

HEART CONGRESS

March 27-28, 2019 Sydney, Australia

Effect of heart failure reversal therapy program on chronic heart failure patients: A retrospective study

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Introduction & Aim: Chronic Heart Failure (CHF) is a major health issue despite of the available medications. Heart Failure Reversal Therapy (HFRT) is a combination of herbal treatment and allied therapies, has been advocated by Ayurvedic physicians as an add-on therapy for CHF. The aim of the study is to evaluate the effect of HFRT on Maximum Aerobic Capacity (MAC), Blood Pressure (BP), Body Mass Index (BMI) and dependency on conventional therapy in CHF Patients.

Method: This retrospective study was conducted in July 2017, wherein the data of CHF patients (New York Heart Association, NYHA Class I–IV) who attended Out-Patient Departments (OPDs) at Madhavbaug Clinics in Maharashtra, India was identified. Data of patients who were administered HFRT (60-75 minutes) with minimum 7 sittings over 90 days (± 15 days) were considered. Variables were compared between day 1 and day 90 of HFRT.

Results: Out of 79 enrolled patients, 39 were males while 40 females. HFRT showed significant improvement in MAC by 50.35% (from $18.60(\pm 7.01)$ to $27.97(\pm 7.98)$, $p < 0.01$) with maximum improvement in NYHA Grade IV patients ($n=14$) [change by 145.90% (from 7.46 to 18.36, $p < 0.01$)]. BMI [$27.78 (\pm 5.50)$ kg/m² to $26.61 (\pm 4.84)$ kg/m²], systolic and diastolic blood pressure [$134.4 (\pm 17.2)$ mmHg to $122.5 (\pm 9.74)$ mmHg and $82.75 (\pm 7.13)$ mmHg to $77.97 (\pm 10.73)$ mmHg, ($p < 0.01$) respectively] showed significant reductions. Dependency on concomitant medicines was reduced, with number of patients on no concomitant medicines increasing from 19% to 42%.

Conclusion: HFRT can be an effective option for management of CHF patients, along with conventional allopathic medications.

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