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**Evaluation of the effect of HFRT on the anthropometric obesity parameters in patients of chronic heart failure-a retrospective analysis**

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**Statement of the Problem:** Chronic heart failure (CHF) is a common cause of mortality and morbidity. Obesity influences the CHF development and prognosis. This study was conducted to assess effect of Heart failure reversal therapy (HFRT), a combination of panchakarma and allied therapies, on anthropometric parameters in CHF patients.

**Methodology & Theoretical Orientation:** This retrospective study was conducted on data of patients who visited Madhavbaug clinics in Maharashtra, India between July-December 2018. Selection was based upon the availability of complete baseline (day 1 of HFRT) and follow-up data (day 30 of HFRT) of CHF patients who were admitted for minimum five days for HFRT.

**Findings:** Out of 147 patients, 74.15% were males with mean age 59.15±10.28 years. There was statistically significant decrease ( $p<0.05$ ) in both mean BMI and abdominal girth at day 30 of HFRT. 42 of 147 patients (28.57%) had hypertension (HTN) with CHF, 22 patients (14.97%) had diabetes mellitus (DM) and 61 patients (41.49%) had both HTN and DM. In all these sub-groups, mean BMI and abdominal girth was significantly decreased ( $p<0.05$ ) at day 30. Strong positive correlation was found between BMI and abdominal girth on day 1 ( $R=0.9$ ,  $P<0.05$ ) and day 30 ( $R=0.83$ ,  $P<0.05$ ) by Pearson's correlation. Similar correlation was found between the two parameters in subsets of CHF patients having HTN or DM or both DM and HTN ( $p<0.05$ ).

**Conclusion & Significance:** HFRT decreased BMI and abdominal circumference significantly in CHF patients, irrespective of the presence of HTN or DM. Both the anthropometric parameters correlated strongly in all co-morbidity subsets of CHF patients.