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**Original article:**

**Effect of shavasana in post CABG surgery patients during phase I of cardiac rehabilitation**

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**Abstract**:

**Background**: Incidence of Coronary Artery Disease (CAD) and there of Coronary Artery Bypass Graft (CABG) surgery are increasing day by day. Presence of anxiety in post CABG surgery patients; which is noted frequently, is a major concern. The patho-chemical effects of anxiety, leads to delayed recovery period from the surgery and redevelopment of CAD in these patients. Shavasana is a yogic method for relaxation and it is proposed to reduce anxiety. It is important to assess the practical significance and the suitability of incorporating Shavasana into the early phase of cardiac rehabilitation programme after CABG surgery.

**Method**: Sixty subjects who had undergone coronary artery bypass grafting were randomly allocated into two treatment groups on post operative day 1; Group A i.e. control group which received usual phase I cardiac rehabilitation and Group B which received phase I Cardiac rehabilitation and Shavasana session for ten minutes once a day. This treatment was given for seven days after surgery.

Outcome measures used were Beck’s Anxiety inventory and resting values of heart rate, blood pressure and respiratory rate taken on post operative days 1 and 7. The data was statistically analyzed using ‘t’tests

**Results**: Data analysis revealed significant reduction in level of anxiety, resting heart rate, blood pressure and respiratory rate (*P*<0.05) in experimental group when compared with control group.

**Conclusion**: These findings suggest that Shavasana is effective treatment adjunct with usual Phase I cardiac rehabilitation, in patient’s undergone CABG surgery. Thus, it should be incorporated as component of cardiac rehabilitation in early post operative period.

**Key words**: Cardiac rehabilitation, anxiety, coronary artery bypass graft.