YOGA THE STRESS RELIEVER: A BOON TO PERIODONTAL HEALTH

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ABSTRACT

AIM & OBJECTIVE: To compare stress levels, oral hygiene habits and periodontal status in subjects practicing yoga.

METHOD: The exposure of interest is the stress level of the patient. 30 subjects were evaluated. Subjects were divided into four groups based on their yoga duration: >15, 10-15, 5-10 and <5 years. Periodontal status of the individuals was evaluated using clinical parameters.

RESULTS: Comparison of the stress scale using one way ANOVA shows that mean value of >15 years is highest (54.25) followed by 10-15 years (44.25), 5-10 years (38) and least in < 5 years (31.38). Post hoc test showed better periodontal health in the yoga group (>15 years, 10-15 years, 5-10 years, <5 years) (p < 0.001) (in all the four domains).

CONCLUSIONS: Lifestyle modification with yoga practice may benefit the individuals with risk factor in overall maintenance of periodontal health.

KEYWORDS: Stress, Periodontal Status & Yoga

Received: Nov 23, 2018; Accepted: Dec 13, 2018; Published: Mar 26, 2019; Paper Id.: IJDRDJUN20193