

Table 1 Baseline characteristics of patients with coronary artery disease who participated in the yoga intervention study, Lucknow, India, 2007–2009

Characteristic	Control group ^a	Yogic group ^b
	(n = 129)	(n = 129)
	Mean (SD)	Mean (SD)
Age (years)	56.4 (10.9)	59.1 (9.9)
Height (cm)	161.6 (8.4)	161.5 (9.0)
Weight (kg)	65.6 (12.3)	64.9 (9.3)
WC (cm)	94.2 (10.5)	93.0 (8.3)
HC (cm)	95.6 (11.3)	94.5 (9.4)
SBP (mmHg)	129.8 (14.1)	130.1 (10.3)
DBP (mmHg)	82.3 (8.6)	83.7 (8.0)
Heart rate (beats/min)	71.6 (11.4)	73.0 (9.1)

^a104 males, 25 females.

^b103 males, 26 females.

SD = standard deviation; WC = waist circumference, HC = hip circumference, SBP = systolic blood pressure; DBP = diastolic blood pressure.