

Methods

In this cross-sectional comparative study, 20 healthy, skilled LTMs practicing Buddhist meditation consistently >3 years, and 20 age-sex matched healthy non-meditators, underwent resting spirometry and measurement of respiratory rate (RR), heart rate (HR), blood pressure (BP), oxygen saturation (SPO₂) and BORG score; before, after and 5 minutes following a Six-Minute Walk Test (6MWT). Maximal oxygen consumption (VO₂max) was estimated using Six-Minute Walk Distance (6MWD). Independent sample t-test was used for statistical analysis.

Results

The LTMs; 46% male, mean (SD) total life-time meditation experience 12.8 (6.5) years, age 45.8 (8.74) years, height 1.66 (0.1) meters, BMI 23.68 (2.23) kgm⁻², and controls; 46% male, mean (SD) age 45.3 (8.05) years, height 1.63 (0.1) meters, BMI 23.68 (3.28) kgm⁻², were comparable. LTMs had significantly higher PEFR (mean (SD) 9.89 (2.5) vs. 8.22 (2.3) L/s; $p = 0.03$), higher FVC, FEV₁, MEF 75, 50, 25, FEF 25-75, vital capacity, tidal volume and lower resting RR ($p > 0.05$) compared to controls. The 6MWD [577.25 (77.28) vs. 569.95 (77.13) meters], estimated VO₂max [41.84 (5.8) vs. 40.77 (4.4) ml/kg/min] were higher ($p > 0.05$) in LTMs. Post-exercise systolic BP ($p < 0.01$), HR ($p < 0.05$), recovery systolic BP, HR, BORG score ($p < 0.05$) were significantly lower and post, recovery SPO₂ ($p > 0.05$) was higher in LTMs compared to controls. 6MWD positively correlated with FVC, FEV₁ and PEFR.

Conclusions

Long-term meditators appear to have better respiratory function and aerobic capacity.

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Clinico-epidemiology of *hynnale nepa* (hump-nosed pit viper) bites in Sri Lanka

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Introduction and Objectives

Sri Lanka homes 3 species of hump-nosed vipers including *Hynnale hynnale*, *H. zara* and *H. nepa*. Of them, latter 2 are endemic to the country. Even though former 2 are the subject of several publications, no major clinical studies are done regarding *H. nepa* bites. The objectives of this study were to describe epidemiological and clinical features of *H. nepa* bites.

Methods

A prospective observational study was conducted for patients admitted with *H. nepa* bites to Teaching Hospital, Ratnapura. Data collection was done for 5 years commencing from June 2015. Species identification was done using a standard key.

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Comparison of mortality and morbidity between thrombolysed and non-thrombolysed stroke patients in a teaching hospital in Sri Lanka

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Introduction and Objectives

Stroke is a major factor for elevated disability-adjusted life years (DALYs) in South Asia. Though the majority of strokes are treatable because of the ischaemic nature, majority will not seek medical attention within the thrombolytic window. This study aims to provide an insight to assess the outcome of thrombolysed stroke patients.

Comparing the significance of the mortality rate and improvement of neurological deficits between thrombolysed and non-thrombolysed acute ischaemic stroke (IS) patients presenting within the time window for IVT to Teaching Hospital Peradeniya (THP).

Methods

A descriptive observational study was carried out using an extracted sample of homogenous data from the already established stroke registry of THP. The neurological improvement was assessed using the National Institute of Health Stroke Scale (NIHSS) score and the morbidity on discharge was evaluated using a combination of the Barthel index and the Modified Ranking Scale (MRS). Chi-square test was used to analyze the significance.

Results

Among all 283 IS patients who presented within 4.5 hours following symptom onset, only 20.2% were given IVT. Mortality rates for thrombolysed and non-thrombolysed patients were 1.8% and 4%, respectively ($p=0.31$). Complete recovery rate of thrombolysed patients was 19.5% whilst it was 17.5% in non-thrombolysed patients ($p=0.83$). No significant difference was identified between the final morbidity scores of thrombolysed and non-thrombolysed patients ($p=0.09$).

Conclusions

The effect of thrombolysis on mortality and morbidity of the IS patients who received medical intervention early is insignificant.

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Respiratory function and aerobic capacity in a cohort of Sri Lankan healthy long-term meditators

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Introduction and Objectives

There is paucity of data regarding respiratory function of Sri Lankan meditators. We aimed to study respiratory function and aerobic capacity in a group of Sri Lankan healthy long-term meditators (LTMs).



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