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To study the efficacy of ischemia reversal program (IRP) in ischemic heart disease patients with special reference to angina (chest pain)

Sachin Ramkrishna Patil, Smita V Patil and Vijay Patil

Madhavbaug clinics, India

Purpose: Number of people dying from IHD has increased from 0.61 million in 1990 to 1.13 million in 2010, which is a disturbing fact. According to the report by the World Health Organization, India would be spending a whopping 237 billion US dollars, owing to direct spending on health care and indirectly due to loss of productivity due to IHD. Ischemia Reversal Program (IRP) is a combination of Panchakarma and allied therapy. This study was conducted to evaluate the effect of IRP on VO₂max and dependency on conventional therapy in IHD patients.

Methods: This observational study was conducted in December 2015 to March 2018, wherein the data of IHD patients (inducible ischemia on stress testing) who attended out-patient departments (OPDs) at Madhavbaug clinics in Kolhapur, Maharashtra were identified. Data of patients who were administered IRP (60-75 minutes) with minimum of 7 sittings over 90 days (\pm 15 days) were considered. Variables like

VO₂ max, SBP, DBP, BMI, as well as the dependency on concomitant medicines were compared between day 1 and day 90 of the IRP.

Results: Out of 16 enrolled patients, males (12) and females (4), were enrolled in the study for analysis. There was significant improvement in VO₂max by 19.32 (from 15.62 ± 6.21 at baseline to 34.93 ± 4.30 at day 90, ($p < 0.001$)). Also, there was significant reduction in SBP by 8.13 (from 135.63 ± 12.09 to 127.50 ± 8.56) ($p < 0.001$). Improvements in DBP ($p < 0.054$) and BMI ($p < 0.17$) were not statistically significant. Dependency on concomitant medicines was reduced, with the number of patients on no concomitant medicines increasing from 12% to 18%.

Conclusion: IRP is effective in managing IHD patients and also decreases the dependency on allopathic medications.

drsachinayurveda@gmail.com