**DEVELOPMENT OF A HOLISTIC MODEL TO PREVENT AND REVERSE CORONARY ARTERY DISEASE: SAAOL (SCIENCE AND ART OF LIVING) SAFETY CIRCLE**

**B. Chhajer,** V. Singh, G. Kumari

SAAOL Heart Center, New Delhi, India

*Objective:* To develop a simple and full proof model for heart patients which will guide them to prevent and reverse coronary artery disease.

*Background:* This holistic model was conceptualized at the All India Institute of Medical Sciences, where the author worked for 6 years during 1989-1995. Saaol Heart Center is an institute of Non Invasive Cardiology and has 48 branches in India, which treats heart patients with modern medicines with lifestyle changes and Enhance External Counter Pulsation.

*Methods:* We treated more than 100,000 heart patients in the last 20 years with aggressive risk factor intervention which would include – Yoga, walking, zero oil cooking, vegetarianism, stress management, patient education and optimum modern medical management.

*Results:* After 15 years and successful 100,000 patients we have developed a simple but very effective method to prevent and reverse heart disease. Patients can go for Prevention and reversal programs according to their choice. It can make the patients safe from cardiac events so we called it “SAAOL Safety Circle”. 98% of our patients have avoided heart attack and coronary artery bypass surgery.

*Conclusions:* This will be the best tool of patient education and guided non invasive intervention to make the world heart attack free.



