5 cr pluse dead tuple in table which one is better:-

50 million (5 crore) dead tuples in a table that's becoming **slow to query**, especially with a GROUP BY + HAVING aggregation.

VACUUM VS VACUUM FULL — Which One is Better in Your Case?

Feature	VACUUM	VACUUM FULL
Reclaims Space	Marks space for reuse (not disk)	Shrinks table, releases disk space
Locks Table	X No (non-blocking)	<pre> ダYes (exclusive lock during run)</pre>
Fixes Bloat	Partially	√ Fully
Query Performance Boost	Medium	∜ High
Use Case	Routine cleanup	Heavy bloat situations

Recommendation:-

Since the table has a very high number of dead tuples (around 5 crore), we recommend performing a VACUUM FULL during off-peak hours. This will fully clean the table, improve query performance, and reduce disk usage.

Here's Why Vacuum Improves Performance:

Туре	What It Does	Impact on Query
VACUUM	Marks dead tuples for reuseUpdates visibility map for index-only scans	⊘ Moderate
VACUUM FULL	Physically removes dead tuplesRewrites the tableShrinks disk usage	⋘ High

Run: ANALYZE cases; after VACUUM to refresh query planner statistics.