Table 6: Comparison of QOL scores for various health practices in subjects performing kriya or non-kriya (i.e. other exercises excluding kriya) in two groups

|  |  |  |  |
| --- | --- | --- | --- |
| **Health practices comparison** | **Study Group (n=79)** | **Control Group (n=77)** |  |
| **No. (%)** | **Mean ± SD** | **No. (%)** | **Mean ± SD** | **P** |
| **Kriya + Yoga in study group versus only Yoga in control group** | 36 (45.6) | 7.2 ± 4.01 | 17 (22.1) | 16 ± 8.2 | 0.0001 |
| **Kriya + Exercise in study group versus only Exercise in control group** | 22 (27.8) | 4.7 ± 5.2 | 11 (14.3) | 16 ± 5.3 | 0.0001 |
| **Kriya + Yoga + Exercise in study group versus Yoga + Exercise in control group** | 14 (17.7) | 4.3 ± 3.9 | 4 (5.1) | 7.5 ± 9.4 | 0.3096 |