

Table 3 Comparison of difference in study scores before and after yogic intervention among yogic and control groups

Characteristic	Difference from baseline		P-value
	Control group	Yogic group	
	Mean (SD)	Mean (SD)	
BMI (kg/m ²)	-0.03 (1.07)	0.52 (0.89)	0.0001**
Waist:hip ratio	-0.004 (0.09)	0.02 (0.03)	0.005**
Heart rate (beats/min)	-1.78 (9.13)	2.58 (8.79)	0.0006**
SBP (mmHg)	0.70 (10.81)	5.41 (11.40)	0.002**
DBP (mmHg)	-1.51 (8.69)	3.27 (8.01)	0.0002**
Fall in SBP (mmHg)	0.98 (4.76)	0.36 (5.28)	0.38
Sustained hand grip DBP (mmHg)	0.09 (4.57)	0.43 (4.55)	0.59
Valsalva ratio	0.07 (0.60)	0.13 (0.07)	0.44
Expiration–inspiration ratio	0.01 (0.31)	0.06 (0.29)	0.88
Standing ratio	0.03 (0.22)	0.05 (0.26)	0.49
LF/HF ratio	0.01 (1.18)	0.18 (1.12)	0.27

**Statistically significant (P < 0.01).

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