ ಮತ್ತೊಂದು ಗುಂಪಿನಲ್ಲಿ ಭಾಗವಹಿಸುವವರು ವೈದ್ಯರ ಸಲಹೆಯಂತೆ ಔಷಧಿಗಳನ್ನು ಮಾತ್ರ ತೆಗೆದುಕೊಳ್ಳುವಂತೆ ಸೂಚಿಸಲಾಗುತ್ತದೆ. ನಮಗಾಗಲಿ ನಿಮಗಾಗಲಿ ನೀವು ಯಾವ ಗುಂಪಿಗೆ ಸೇರುವುದೆಂದು ತಿಳಿದಿರುವುದಿಲ್ಲ. ಇದು ಬಹಳ ಮುಖ್ಯ ತಪಾಸಣೆಯಲ್ಲಿ ತೊಡಗಿರುವ ಸಿಬ್ಬಂದಿಗೆ ನೀವು ಯಾವ ಗುಂಪಿಗೆ ಸೇರಿದವರೆಂಬ ಮಾಹಿತಿ ಇರುವುದಿಲ್ಲ. ಇದರ ಮಾಹಿತಿ ನಮ್ಮ ಕಡತಗಳಲ್ಲಿ ಭದ್ರವಾಗಿದ್ದು, ಅಧ್ಯಯನ ಕಡೆಯ ಭಾಗದವರೆಗೂ ಗೌಪ್ಯವಾಗಿಡಲಾಗಿರುತ್ತದೆ. ಕಡೆಯಲ್ಲಿ ಯಾವ ಗುಂಪಿನಿಂದ ಪರಿಣಾಮಕಾರಿಯಾದ ಫಲಿತಾಂಶ ಬಂದಿದೆ ಎಂಬುದನ್ನು ವಿಶ್ಲೇಷಿಸಲಾಗುತ್ತದೆ.

ಅಧ್ಯಯನದಲ್ಲಿ ತೊಡಗಿರುವ ಸಿಬ್ಬಂದಿ ವರ್ಗದವರು ನಿಮ್ಮನ್ನು ಮತ್ತು ಇತರರನ್ನು ಸೂಕ್ಷ್ಮವಾಗಿ ಗಮನಿಸುತ್ತಿರುತ್ತಾರೆ. ನಮಗೆ ಯಾವುದಾದರೂ ತೊಂದರೆಯ ಅಂಶ ಗಮನಕ್ಕೆ ಬಂದರೆ ಅದನ್ನು ಸರಿಪಡಿಸುತ್ತೇವೆ. ಅದೇ ರೀತಿ ನಿಮಗೆ ತೊಂದರೆಯಾಗುವ ಅಂಶವೇನಾದರೂ ಇದ್ದರೆ ಅದನ್ನು ನಮ್ಮ ಗಮನಕ್ಕೆ ತಂದರೆ ಅದಕ್ಕೆ ಸೂಕ್ತ ಪರಿಹಾರವನ್ನು ನೀಡಲಾಗುತ್ತದೆ.

ಪ್ರಕ್ರಿಯೆಯ ವಿವರಣೆ:

,À±ÉÆËzÀÉÉiÀÀ° ಸಂದರ್ಭದಲ್ಲಿ 4 ಭಾರಿ ನೀವು ಆಸ್ಪತ್ರೆಗೆ ಭೇಟಿ ಕೊಡಬೇಕಾಗುತ್ತದೆ.

- ಮೊದಲ ಭೇಟಿಯ ಸಂದರ್ಭದಲ್ಲಿ ಒಂದು ಚಮಚದಷ್ಟು (15 ಎಂಎಲ್) ರಕ್ತದ ನಮೂನೆಯನ್ನು ನಿಮ್ಮ ಕೈ ರಕ್ತನಾಳದಿಂದ ಸೂಜಿಯ ಸಹಾಯದಿಂದ ಸಂಗ್ರಹಿಸಲಾಗುತ್ತದೆ. ರಕ್ತವನ್ನು ಕೊಬ್ಬು ಹಾಗೂ ಸಕ್ಕರೆ ಅಂಶಗಳ ತಪಾಸಣೆಗೆ ಒಳಪಡಿಸಲಾಗುತ್ತದೆ. ನಿಮ್ಮ ಆರೋಗ್ಯಕ್ಕೆ ಸಂಬಂಧಪಟ್ಟ ಒಂದೆರಡು ಪ್ರಶ್ನೆಗಳನ್ನು ಕೇಳಲಾಗುತ್ತದೆ. ಹಾಗೂ ನಿಮ್ಮ ಉದ್ದ, ತೂಕದ ಅಳತೆಗಳನ್ನು ತೆಗೆದುಕೊಳ್ಳಲಾಗುತ್ತದೆ.
- ಮುಂದಿನ ಭೇಟಿ ಒಂದೆರಡು ದಿನಗಳ ನಂತರ ಇರುತ್ತದೆ. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಆರೋಗ್ಯಕ್ಕೆ ಸಂಬಂಧಿಸಿದ ಒಂದೆರಡು ಪ್ರಶ್ನೆಗಳನ್ನು ಕೇಳಿ ನಿಮ್ಮನ್ನು ಒಂದು ಗುಂಪಿಗೆ ನಿಯೋಜಿಸಲಾಗುತ್ತದೆ - 'ಯೋಗಸಹಿತ' ಇಲ್ಲವೆ 'ಯೋಗರಹಿತ'. ಹಿಂದೆ ತಿಳಿಸಿದಂತೆ ನಮ್ಮಿಬ್ಬರ ಪೈಕಿ ಯಾರಿಗೂ ಇದರ ಪೂರ್ವ ಮಾಹಿತಿ ಇರುವುದಿಲ್ಲ.
- ಯೋಗಸಹಿತ ಗುಂಪಿಗೆ ನಿಯೋಜಿತವಾದಲ್ಲಿ, ವಾರದಲ್ಲಿ ಮೂರು ದಿವಸಗಳಂತೆ 3 ತಿಂಗಳುಗಳ ಕಾಲ ಆಸ್ಪತ್ರೆಗೆ ಬರಬೇಕಾಗುತ್ತದೆ.
- ನೀವು ಇವೆರಡರಲ್ಲಿ ಯಾವುದೇ ಗುಂಪಿಗೆ ಸೇರಿದವರಾದರೂ 3 ತಿಂಗಳ ತರುವಾಯ ಆಸ್ಪತ್ರೆಗೆ ಭೇಟಿಕೊಟ್ಟು ಹಿಂದೆ ತಿಳಿಸಿದ ತಪಾಸಣೆಗಳಿಗೆ ಒಳಪಡಬೇಕಾಗುತ್ತದೆ.
- ನೀವು ಯೋಗಸಹಿತ ಗುಂಪಿಗೆ ಸೇರಿದವರಾದರೆ ನಿಮಗೆ ಸಿ.ಡಿ. ಹಾಗೂ ಕರಪತ್ರಗಳನ್ನು ನೀಡಲಾಗುವುದು. ಇದರ ಸಹಾಯದಿಂದ ಕಳೆದ 3 ತಿಂಗಳ ಅವಧಿಯಲ್ಲಿ ನಿಮಗೆ ತಿಳಿಸಿಕೊಡಲಾದ ಯೋಗಾಭ್ಯಾಸವನ್ನು ಸ್ವತಃ ಮನೆಯಲ್ಲಿ ಮುಂದುವರಿಸುವುದು.

- ಎರಡು ಗುಂಪಿನವರೂ 6 ತಿಂಗಳು ನಂತರ ಆಸ್ಪತ್ರೆಗೆ ಭೇಟಿ ನೀಡಿ ಮತ್ತೊಮ್ಮೆ ಎಲ್ಲ ತಪಾಸಣೆಗಳಿಗೆ ಒಳಪಡಬೇಕಾಗುತ್ತದೆ.
- ನೀವು ಯೋಗರಹಿತ ಗುಂಪಿಗೆ ನಿಯೋಜಿತರಾಗಿದ್ದಲ್ಲಿ 6 ತಿಂಗಳ ತರುವಾಯ, ಅಧ್ಯಯನದ ನಂತರ ನಿಮ್ಮನ್ನು ಯೋಗ ತರಗತಿಗಳಿಗೆ ಆಹ್ವಾನಿಸುತ್ತೇವೆ. ಅದರ ಉಪಯೋಗವನ್ನು ನೀವು ಪಡೆದುಕೊಳ್ಳಬಹುದು.

ಕಾಲಾವಧಿ:

ಈ ಸಂದರ್ಭದಲ್ಲಿ ಭಾಗವಹಿಸುವ ಎಲ್ಲರೂ ಆಸ್ಪತ್ರೆಗೆ 5 ದಿನ ತಲಾ 2 ಗಂಟೆಗಳ ಕಾಲ ಬರಬೇಕಾಗುತ್ತದೆ. ಒಂದು ವೇಳೆ ನಿಮಗೆ ಯೋಗಸಹಿತ ಗುಂಪಿಗೆ ನಿಯೋಜಿತರಾಗುವ ಅವಕಾಶ ದೊರೆತಲ್ಲಿ 3 ತಿಂಗಳುಗಳ ಕಾಲ ವಾರದಲ್ಲಿ 3 ದಿವಸ ಎಂದರೆ ಹೆಚ್ಚು ಕಡಿಮೆ 36 ದಿನಗಳು ಆಸ್ಪತ್ರೆಗೆ ಬರಬೇಕಾಗುತ್ತದೆ. ಪ್ರತಿ ಭೇಟಿಯಲ್ಲಿ ಸರಾಸರಿ 1 ಗಂಟೆ ಸಮಯ ನೀಡಬೇಕಾಗುತ್ತದೆ. ಈ ಸಂದರ್ಭ ಪರಿಣಿತರಿಂದ ಯೋಗಾಭ್ಯಾಸದ ಅವಕಾಶವನ್ನು ಕಲ್ಪಿಸಿಕೊಡಲಾಗುತ್ತದೆ.

ದುಷ್ಪರಿಣಾಮಗಳು:

ಈಗಾಗಲೇ ತಿಳಿಸಿರುವಂತೆ ಯೋಗ ಚಿಕಿತ್ಸೆ ದುಷ್ಪರಿಣಾಮರಹಿತ. ಹೆಚ್ಚೆಂದರೆ ಇದರಿಂದ ಆಯಾಸವಾಗಬಹುದು. ಮತ್ತು ಮೈ ಕೈ ನೋವು ಉಂಟಾಗಬಹುದು. ನಮ್ಮ ಗಮನಕ್ಕೆ ಬಾರದ ಯಾವುದಾದರೂ ತೊಂದರೆಯಾಗುವ ಸಂಭವವನ್ನು ಅಲ್ಲಗಳೆಯಲಾರೆವು. ಯಾವುದಕ್ಕೂ ನಿಮ್ಮನ್ನು ನಾವು ಸೂಕ್ಷ್ಮವಾಗಿ ಗಮನಿಸುತ್ತಿದ್ದು ಅನಗತ್ಯ ಪರಿಣಾಮಗಳನ್ನು ದೂರ ವಿಡುವ ಪ್ರಯತ್ನ ಮಾಡಿರುತ್ತೇವೆ. ಒಂದೆರಡು ಅಭ್ಯಾಸಗಳನ್ನು ನಿಲ್ಲಿಸುವ ಅಗತ್ಯ ಬರಬಹುದು. ಅಥವಾ ಅಧ್ಯಯನದಿಂದ ನಿಮ್ಮನ್ನು ಹೊರಗಿಡುವ ನಿರ್ಣಯವನ್ನು ತೆಗೆದುಕೊಳ್ಳಬೇಕಾಗಬಹುದು. ಇದರ ಅವಶ್ಯಕತೆ ಬಿದ್ದಲ್ಲಿ ತಜ್ಞ ವೈದ್ಯರೊಂದಿಗೆ ಹಾಗೂ ನಿಮ್ಮೊಂದಿಗೆ ಸಮಾಲೋಚಿಸಿಯೇ ಮುಂದುವರೆಯಲಾಗುವುದು.

ಸೂಚನೆ:

ಈ ಸಂದರ್ಭದಲ್ಲಿ ಭಾಗವಹಿಸುವ ಎಲ್ಲರೂ ಆಸ್ಪತ್ರೆಗೆ 5 ದಿನ ತಲಾ 2 ಗಂಟೆಗಳ ಕಾಲ ಬರಬೇಕಾಗುತ್ತದೆ. ಒಂದು ವೇಳೆ ನಿಮಗೆ ಯೋಗಸಹಿತ ಗುಂಪಿಗೆ ನಿಯೋಜಿತರಾಗುವ ಅವಕಾಶ ದೊರೆತಲ್ಲಿ 3 ತಿಂಗಳುಗಳ ಕಾಲ ವಾರದಲ್ಲಿ 3 ದಿವಸ ಎಂದರೆ ಹೆಚ್ಚು ಕಡಿಮೆ 36 ದಿನಗಳು ಆಸ್ಪತ್ರೆಗೆ ಬರಬೇಕಾಗುತ್ತದೆ. ಪ್ರತಿ ಭೇಟಿಯಲ್ಲಿ ಸರಾಸರಿ 1 ಗಂಟೆ ಸಮಯ ನೀಡಬೇಕಾಗುತ್ತದೆ. ಈ ಸಂದರ್ಭ ಪರಿಣಿತರಿಂದ ಯೋಗಾಭ್ಯಾಸದ ಅವಕಾಶವನ್ನು ಕಲ್ಪಿಸಿಕೊಡಲಾಗುತ್ತದೆ.

ಸೂಚನೆ:

ಈಗಾಗಲೇ ತಿಳಿಸಿರುವಂತೆ ಯೋಗ ಚಿಕಿತ್ಸೆ ದುಷ್ಪರಿಣಾಮರಹಿತ. ಹೆಚ್ಚೆಂದರೆ ಇದರಿಂದ ಆಯಾಸವಾಗಬಹುದು. ಮತ್ತು ಮೈ ಕೈ ನೋವು ಉಂಟಾಗಬಹುದು. ನಮ್ಮ ಗಮನಕ್ಕೆ ಬಾರದ ಯಾವುದಾದರೂ ತೊಂದರೆಯಾಗುವ ಸಂಭವವನ್ನು ಅಲ್ಲಗಳೆಯಲಾರೆವು. ಯಾವುದಕ್ಕೂ ನಿಮ್ಮನ್ನು ನಾವು ಸೂಕ್ಷ್ಮವಾಗಿ ಗಮನಿಸುತ್ತಿದ್ದು ಅನಗತ್ಯ ಪರಿಣಾಮಗಳನ್ನು ದೂರ ವಿಡುವ ಪ್ರಯತ್ನ ಮಾಡಿರುತ್ತೇವೆ. ಒಂದೆರಡು ಅಭ್ಯಾಸಗಳನ್ನು ನಿಲ್ಲಿಸುವ ಅಗತ್ಯ ಬರಬಹುದು. ಅಥವಾ ಅಧ್ಯಯನದಿಂದ ನಿಮ್ಮನ್ನು ಹೊರಗಿಡುವ ನಿರ್ಣಯವನ್ನು ತೆಗೆದುಕೊಳ್ಳಬೇಕಾಗಬಹುದು. ಇದರ ಅವಶ್ಯಕತೆ ಬಿದ್ದಲ್ಲಿ ತಜ್ಞ ವೈದ್ಯರೊಂದಿಗೆ ಹಾಗೂ ನಿಮ್ಮೊಂದಿಗೆ ಸಮಾಲೋಚಿಸಿಯೇ ಮುಂದುವರೆಯಲಾಗುವುದು.

ಸೂಚನೆ:

ಈಗಾಗಲೇ ತಿಳಿಸಿರುವಂತೆ ಯೋಗ ಚಿಕಿತ್ಸೆ ದುಷ್ಪರಿಣಾಮರಹಿತ. ಹೆಚ್ಚೆಂದರೆ ಇದರಿಂದ ಆಯಾಸವಾಗಬಹುದು. ಮತ್ತು ಮೈ ಕೈ ನೋವು ಉಂಟಾಗಬಹುದು. ನಮ್ಮ ಗಮನಕ್ಕೆ ಬಾರದ ಯಾವುದಾದರೂ ತೊಂದರೆಯಾಗುವ ಸಂಭವವನ್ನು ಅಲ್ಲಗಳೆಯಲಾರೆವು. ಯಾವುದಕ್ಕೂ ನಿಮ್ಮನ್ನು ನಾವು ಸೂಕ್ಷ್ಮವಾಗಿ ಗಮನಿಸುತ್ತಿದ್ದು ಅನಗತ್ಯ ಪರಿಣಾಮಗಳನ್ನು ದೂರ ವಿಡುವ ಪ್ರಯತ್ನ ಮಾಡಿರುತ್ತೇವೆ. ಒಂದೆರಡು ಅಭ್ಯಾಸಗಳನ್ನು ನಿಲ್ಲಿಸುವ ಅಗತ್ಯ ಬರಬಹುದು. ಅಥವಾ ಅಧ್ಯಯನದಿಂದ ನಿಮ್ಮನ್ನು ಹೊರಗಿಡುವ ನಿರ್ಣಯವನ್ನು ತೆಗೆದುಕೊಳ್ಳಬೇಕಾಗಬಹುದು. ಇದರ ಅವಶ್ಯಕತೆ ಬಿದ್ದಲ್ಲಿ ತಜ್ಞ ವೈದ್ಯರೊಂದಿಗೆ ಹಾಗೂ ನಿಮ್ಮೊಂದಿಗೆ ಸಮಾಲೋಚಿಸಿಯೇ ಮುಂದುವರೆಯಲಾಗುವುದು.

ಸೂಚನೆ:

ಈಗಾಗಲೇ ತಿಳಿಸಿರುವಂತೆ ಯೋಗ ಚಿಕಿತ್ಸೆ ದುಷ್ಪರಿಣಾಮರಹಿತ. ಹೆಚ್ಚೆಂದರೆ ಇದರಿಂದ ಆಯಾಸವಾಗಬಹುದು. ಮತ್ತು ಮೈ ಕೈ ನೋವು ಉಂಟಾಗಬಹುದು. ನಮ್ಮ ಗಮನಕ್ಕೆ ಬಾರದ ಯಾವುದಾದರೂ ತೊಂದರೆಯಾಗುವ ಸಂಭವವನ್ನು ಅಲ್ಲಗಳೆಯಲಾರೆವು. ಯಾವುದಕ್ಕೂ ನಿಮ್ಮನ್ನು ನಾವು ಸೂಕ್ಷ್ಮವಾಗಿ ಗಮನಿಸುತ್ತಿದ್ದು ಅನಗತ್ಯ ಪರಿಣಾಮಗಳನ್ನು ದೂರ ವಿಡುವ ಪ್ರಯತ್ನ ಮಾಡಿರುತ್ತೇವೆ. ಒಂದೆರಡು ಅಭ್ಯಾಸಗಳನ್ನು ನಿಲ್ಲಿಸುವ ಅಗತ್ಯ ಬರಬಹುದು. ಅಥವಾ ಅಧ್ಯಯನದಿಂದ ನಿಮ್ಮನ್ನು ಹೊರಗಿಡುವ ನಿರ್ಣಯವನ್ನು ತೆಗೆದುಕೊಳ್ಳಬೇಕಾಗಬಹುದು. ಇದರ ಅವಶ್ಯಕತೆ ಬಿದ್ದಲ್ಲಿ ತಜ್ಞ ವೈದ್ಯರೊಂದಿಗೆ ಹಾಗೂ ನಿಮ್ಮೊಂದಿಗೆ ಸಮಾಲೋಚಿಸಿಯೇ ಮುಂದುವರೆಯಲಾಗುವುದು.

ಈಗಾಗಲೇ ತಿಳಿಸಿರುವಂತೆ ಯೋಗ ಚಿಕಿತ್ಸೆ ದುಷ್ಪರಿಣಾಮರಹಿತ. ಹೆಚ್ಚೆಂದರೆ ಇದರಿಂದ ಆಯಾಸವಾಗಬಹುದು. ಮತ್ತು ಮೈ ಕೈ ನೋವು ಉಂಟಾಗಬಹುದು. ನಮ್ಮ ಗಮನಕ್ಕೆ ಬಾರದ ಯಾವುದಾದರೂ ತೊಂದರೆಯಾಗುವ ಸಂಭವವನ್ನು ಅಲ್ಲಗಳೆಯಲಾರೆವು. ಯಾವುದಕ್ಕೂ ನಿಮ್ಮನ್ನು ನಾವು ಸೂಕ್ಷ್ಮವಾಗಿ ಗಮನಿಸುತ್ತಿದ್ದು ಅನಗತ್ಯ ಪರಿಣಾಮಗಳನ್ನು ದೂರ ವಿಡುವ ಪ್ರಯತ್ನ ಮಾಡಿರುತ್ತೇವೆ. ಒಂದೆರಡು ಅಭ್ಯಾಸಗಳನ್ನು ನಿಲ್ಲಿಸುವ ಅಗತ್ಯ ಬರಬಹುದು. ಅಥವಾ ಅಧ್ಯಯನದಿಂದ ನಿಮ್ಮನ್ನು ಹೊರಗಿಡುವ ನಿರ್ಣಯವನ್ನು ತೆಗೆದುಕೊಳ್ಳಬೇಕಾಗಬಹುದು. ಇದರ ಅವಶ್ಯಕತೆ ಬಿದ್ದಲ್ಲಿ ತಜ್ಞ ವೈದ್ಯರೊಂದಿಗೆ ಹಾಗೂ ನಿಮ್ಮೊಂದಿಗೆ ಸಮಾಲೋಚಿಸಿಯೇ ಮುಂದುವರೆಯಲಾಗುವುದು.

MAZÄÄ ,ÀASÉâAiÄÄÉÄÄß ,ÄÄa,À-ÁVgÄÄvÀÛzÉ. EzÀgÀ «AiÁ»w ,ÀA±ÉÆÄzsPÀjUÀ®èzÉ "ÉÄgÁjUÀÆ  
¹UÀ-ÁgÄzÄÄ.

«AiÁ»w «æÄÄÄAiÄÄ:

F ,ÀA±ÉÆÄzÄÉÉ-ÄAzÄ "É¼ÀQUÉ §gÄÄÄÀ UÉÏÄââÀ®èzÄ CÉÉÄPÀ «AiÁ»wUÀ¼ÄÉÄÄß ««zsÄ  
jÄwUÀ¼Ä°è æA±ÉÆäAÇUÉ °ÁUÄÄ ,À«AiÁdzÉÆAÇUÉ «æÄÄ-Ä¹PÉÆ¼ÄÏ-ÁUÄÄvÀÛzÉ. «ÄÄÄAÇÉÄ  
ÇÉÄUÀ¼Ä°è F «AiÁ»wAiÄÄÉÄÄß «ÄÄÄzÄæT «AiÁqÄÄÄÄÄzÄgÀ «ÄÄÆ®PÀ D,ÁPÀÛgÄÉÄÄß  
vÀ®ÄÏÄ-ÁUÄÄvÀÛzÉ.

æGÁPÀgÄuÉ/»AÏÄqÉvÄzÄ °ÀPÄÄì:

æÄÄÄUÉ D,ÀQÛ-Ä®èçzÄÝ°è æÄÄÄÄ F ,ÀA±ÉÆÄzÄÉÉAiÄÄ°è "sÁUÄÄÄ»,ÄÇgÄ®Ä ,ÀAÏÄÇTð °ÀPÄÄÉÄÄß  
°ÉÆAÇgÄÄwÛÄj. æÄÄÄæ æGÁPÀgÄuÉ-ÄAzÄ D,ÀävÆæAiÄÄ°èÉÄ æÄÄÄæ GÏÄZÄgÁPÉì AiÄiÄÄÄÄzÉÄ  
jÄwAiÄÄ PÄÄvÄÄÛ §gÄÄÄÄÄÄç®è.

,ÀAÏÄPÄðzÄ «ÄÄgÄ:

æÄÄÄUÉF ,ÀA±ÉÆÄzÄÉÉAiÄÄ §UÉÏ FUÄ CxÄÄÄ «ÄÄÄAzÉ AiÄiÄÄÄÄzÉÄ «AiÁ»wAiÄÄ CUÄvÄÄ«zÄÝ°è  
ÉÄÄÄÄ ,ÀA±ÉÆÄzÄÉÉUÉ ,À"sÄAzÄ ÏÄÏ ¹§âAÇUÄ¼Ä ÏÉÉQ AiÄiÄgÄÉÄÄß "ÉÄPÄzÄgÄÆ PÉÄ°  
w¼zÄÄPÉÆ¼ÄÏ§°ÄÄzÄÄ. ÉÄAvÄgÄzÄ ,ÀAzÄ"sÄðzÄ°è PÉ¼ÄPÄAqÄ «ÄÄQÛAiÄÄÉÄÄß  
,ÀAÏÄQð,À§°ÄÄzÄÄ:

²æÄÄÄj ±ÄÄÄð PÉ JÉÏ, zÄÆgÄÄÄtÄ: 9886040520 E-«ÉÄÄ"i: srihari\_physio@yahoo.com

F ,ÀA±ÉÆÄzÄÉÉUÉ ,Áé«Ä ««ÉÄPÄÉÄÄzÄ AiÉÆÄUÄ ÇÉÄÄ,ÀAzsÁÉÄ ,ÀÄ,ÁÜÉÄ «ÄÄvÄÄÛ ²æÄÄ  
dAiÄÄzÉÄÄ «ÄÈzÉÆæÄUÄ °ÁUÄÄ ,ÀA±ÉÆÄzÄÉÄ ,ÀÄ,ÉÜUÄ¼Ä Exi÷ÖiÆâµÄÉÄ"i jÄÄÄöâ "ÉÆÄqð (L  
Cgì ©) M,àUÉ ,ÀÆa¹zÉ.

L Cgì © JA§ÄzÄÄ "sÁUÄÄÄ»,ÄÄÄÄÄgÄ »vÄgÁPÄèuÉAiÄÄÉÄÄß PÄ-ÄÝj,À®Ä gÄÆ,¹gÄÄÄÄ MAzÄÄ  
PÄ«Än.

L Cgì © §UÉÏ °ÉÄÑÉÄ «AiÁ»wUÄV ,ÀAÏÄQð¹:

L E ¹ - ,Áé«Ä ««ÉÄPÄÉÄÄzÄ AiÉÆÄUÄ ÇÉÄÄ,ÀAzsÁÉÄ ,ÀÄ,ÁÜÉÄ- zÄÆgÄÄÄtÄ: 08026612669

L E ¹-²æÄÄ dAiÄÄzÉÄÄ «ÄÈzÉÆæÄUÄ °ÁUÄÄ ,ÀA±ÉÆÄzÄÉÄ ,ÀÄ,ÉÜUÄÄÄ

E-«ÉÄÄ"i: cardioresarch@jayadevacardiology.com

E°èAiÄÄÄÄgÉUÉ w¼¹gÄÄÄÄ §UÉÏ KEÁzÄgÄÆ ÏÄæ±Éß EzÉAiÉÄÄ?

“sÁUÀ-2

£Á£ÄÄ EzÀgÀ eÉÆvÉAiÄÄ°è ®UÀwÛ,À-ÁVzÀÝ ¢ÀiÁ»wAiÄÄ£ÄÄß

NçgÄÄvÉÛÄ£É CxÄªÀ £Ä£ÄUÉ Nç °ÉÄ¼Ä-ÁVzÉ. EzÀPÉÌ ,ÀAŞçü'zÀvÀ°À

¥Àæ±ÉßUÀ¼Ä£ÄÄß PÉÄ¼Ä®Ä CªÀPÁ±ÀªÀ£ÄÄß PÀ°à,À-ÁVvÄÄÛ °ÁUÄÄ

£Á£ÄÄ PÉÄ½zÀ ¥Àæ±ÉßUÀ½UÉ £Ä£ÄUÉ ,ÀªÀiÁzsÁ£ÄPÀgÀ

GvÀÛgÀzÉÆgÉwzÉ. £Á£ÄÄ £Ä£Äß ,Àé EZÉÒ-ÄAzÀ F

,ÀA±ÉÆÄzsÀ£ÉAiÄÄ°è “sÁUÀªÀ» ,À®Ä M!àgÄÄvÉÛÄ£É.

“sÁUÀªÀ» ,ÀÄªÀªÀgÀ °É ,ÀgÄÄ:

“sÁUÀªÀ» ,ÀÄªÀªÀgÀ ,À»:

ç£ÁAPÀ:

ÀA±ÉÆÃzsÀPÀ/M!àUÉ ¥ÀqÉAiÀÄÄªÀ ¢ÀåQÛAiÀÄ ¥ÀæªAiÁt ¥ÀvÀæ  
ÀA±ÉÆÃzsÀÆÉAiÀÄ°è "sÁUÀªÀ»À§°ÀÄzÁzÀ ¢ÀåQÛUÉ  
ªAiÁ»vÉAiÀÄÆÀÄß Nç w½'PÉÆqÀ-ÁVgÀÄvÀÛzÉ °ÁUÀÄ PÀ¼À PÀAqÀ  
CA±ÀUÀ¼ÀÆÀÄß F ¢ÀåQÛUÉ CxÀð ¢AiÁr,À®Ä £ÀÆÀß ÁªÀÄxÀåðzÀ  
¥ÀÇtð G¥ÀAiÉÆÃUÀªÀÆÀÄß ¢AiÁrgÀÄvÉÛÄÉ.

1. ¥ÁægÀA©üPÀ vÀ¥Á,ÀuÉ
2. ¢ÄÄÆgÀÄ wAUÀ¼ÀÄUÀ¼À PÁ® ²PÀëPÀgÀ ,ÀªÄPÀëªÄzÀ°è  
C"sÁå,À
3. ¢ÄÄÆgÀÄ wAUÀ¼À £ÀAvÀgÀ ¢ÄÄzsÀåAvÀgÀ vÀ¥Á,ÀuÉ
4. DgÀÄ wAUÀ¼À £ÀAvÀgÀ CAwªÄª °ÀAvÀzÀ vÀ¥Á,ÀuÉ

F ¢ÄÄÆ®PÀ £ÁªÀå w½,ÀÄªªÀÅzÉÃ£ÉAzÀgÉ, ÀA±ÉÆÃzsÀÆÉAiÀÄ°è  
"sÁUÀªÀ»À°añ'gÀÄªÀ ¢ÀåQÛUÉ ¥Àæ±ÉßUÀ¼ÀÆÀÄß PÉÃ¼ÀÄªÀ  
CªÀPÁ±ÀªÀÆÀÄß PÀ°à'gÀÄvÉÛÄªÉ °ÁUÀÄ DvÀ£À J®è

ϕÀæ±ÉßUÀ¼À£ÄÄß £ÄªÄÄä ,ÁªÄÄxÄåðPÉÌ Ç£ÄÄUÄÄtªÁV ,ÀEPÀÛªÁzÀ  
GvÀÛgÀªÀ£ÄÄß ¤ÃqÄÄgÄÄvÉÛªªÉ.

M¡àUÉ ,ÀAϕÀÇtðªÁV ,ÀAiÄÄAϕÉæÃjvÀªÁVzÄÄÝ, ``sÀ®ªÀAvÀÇAzÀ  
M¡àUÉAiÄÄ£ÄÄß ϕÀqÉzÄÄgÄÄªÄÄç®è.

F ϕÀvÀæzÀ MAzÄÄ ϕÀæwAiÄÄ£ÄÄß ,ÀA±ÉÆÃzsÀ£ÉAiÄÄ°è  
``sÁUÄªÀ» ,ÀªÑ¹gÄÄªÀªÀªQÛUÉ ¤ÃqÄÄÁVgÄÄvÀÛzÉ.

,ÀA±ÉÆÃzsÀPÀ/M¡àUÉ ϕÀqÉAiÄÄªªÀªÀªQÛAiÄÄªÉ ,ÀgÄÄ:

,ÀA±ÉÆÃzsÀPÀ/M¡àUÉ ϕÀqÉAiÄÄªªÀªÀªQÛAiÄÄ ,À»:

Ç£ÁAPÀ:

### Appendix-3

Institutional Ethics Committee [IEC] letter- SVYASA University



स्वामी विवेकानन्द योग अनुसंधान संस्थान  
Swami Vivekananda Yoga Anusandhāna Samsthāna

(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

Ekmath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore - 560 019

Ph: 080 - 2661 2669, Telefax: 080 - 2660 8645

E-mail: svyasa@svyasa.org Website: www.svyasa.org

RES/IEC-SVYASA/40/2014

October 31, 2014

To,  
Dr. Nidhi (Chaudhary) Ram  
Assistant Professor,  
S-VYASA Yoga University,  
Bangalore

Reference:

"Effect of Integrated Approach of Yoga Therapy based rehabilitation program on heart failure secondary to coronary artery disease - a randomized control trial."- Committee Approval of the above mentioned study

Dear Dr. Nidhi (Chaudhary) Ram,

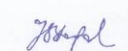
We have received from you the following study related documents vide your letter dated September 18, 2014

1	Project Proposal
2	Informed consent form

Ethics committee meeting was held on October 19, 2014 at 10 am to 1:00 pm at Ekmath Bhavan, Bangalore. Above documents were examined and discussed in the meeting. After due consideration, the committee has decided to approve conducting the aforementioned study.



# Institutional Ethics Committee [IEC] letter- Sri Jayadeva Institute of Cardiovascular Sciences and Research.

Sri Jayadeva Institute Ethics Committee Sri Jayadeva Institute of Cardiovascular Sciences and Research (Govt. of Karnataka – Regd. Autonomous Institute) Bannerghatta Road, 9 <sup>th</sup> Block, Jayanagar, Bangalore – 560069 Ph: Gen.: 2297 7400 / 2297 7500 / 2297 7600 Medical Superintendent: 2297 7245 Director: 2297 7433/422 Ethics Committee Registration No. ECR/423/Inst/KA/2013 issued under rule 122DD of the Drugs & Cosmetics Rules 1945		Sri Jayadeva Institute Ethics Committee Sri Jayadeva Institute of Cardiovascular Sciences and Research (Govt. of Karnataka – Regd. Autonomous Institute) Bannerghatta Road, 9 <sup>th</sup> Block, Jayanagar, Bangalore – 560069 Ph: Gen.: 2297 7400 / 2297 7500 / 2297 7600 Medical Superintendent: 2297 7245 Director: 2297 7433/422 Ethics Committee Registration No. ECR/423/Inst/KA/2013 issued under rule 122DD of the Drugs & Cosmetics Rules 1945																								
<p><b>CHAIRMAN:</b></p> <p>Dr.V.Govindraju Professor Dept of Biochemistry Akash Medical College, Bangalore.</p> <p><b>MEMBERS:</b></p> <p>Dr.C.N Manjunath Clinician Director Professor &amp; HOD Dept. of Cardiology SJCS&amp;R, Bangalore.</p> <p>Dr.Mitra Vinda. J Professor &amp; HOD Dept. of Pathology SJCS&amp;R, Bangalore.</p> <p>Dr.B.Ashalatha Clinician Professor Dept. of Cardiology SJCS&amp;R, Bangalore.</p> <p>Dr.C.R Jayanthi Basic Medical Scientist Professor &amp; HOD Dept of Pharmacology 3MC&amp;RI, Bangalore</p> <p>Dr.D.L. Jagadeesh Senior Advocate Bangalore.</p> <p>Dr.Ramesh Social Worker Bangalore.</p> <p>Dr.Marilingaiah K.S Lay Person Bangalore.</p> <p><b>MEMBER SECRETARY:</b> Dr.T.S. Bhoopal Professor Dept. of Radiology &amp; Liaison officer. SJCS&amp;R Bangalore.</p>	<p>To, <b>Dr.Prabhavathi</b> Sri Jayadeva Institute of Cardiovascular Sciences and Research Bannerghatta Road Jayanagar 9<sup>th</sup> Block Bangalore- 560069. <b>Subject:</b> Approval copy. <b>Protocol Title:</b> "Effect of Integrated Approach of Yoga Therapy based rehabilitation program on heart failure secondary to coronary artery disease- a randomized control trial"</p> <p style="text-align: right;">Date: 31/10/2014</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Document</td></tr> <tr><td>Requisition letter</td></tr> <tr><td>Research Protocol Synopsis</td></tr> <tr><td>Research Protocol</td></tr> <tr><td>Case Report Form</td></tr> <tr><td>Principal Investigator Undertaking</td></tr> <tr><td>Informed Consent Form (Kannada &amp; English)</td></tr> <tr><td>Curriculum Vitae of Co-Guide and Research staff.</td></tr> <tr><td>Bibliography</td></tr> <tr><td>Bonafide Certificate</td></tr> <tr><td>Program Admission letter: SVYASA</td></tr> <tr><td>EC fee waive off letter</td></tr> <tr><td>IEC guideline, S.No:15 certificates.</td></tr> </table> <p>At the Ethics Committee meeting held on 31/10/2014, at 10.00 am the above mentioned documents were examined and discussed. After consideration, the Committee has approved the above mentioned study-related documents and the conduct of the study at Sri Jayadeva Institute of Cardiovascular Sciences &amp; Research, Bangalore.</p> <p>The members who attended this meeting held on 31/10/2014, at which your proposal was discussed, are listed below:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;"><b>Dr.V.Govindraju</b> Professor of Biochemistry &amp; Dean Akash Medical College Bangalore.</td> <td style="width: 30%; text-align: center;">CHAIRMAN</td> </tr> <tr> <td><b>Dr.C.N Manjunath</b> Clinician Professor &amp; HOD of Cardiology Director, SJCS&amp;R, Bangalore.</td> <td style="text-align: center;">Member</td> </tr> <tr> <td><b>Dr.Mitra Vinda. J</b> Professor &amp; HOD of Pathology SJCS&amp;R, Bangalore</td> <td style="text-align: center;">Member</td> </tr> <tr> <td><b>Dr.B.Ashalatha</b> Clinician Professor, Dept of Cardiology SJCS&amp;R, Bangalore</td> <td style="text-align: center;">Member</td> </tr> <tr> <td><b>Dr. C.R Jayanthi</b> Basic Medical Scientist Professor &amp; HOD of Pharmacology Bangalore Medical College &amp; Research Institute, Bangalore.</td> <td style="text-align: center;">Member</td> </tr> </table>	Document	Requisition letter	Research Protocol Synopsis	Research Protocol	Case Report Form	Principal Investigator Undertaking	Informed Consent Form (Kannada & English)	Curriculum Vitae of Co-Guide and Research staff.	Bibliography	Bonafide Certificate	Program Admission letter: SVYASA	EC fee waive off letter	IEC guideline, S.No:15 certificates.	<b>Dr.V.Govindraju</b> Professor of Biochemistry & Dean Akash Medical College Bangalore.	CHAIRMAN	<b>Dr.C.N Manjunath</b> Clinician Professor & HOD of Cardiology Director, SJCS&R, Bangalore.	Member	<b>Dr.Mitra Vinda. J</b> Professor & HOD of Pathology SJCS&R, Bangalore	Member	<b>Dr.B.Ashalatha</b> Clinician Professor, Dept of Cardiology SJCS&R, Bangalore	Member	<b>Dr. C.R Jayanthi</b> Basic Medical Scientist Professor & HOD of Pharmacology Bangalore Medical College & Research Institute, Bangalore.	Member	<p><b>CHAIRMAN:</b></p> <p>Dr.V.Govindraju Professor Dept of Biochemistry Akash Medical College, Bangalore.</p> <p><b>MEMBERS:</b></p> <p>Dr.C.N Manjunath Clinician Director Professor &amp; HOD Dept. of Cardiology SJCS&amp;R, Bangalore.</p> <p>Dr.Mitra Vinda. J Professor &amp; HOD Dept. of Pathology SJCS&amp;R, Bangalore.</p> <p>Dr.B.Ashalatha Clinician Professor Dept. of Cardiology SJCS&amp;R, Bangalore.</p> <p>Dr.C.R Jayanthi Basic Medical Scientist Professor &amp; HOD Dept of Pharmacology BMC&amp;RI, Bangalore</p> <p>Dr.D.L. Jagadeesh Senior Advocate Bangalore.</p> <p>Dr.Ramesh Social Worker Bangalore.</p> <p>Dr.Marilingaiah K.S Lay Person Bangalore.</p> <p><b>MEMBER SECRETARY:</b> Dr.T.S. Bhoopal Professor Dept. of Radiology &amp; Liaison officer. SJCS&amp;R Bangalore.</p>	<p><b>Sri.D.L. Jagadeesh</b> Legal Expert &amp; Senior Advocate Bangalore. <b>Sri.Ramesh</b> Social Worker Bangalore. <b>Sri.Marilingaiah K.S</b> Lay Person Bangalore. <b>Dr.T.S. Bhoopal</b> Professor Dept. of Radiology &amp; Liaison officer. SJCS&amp;R Bangalore.</p> <p style="text-align: right;">Member Member Member Member Secretary</p> <p>It is to be noted that neither you nor any of your proposed study team members were present during the decision-making procedures of the Ethics Committee.</p> <p>Kindly report to EC all the Serious Adverse Events observed during the conduct of trial and any new information that may adversely affect the safety of the subjects or the conduct of trial. Update the study progress once in three months, until completion of the study at Investigative Site. Submit the final clinical study report at the end of clinical study.</p> <p>It is also to be noted that we work according to the ICH-GCP guidelines.</p> <p style="text-align: right;">Thanking you,</p> <p style="text-align: center;"> <b>Dr.T.S.Bhoopal</b> Member Secretary Institute Ethic Committee Sri Jayadeva Institute of Cardiovascular Sciences and Research Bangalore-560069. Date: 31/10/2014</p> <p style="text-align: center;">Member Secretary Sri Jayadeva Institute Ethics Committee Sri Jayadeva Institute of Cardiology Bannerghatta Road, Bangalore-69</p>
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## Appendix-4 [Questionnaires]



14	There is only misery in the future for me...	1	2	3	4	5	6 7 Only misery
15	My mind is as fast and alert as always...	1	2	3	4	5	6 7 Very fast and alert
16	I get hardly anything done...	1	2	3	4	5	6 7 Nothing done
17	My problems are not yet over...	1	2	3	4	5	6 7 Still major problems
18	Things which I regret about my life are bothering me...	1	2	3	4	5	6 7 Great regrets
19	I gain just as much pleasure from my leisure activities as I used to...	1	2	3	4	5	6 7 Very great pleasure
20	My memory is as good as it always was...	1	2	3	4	5	6 7 Excellent memory
21	I become tearful more easily than before...	1	2	3	4	5	6 7 Very easily tearful
22	I seem to get more easily irritated by others than before...	1	2	3	4	5	6 7 Very easily irritated
23	I feel independent and in control of my life...	1	2	3	4	5	6 7 Completely independent
24	I lose my temper more easily nowadays...	1	2	3	4	5	6 7 Lose it very easily
25	I feel frustrated...	1	2	3	4	5	6 7 Extremely frustrated
26	I am concerned about my capacity for sexual activity...	1	2	3	4	5	6 7 Grave concern

## HAMILTON ANXIETY RATING SCALE (HAM-A)

Below is a list of phrases that describe certain feelings that people have. Rate the patients by finding the answer which best describes the extent to which he/she has these conditions. Select one of the five responses for each of the fourteen questions.

<b>0 = Not present    1 =Mild, 2= Moderate    3 =Sever    4= Very severe.</b>					
<b>1</b>	<b>Anxious mood</b> Worries, anticipation of the worst, fearful anticipation, irritability.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>2</b>	<b>Tension</b> Feelings of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>3</b>	<b>Fears</b> Of dark, of strangers, of being left alone, of animals, of traffic, of crowds.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>4</b>	<b>Insomnia</b> Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>Intellectual</b> Difficulty in concentration, poor memory.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>6</b>	<b>Depressed mood</b> Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>7</b>	<b>Somatic (muscular)</b> Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>8</b>	<b>Somatic (sensory)</b> Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>9</b>	<b>Cardiovascular symptoms</b> Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>10</b>	<b>Respiratory symptoms</b> Pressure or constriction in chest, choking feelings, sighing, dyspnea.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>11</b>	<b>Gastrointestinal symptoms</b> Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>12</b>	<b>Genitourinary symptoms</b> Frequency of micturition, urgency of micturition, amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>13</b>	<b>Autonomic symptoms</b> Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>14</b>	<b>Behavior at interview</b> Fidgeting, restlessness or pacing, tremor of hands, furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, etc	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

**THE DUKE ACTIVITY STATUS INDEX**

Circle **Yes** Or **No** To The Questions

SL. NO	ACTIVITY	YES	NO	WEIGHT
1	Are you able to take care of yourself, that is, eating, dressing, bathing or using the toilet yet?			2.75
2	Are you able to walk indoors, such as around the house yet?			1.75
3	Are you able to walk a block or 2 on level ground yet?			2.75
4	Are you able to climb a flight of stairs or walk up a hill without stopping yet?			5.50
5	Are you able to run a short distance yet?			8.00
6	Are you able to do light work around the house like dusting or washing dishes yet?			2.70
7	Are you able to do moderate work around the house like vacuuming, sweeping floors or carrying in the groceries yet?			3.50
8	Are you able to do heavy work around the house like scrubbing floors or lifting or moving the heavy furniture yet?			8.00
9	Are you able to do yard work like raking leaves, weeding or pushing a power mower yet?			4.50
10	Are you having sexual relations?			5.25
11	Are you able to participate in modern recreational activities like golf, bowling, dancing, doubles tennis or throwing a baseball or football yet?			6.00
12	Are you able to participate in strenuous sports like swimming, singles tennis, football or skiing yet?			7.50
	<b>Total the weight for each YES answer given, this will give you the DASI Score. ( we can do this for you).</b>			

**Scoring the Duke Activity Status Index:**

**Functional Capacity in METS = (DASI score) x 0.43 + 9.6 then divide by 3.5**

## PUBLICATION DETAILS

Name of the Research Scholar: Srihari Sharma K N

University Registration No.: PhD/Cat2/09/Aug 13

Name of the Research Supervisor/s: Dr. Subramanya Pailoor., Ph.D.

Sl. No	Name of the Article / Title	Published/ Accepted	web link of article if published	Name of the Journal and Publisher	Is it indexed journal? Yes/No If yes provide details	Impact Factors (Thoms on Reuters -2018)	UGC Listed Yes/No If yes provide the details
1	Evidence Base of Yoga Studies on Cardiovascular Health: A Bibliometric Analysis	Published	10.4103/ijoy.IJOY_6_18	International Journal of Yoga/ Wolters Kluwer - Medknow	<b>Yes</b> DOAJ, Index Copernicus, Indian Science Abstracts, PubMed Central	1.20	<b>Yes</b> Serial No. 11642 Journal No. 7767 ISSN 0973-6131
2	Development of a yoga module targeting cardiovascular health for patients with post-myocardial left ventricular dysfunction in India	Published	<a href="https://doi.org/10.1016/j.ctim.2018.11.006">https://doi.org/10.1016/j.ctim.2018.11.006</a>	Complementary Therapies in Medicine/ Elsevier Ltd.	<b>Yes</b> PubMed/Medline CINAHL Embase AMED Science Citation Index Expanded Web of Science Scopus	1.979	<b>Yes</b> Serial No. 4925 Journal No. 16377 ISSN 0965-2299
3	Integrated yoga practice in Cardiac Rehabilitation Program- A Randomized Control Trial.	Accepted	-NA-	<i>Journal of Alternative and Complementary Medicine/ Mary Ann Liebert, Inc.</i>	<b>Yes.</b> Medicus/MEDLINE/PubMed Embase/Excerpta Medica Mantis database PsycINFO Science Citation Index Scopus	2.109	<b>Yes</b> Serial No. 12522 Journal No. 26396 ISSN 1075-5535/ 1557-7708