

Table 2 Characteristics of patients with coronary artery disease in control and intervention groups before and after a yoga intervention study

Characteristic	Control group		Yogic group	
	Pre (n = 129)	Post (n = 103)	Pre (n = 129)	Post (n = 105)
	Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)
BMI (kg/m ²)	25.1 (4.8)	25.1 (4.6)	24.8 (3.8)	24.3 (3.5)
Waist:hip ratio	1.0 (0.1)	1.0 (0.1)	1.0 (0.1)	1.0 (0.1)
SBP (mmHg)	129.8 (14.1)	129.1 (9.3)	130.1 (10.3)	123.1 (9.4)
DBP (mmHg)	82.3 (8.6)	83.8 (5.7)	83.7 (8.0)	80.5 (5.1)
Heart rate (beats/min)	71.6 (11.4)	73.3 (8.7)	73.0 (9.1)	70.5 (7.5)
Fall in SBP (mmHg) ^a	10.3 (4.3)	9.3 (4.2)	10.5 (4.4)	10.1 (4.3)
Increase in DBP after sustained hand grip (mmHg)	10.6 (6.1)	10.5 (5.6)	12.6 (4.8)	12.1 (4.7)
Expiration–inspiration ratio	1.2 (0.3)	1.1 (0.2)	1.1 (0.2)	1.2 (0.1)
30:15 beat ratio	1.1 (0.2)	1.1 (0.2)	1.1 (0.3)	1.1 (0.2)
Valsalva ratio	1.6 (0.8)	1.5 (0.6)	1.5 (0.7)	1.6 (0.9)
LF/HF ratio	1.6 (1.3)	1.6 (1.2)	1.7 (1.3)	1.6 (1.2)

^aDifferences in systolic blood pressure from the baseline (lying position) and after 2 minutes while standing.

SD = standard deviation; BMI = body mass index; SBP = systolic blood pressure; DBP = diastolic blood pressure; LF = low frequency; HF = high frequency.