

Effect of Yogic and Ayurvedic intervention on Hypertensive patients

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Abstract

The aim of the present research is to study the effect of yogic and Ayurvedic intervention on hypertensive patients. The sample of this study consist of 20 patient of hypertension of the age group 35-50 were randomly selected from Polyclinic at Dev Sanskriti Vishwavidyalaya, Gyatrikunj, Haridwar through the method of accidental sampling. This study is based on “Pre-Post Single group design” .The result showed a positive change as decrease in Hypertension by following the yogic and Ayurvedic package.

Key words: Yoga, Ayurveda and Hypertension

Introduction

In the modern world at one place there have been many amazing achievements and on the other place it is also a world full of stress. We find stress everywhere, within the family, in business. Thus, it is not surprising that interest in this issue has been increasing. The present era can be appropriately called the ‘era of anxiety and stress. Many of them are not able to adapt the stresses of day to day life and these people are prone to develop psychosomatic illnesses. There are several psychosomatic diseases with hypertension being an important one. Hypertension is found more in older people. Modern life style and mechanization of the era have ignored the older of the society to whom regards should be given their, achievements are forgotten and they are being treated as stranger and jobless. They become ill and mentally weaker. They are really hurt as well as they think their life is now aimless and useless.⁶Age was discovered to be associated with risk of developing cardio vesicular diseases.²

Review of several articles relating to Hypertension found much evidence that Yoga was effective in treating hypertension. Practices were effective in lowering the blood pressure in healthy individuals.⁹ Systolic blood pressure drooped from 141.7 to 127.9 mmHg by the third week and to 120.7mmHg by the fourth week. A decrease in blood pressure was also seen in a group of hypertension patients in Thailand.⁷ yoga and Ayurveda are two interrelated branches of the same great tree of Vedic knowledge that encompasses all of human life and the entire universe.

Stress leads to tension and various physiological disorders such as hypertension. Some studies relating to stress lowering techniques of yoga also analyzed. Mindfulness based stress reduction techniques help in the decrease of stress symptoms. Which investigated the relationship between mindfulness based stress reduction program on stress hormones reveal decrease in stress symptoms. Many Other studies found that Yogic practices regardless of the type of Yoga, were effective in lowering the B.P. in healthy individuals.⁸

Yoga and Ayurveda are not merely two separate but related healing disciplines of India. The yogic exploration of consciousness, the subtle energies of prana and mind, and various types of spiritual practices are all inter-connected. Yogic texts contain discussions of meditation, concentration, mantra, ritual, pranayama and related factors but as part of spiritual practice, not as a therapy. They have come to the conclusion that Hridaya and processes of Rasa vikashepa or Anudhavana by Vynavayu has become helpful to understand the disease. We can assume that vitiated vata dosha is the main cause of the disease,

Combining Yoga and Ayurveda in their full applications and in the greater context of Vedic science offers a complete system of well-being for body, mind and consciousness, perhaps has no parallel anywhere else in the world. It can become the prime force of planetary healing that is desperately needed today. There is a close connection between our body and mind. This research paper was undertaken to find a safe and effective ayurvedic and yogic method of treatment for hypertensive patients that would be free of any adverse effect and would maintain blood pressure within normal limits.

Objectives of the study

- To study the efficacy of Yogic Practices in hypertensive patients.
- To study the effect of sarpandha churna on hypertensive patients.

Research Methodology

A total of 20 patient of hypertension of age group 35-50 were randomly selected from polyclinic, Dev Sanskriti Vishwavidyalaya, Shantikunj, Haridwar through the method of accidental sampling. In this study “pre-post single group design” was followed in the study.the reading were taken before and after administering yogic package and Ayurvedic herbs-sarpandha churna.

Diagnostic criteria

EHT was diagnosed as per the definition of W.H.O., JNC IV, i.e., systolic blood pressure of 140 mmHg or above and diastolic blood pressure of 90 mmHg or above,

i.e. below 140/90 mmhg as recommended by **World Health Organization**.

Yogic Procedure

- Pranayama – 10 Minutes, meditation- 10 Minutes, Shavasana – 10 Minutes
- Yogic package for one month of 30 Minutes daily practice.
- Ayurvedic drugs:-Sarpagandha churna (each 2 gm), twice daily for a total duration of 30 days.
- *Ahara* and *Vihara*: Patients under study were given advice about *Ahara* and *Vihara* as indicated in the management of *Vaata Vriddhi*

Result

Table -1: Systolic blood pressure

Group	Number of group	Mean	SD	t-value	df	Level of significant
Pre	20	131.8	12.71	3.68	19	0.01
Post	20	124.5	6.04			

Table-2: Diastolic blood pressure

Group	Number of group	Mean	SD	t-value	df	Level of significant
Pre	20	85.5	5.10	3.94	19	0.01
Post	20	81	3.07			

This table shows the result of “t-value” of the systolic blood pressure 3.68 and Diastolic blood pressure 3.94 which shows the 0.01 level of significance. So, the null hypothesis is rejected. Yogic and Ayurvedic intervention decrease the level of hypertension.

In this study we used Yogic practices and ayurvedic herbs which reduced both systolic and diastolic blood pressure of the patient of hypertension. During the follow-up study we observed that though a minimal rise in blood pressure took place over the 1-month period, both the groups showed good control of both systolic and diastolic blood pressures.

Discussion

hypertension is a cardiovascular risk factor are of the view that yoga can play an important role in risk modification for a cardiovascular risk.³ Some studies indicate that mindfulness based stress reduction program like shavasana, pranayama and meditation decrease the symptoms of hypertension A study reported that shavasana showed a beneficial effect in hypertension in one year follow- up control study.¹⁰ Another study shows that in 13 patients with essential hypertension ,the blood pressure dropped significantly.¹ and another studies shows that Practice of yognidra lowers the elevated blood pressure level of hypertensive patients. Pranayama purify and energize the body by removing toxins and strengthening the immune system.¹³ Yogic breathing program help the mind and body to gain homio-static balance. Meditation in real sense is an active hypometabolic condition . So probably mediation help to regulate stress levels by regulating the ventrolateral hypothalamus though vagal centers. hormones and other biochemical compounds in the blood indicative of stress tend to decrease during meditation practices.¹⁴ Therefore man can live without tension by using yogic and Ayurvedic intervention. It is very useful removing physical and mental problems. It relaxes the mind and body. This can be accomplished by combining a mental health–promoting therapy like Yoga along with *Sarpagandha* churna to relieve anxiety, stress, etc.

In this study, *Sarpagandha* churna helped in reducing both systolic and diastolic pressure. In Ayurveda ,it is described as nidrajanak. it possesses qualities like laghu, ruksha, guna, katu, tikta, kshaya and rasa and ushna viraya with katu vipaka. Its ushna viraya helps in vaatashaman along with kapha shamaka action.¹¹ Hypertension is a vata pradhan vyadhi. According to various experimental and chemical studies, its alkaloids like reserpine lowers the blood pressure by depleting store of catecholamine at nerve ending.¹²

Therefore, it can be concluded that *Sarpagandha* churna and yogic practices are very safe and effective treatment modalities and can be used effectively in the management of hypertensive patients.

Conclusion

Thus the present study concludes that yoga and Ayurveda are the ways to change life style. Yoga practices provide the means of purification of the mind and enable us to gain self–realization through Vedanta self realization. Ayurveda affords us the purification of the body for optimal health and energy .Putting together this entire system of Vedic knowledge-combining Ayurveda and Yoga, the related disciplines- we have a tremendous recourse that can transform both ourselves and our planet if we apply it in our daily life.

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