

A REVIEW ON IMPORTANCE OF YOGA IN CARDIAC HEALTH

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ABSTRACT

The effectiveness of yoga in the main and secondary prevention of ischemic heart disease, as well as post-myocardial infarction patient rehabilitation, is investigated in this study. Yoga is an unusual type of physical training that has been performed in the Indian subcontinent for a long time. It has become very popular as a form of leisure all around the globe. Its potential benefits to healthy living have been investigated, with numerous intriguing findings. Yoga's benefits in the reduction of cardiovascular risk factors and the rehabilitation of post-myocardial infarction patients are both substantial. It's essential to consider the practical implications and appropriateness of include yoga in a complete cardiac rehabilitation program. The majority of rehabilitation professionals think that integrating nontraditional types of physical exercise, such as yoga, will significantly improve effectiveness and value. The purpose of this article is to look at the history and science of yoga, as well as to assess its impact on cardiovascular health.

KEYWORDS: *Cardiac Rehabilitation, Exercise Ischaemic Heart Disease, Prevention, Yoga.*

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