

Effect of Yogic Practices on Systolic and Diastolic Blood Pressure among Hypertensive Middle Aged Women

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Key Words: Yogic practices, Systolic, Diastolic Blood Pressure, Hypertensive

Abstract

The present random group experimental study was designed to find out the effect of Yogic practices on Systolic and Diastolic Blood Pressure variables among Hypertensive middle aged women. It was hypothesized that there would be significant difference due to Yogic practices than the control group on Systolic and Diastolic Blood Pressure among Hypertensive middle aged women. To achieve the purpose of the study, thirty (30) Hypertensive middle aged women residing in Chennai age between 45 to 55 years were selected randomly two groups, namely a group I, experimental group (15) and control group of fifteen (15) subjects each. Training period of this study was twelve weeks. Experimental group I underwent Yogic practices for twelve (12) weeks, six days a week for a maximum of one hour in the morning. The control group was kept in active rest. The pre test and post test were conducted before and after the training for both the groups. To analyses the data (ANCOVA) was used. The test of significance was fixed as 0.05 level of confidence. It was concluded the significantly decreased in Yogic practices group than the control group on Systolic and Diastolic Blood Pressure among Hypertensive middle aged women.

Introduction

Hypertension is commonly known as high BP and is diagnosed when blood pressure readings are above 140/90. The force of blood flowing through blood vessels is consistently too high. High BP also increases the risk of heart disease and stroke. Hypertension risk factors include obesity, smoking, no regular exercise, family history and drinking too much alcohol. Under and over activity of the genes FGF23, APOC3, TRS1, 9p21 are other cause of high blood pressure. Improper biological clock and insufficient electrical activity are the main causes. Physical inactivity increases the risk of HBP by 61%. 33 crore Indians suffer from Hypertension. Now added 7 crore due to systolic and diastolic pressure level was reduced. Six out of ten women at the risk of developing heart ailment. Every four seconds, one woman dies due to heart issues.

The ancient science of Yogic practices is an ancient treatment method to heal the blood pressure. Through mind and thought process. After many years of successfully dealing with Hypertension patients with Yogic practices, it is decided to make the knowledge of these techniques available to the suffering Hypertensive middle aged people women.

Statement Of The Problem

The purpose of the study was to find out the effect of Yogic practices on Systolic and Diastolic Blood Pressure among Hypertensive middle aged women.

Hypothesis

It was hypothesized that there would be significant differences due to Yogic practices than the control group on Systolic and Diastolic Blood Pressure among Hypertensive middle aged women.

Methodology

For the purpose of this random group experimental study, thirty (30) Hypertensive middle aged women in Chennai were selected at random as subjects based on their Systolic and Diastolic Blood Pressure and their age was ranged from 45 to 55 years. Yogic practices were given six days (Monday to Saturday) per week for twelve weeks. All the subjects were randomly assigned to experimental group and control group each consisted of 15 subjects. The experimental group was involved in with Yogic practices for twelve (12) weeks, and the control group was kept in active rest. The Yogic practices given to experimental group includes Prayer, Asanas, and Pranayama, Mudra and Yoga Nidra. Initially pre-test was taken and after the experimental period of twelve weeks, post-test was taken from both the groups. The differences between initial and final Systolic and Diastolic Blood Pressure were considered as the effect of varma therapy on the selected subjects. Analysis of Covariance (ANCOVA) was used to find out the difference among the experimental groups and control groups. The test of significance was fixed as 0.05 level of confidence.

Conclusions

- It was concluded Yogic practices was decreased on Systolic blood pressure among hypertensive middle aged women.
- It was concluded Yogic practices was decreased on Diastolic blood pressure among hypertensive middle aged women.

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