



## Management of Hypertension through Yoga and Naturopathy

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### Abstract

*High Blood Pressure or Hypertension is a disease of the modern civilized people. The fast pace of life and the mental and physical pressure caused by the industrial and metropolitan environments give rise to physiological tensions. Worry and mental tension increases the adrenaline in the blood stream and this in turn causes the pressure of the blood to rise.*

*Key words: arteries, environment, Hypertension*

### Introduction

The blood which circulates through the arteries within the body supplies every cell which nourishment and oxygen. The force exerted by the heart as it pumps the blood into the large arteries creates a pressure within them and this is called blood pressure .A certain level of blood pressure is thus essential to keep the blood circulating in the body. But when the pressure becomes too high it result in hypertension which is caused by spasm or narrowing of the small blood vessels, known as capillaries, throughout the body. This narrowing puts more stress on the heart to pump blood through the blood vessels. Hence, the pressure of blood to get through rises in proportion to the pressure on the heart.

Mild and moderate hypertension may not produce any symptoms for years. The first symptoms may appear in the form of pain towards the back of the head and neck on waking in the morning, which soon disappears. Some of the other usual symptoms of hypertension are dizziness, aches and pains in the heart region., frequent urination. The most important causes of hypertension are stress and a faulty style of living.

For a quick remedy for this disease modern man is approaching allopathic treatment due to limitations of this system, he /she is dissatisfied and searching for more acceptable substitute. Some of the common problems that are faced in allopathic treatment include getting relieve the blood vessels spasm but subsequently increase in the prescribe dosages, side effects, increase in the cost of treatment and dependence on the doctor. In the face of such problems , clients are in search of an alternate solution for the problem. This study is an attempt in this direction. This attempts is to investigate the effectiveness of an integrated therapy involving yoga and naturopathy in the treatment of hypertension.

In yogic literature the heart is not only the center of the circulatory system but also the center for compassion. It is the physical manifestation of the psychic center called *anahata chakra*, the subtle heart of our being. In contrast to yoga, which teaches a science of mind, modern medicine is still looking for the mind, and believes it to reside in the brain. However, the ancient yogis and rushes located the mind, or the higher mind, in the heart. This is the abode of the jivatma, of consciousness itself.



In the Yoga Sutra of Patanjali(300 B.C) is a treatise on the methodological process for obtaining the goal laid down by Kapil and adds something more. Whereas Kapil emphasized acquiring of jnana which involves only the mind Patanjali's system of yoga , on the other hand, involves both mind and body. In this respect, the Purusha of Patanjali has to do two things simultaneously, that is he must acquire samyak jnana and also he must practice yoga in order to achieve excellence of both body and mind. The therapeutic benefits of yoga are only by products in this process. Majority of the health problems of man in the contemporary times is considered psychosomatic in nature. An effective therapeutic technique without side effects is most desirable. Yoga system appears to be a promising one in this regard. Similarly, increasing number of people also follow alternative medicines such as naturopathy. Probably the reason for this could be the fact that aims to restore then health by rational use of elements freely available in nature and also because it does not have side effects. Hypertension is a psychosomatic disease , for which conventional treatment remain somewhat unsatisfactory. It is therefore not surprising that some patients seek alternative treatments.

## **METHODOLOGY**

### **Subjects**

The investigation was carried out on a group of clients who have participated an IntegratedTherapyProgramme(ITP) conducted by the students of M.A yoga with the help of of Department of Yoga &Consciousness, Andhra University and Naturopathy . All the participants were suffering from high blood pressure and prior to joining this integrated therapy

program me, all the clients have been undergoing allopathic treatment and continued the same during their participation in the integrated therapy camp. The therapy group consisted of 19 subjects (15 males and 4 females) in the age range of 40-65 years. All the participants attended the program me regularly.

### **Integrated Therapy program me(ITP)**

The program me consist of two methods of alternate medicine-yoga and naturopathy procedures was designed at the Department of yoga &Consciousness, Andhra University, Visakhapatnam, especially for the management for hypertension .This package includes a set of asana (yogic posture),pranayama ( breathing exercises)and relaxation procedures like IRT ,QRT and DRT techniques. It also consist of naturopathy procedures such as reverse body massage ,hot foot and hand bath, full mud bath and cold spinal bath.

### **Blood Pressure levels**

People with normal blood pressure (below 130/85 should be rechecked every two years. Anyone whose blood pressure is high normal(130-139/85-89)or above should have their blood pressure monitored at home and evaluated for organ damage. Hence in this study checked blood pressure levels before joining the integrated therapy program me and after completion of 10 days therapy program me are measured.



**Procedure**

On the first day of the therapy program me, immediately after registration, a naturopathy doctor checked blood pressure of the clients. He /she had no knowledge of the therapy program me and was asked to check blood pressure. Prior to joining the program me all the client were instructions to come without any mental tension for blood pressure. After this initial testing procedure .They were assigned to naturopathy yoga treatment procedures. All the clients underwent naturopathy and yoga treatments for two hour or on all the for one month of the programme. On the first day they were also given a diet chart which they were asked to follow sincerely. some of other therapies under naturopathy given are reverse bloody massage ,mud bath, cold hip bath ,cold spinal bath and cold footbath.

. The client were also given the following general instructions regarding diet.

.Those who are overweight must reduce daily intake of calories.

.Fat and salt intake should be restricted.






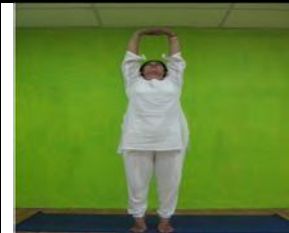
.Intake of food should be follow in time i.e., break-fast, lunch and dinner.

.Fiber-rich food should be included in the diet.

.The diet of hypertension should consist of 60-70% carbohydrates,10-15%fats,and 15-20%protein.

In the naturopathy treatment section on the first day they were given enema, full body massage in reverse direction from up to down cold mud pack was applied on the spinal cord. On the second day they were given cold spinal bath partial massage to both limbs in reverse direction.

**Yogic management**

		
Greevachanhalan (neck rotation)	Skanda chakra (shoulder rotation)	Shavasana
		
Bhoonamaasana	Bhujangasana	Tadasana








		
Triyak tadasana	<b>Prnayama</b> Nadisodhana	Ujjayi pranayama
		
Meditation : Om-kar mediation	Alternate therapies (Naturopathy) Reverse body massage	Alternate therapies :Mud bath
		
Cold hip bath	Cold spinal bath	Cold foot bath.

Table:1. Blood pressure

S.No	Pre test(mmHg)	Posttest(mmHg)
1	126/85	110/80
2	162/90	143/80
3	120/80	110/80
4	160/95	150/85
5	145/85	139/82
6	110/80	100/70
7	126/70	118/70
8	135/100	130/95
9	138/95	126/80
10	150/100	140/95
11	120/80	110/80
12	126/70	111/80
13	130/90	110/70
14	114/80	120/70
15	143/90	112/80
16	155/100	120/88
17	158/95	129/80
18	160/90	160/85
19	117/78	129/80



Table:2. Paired sample statistics

Values	N	Mean	Std.dev	t-values
pair				
Systolic-1	19	1.37	17.27	4.45**
Systolic-1	19	1.25	16.5	Sig at .001
pair				
Diastolic	19	87.00	9.42	3.97**
Diastolic	19	80.53	7.31	Sig at .001

Table:3. Paired sample correlation

Variables	N	correlation	
Pair1 s1 & s2	19	.754	.000
Pair2 d1 & d2	19	.665	.002

### Conclusion

Today Yoga is a Science of right living it effects on all aspects of the human body both physical and mental. This alternate methods efforts brings changes in the whole mental attitude, lifestyle is in fact a way of transformation of life, mind, and body. This studies conducted around the globe suggested positive changes at blood pressure levels that are bound to bring an effective management methods to control and prevent the human blood pressure levels

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