

# THE YOGIC INSIGHT

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## REVIEW ON YOGIC MANAGEMENT OF HYPERTENSION (WITH SPECIAL REFERENCE TO POST COVID-19 PATIENTS)

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### ABSTRACT

**INTRODUCTION:** In Yogic domain, several interpretation and directions have been seen in the management of Hypertension, however we find a there is lack of uniformity and unanimity among Yoga experts opinion. To create a proper uniformity, researchers are attempting to erase that gap and using a deeper grasp of the applied physiology and etio-pathogenesis of hypertension by using Yogic perspective knowledge. A strongly examination of available literature was conducted in order to gain a better understanding of the physiology of blood pressure.

**AIM:** To elaborate the etiological components of Hypertension and suggest a proper Yogic management special on Post-Covid-19 Patients.

**MATERIAL AND METHODS:** Yogic research literature, concert videos/audios and concert texts/notes which provided detailed information on pathology, aetiology and management. To further develop and proposed diagnosis and therapy of hypertension were also explored. The researcher was also designed a protocol to manage that issue and implement that protocol on 80 Post-Covid-19 Patients which were randomly selected for the study.

**RESULTS:** This Hypertension reviews demonstrates that following Yogic rules for management would effectively regulate blood pressure without causing any harmful side effects. Pathya and Apathya, Aahar and Vihar (Yogic Diet Management and Proper Lifestyle) and Ayurveda are also mentioned in Yoga as ways to control hypertension. These help to keep the human body in a state of equilibrium, preventing hypertension. The result was shows a very significant improvement in the prevention of hypertension for Post-covid-19 patients.

**CONCLUSION:** Hypertension is one of recent last 2 decade disease which caused by a change in one's lifestyle. Changes in our lifestyle (Diet Modification & physical activities) and some other medications are used to treat it. Numbers of anti-hypertensive allopathic medications are also available in modern science for the prevention and management of blood pressure. These medications can help regulate blood pressure, but they will not provide a permanent solution to treat high blood pressure. When we stop taking medication, our blood pressure and other health issues will start arising. As a result, for a healthy future, everyone must adhere to the Yoga hypertension regimes which will be a permanent solution to cure that modern age disorders.

**KEYWORDS:** Hypertension, Yoga Management, Yogic Ahara

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## **INTRODUCTION**

Yoga stands out in today's world of specialties and super-specialties in therapy and management prospective because of its holistic approach to the body from physiological, psychological, emotional and spiritual as a single unit. When looked at independently, the body is difficult to comprehend because all of its parts co-exist with interdependence and reciprocal interaction with all system in human body. In current scenario of Covid-19, humanity has started to believe the multi-dimensional dimensions of body, mind, and spirit which were espoused by our Vedic rishi-s and Muni-s thousands of years ago. Life has been made easier for man in last decade as a result of modernization at every turn, but human has paid the price by succumbing to a variety of lifestyle ailments. His ailments are also caused by his poor lifestyle and severe psychological and emotional circumstances. These factors affect the one's mind and body's homeostasis through a variety of psycho-somatic pathways, resulting in a variety of lifestyle disorders like hypertension, diabetic etc.

According to a World Health Organization estimate data from 2008, around 40% to 44% of persons over the age of 25 have a serious symptom of hypertension. In India context, Hypertension is now considered a directly responsible for 57% of all stroke deaths and 24% of all Coronary Heart Disease (CHD) deaths. It is the most significant risk factor for heart, renal, brain, and peripheral artery problems, all of which can be fatal if not treated properly because the majority of victims (85%) are asymptomatic, hypertension is becoming a silent killer. Mainly, the specialist says that exact underlying causes of hypertension remain unclear in 95% of cases, but they also imposed that it is thought to be attributable to hereditary and environmental factors.

According to Indian Vedic literature, Hypertension is not considered a Vyadhi (illness), but it may cause a comprehended by examining the relevant Doshas, Dooshya, Srotas, and other factors. Many Ayurvedic researchers have suggested many views regarding how Ayurveda might understand Hypertension, but no standardized and widely acknowledged perspective of the Ayurvedic pathophysiology of this ailment exists. In Yoga, there are still many debates undergoing

about this Hypertensive condition of the human and many researchers also suggest that the most appropriate practices in the management of Hypertension. As a result, this is an attempt to fully comprehend hypertension and interpret it in terms of Vedic and Yogic principles, taking into account all points of view.

### **WHAT IS HYPERTENSION?**

Hypertension, often known as high blood pressure, is an asymptomatic medical condition in which the systemic arterial blood pressure rises over normal levels of pressure in the body. Most of the health experts provide proper evidence that at different periods of the day, your blood pressure may vary. It's seems a frequently higher after a workout or when you're in stress and other psychological problem. When blood pressure remains high for a particular period of time, however, it can lead to cardiovascular dysfunction and other serious health issues which create an imbalance in the other system of the body. High blood pressure puts a load on the heart and damages arterial blood vessels, which is raising the risk of heart failure, myocardial infarction, pulmonary embolism, and kidney failure, as well as mortality.

### **TYPES OF HYPERTENSION**

1. Primary hypertension
2. Secondary hypertension.

**PRIMARY HYPERTENSION:** It's also known as idiopathic hypertension or essential hypertension. Although there is no recognized cause, several lifestyle variables have a role in the development of this disorder. About 90–95 percent of hypertension patients are classified as primary hypertension, meaning they have no clear underlying cause. This can be found in the majority of people who have reached middle age. The following factors play a role in the development of essential hypertension: Factor of heredity, Overcrowding, pollution, and employment competition are all environmental factors. The sex and age factor, Smoking and drinking habits, Lipid profile and serum cholesterol levels rise, Obesity, Psycho-social factors, such as anxiety and tension. Dietary factors, such as a higher salt intake.

**SECONDARY HYPERTENSION:** It's occurs when high blood pressure is caused by another associated disorder or disease process. Malignant hypertension is another name for this condition. Basically it is occurs in a small percentage of people. This is a serious problem that must be addressed immediately. The possible causes of secondary hypertension may be such as- Hypertensive illnesses of pregnancy:

Toxemias of pregnancy, Due to the use of specific medicines such as contraceptive pills, steroids, and so on, Renal causes include acute nephritis, chronic nephritis, and polycystic kidney disease, Thyrotoxicosis, myxedema, and acromegaly are endocrine causes, Diabetes, chronic gout, and atherosclerosis are all metabolic factors, Aortic coarctation is a congenital condition, Encephalitis, brain tumours, and cerebrovascular accidents are all neurological conditions.

The popular symptoms of hypertension as following which was suggested by experts:-Headache, Nausea, Numbness and burning in the hands and feet, Vertigo, Vomiting, Feelings of exhaustion and restlessness, Breathlessness, Appetite loss, Chest pain, Discomfort, Bleeding from the nose is a common occurrence, Legs and eyes are swollen, Irritability, Vision blurriness.

### **VEDIC LITERATURE AND YOGIC VIEW**

The major pathophysiology in hypertension occurs in Rakta together with the blood arteries. Because this is the single consistent element, numerous earlier authors have offered differing perspectives on the ancient Yogic pathophysiology of this illness. Because modern science has progressed in its understanding of hypertension, we must learn everything we can about the disease and correlate it to Yogic principles and management for a better understanding.

### **ETIOLOGICAL RISK FACTORS OF HYPERTENSION**

The causes of essential hypertension are unknown by many medical experts, but various genetic and environmental factors, as well as their interactions, play a role in the development of this syndrome. High salt and spicy food intake, alcohol consumption and tobacco use, low calcium and potassium intake, psychological stress, heredity, fatty food intake leading to obesity and hyperlipidemia leading to atherosclerosis in blood vessels, and physical inactivity (sedentary lifestyle) are among these factors.

In Vedic literature, there are a number of factors to consider.

In Ayurveda, Hypertension is a Raktaj Roga, with the Vata Dosha being the related (Anubandha) Dosha. As a result, instead of the above two terms, Raktagata Vata is a better fit for the disease. As a result, Raktaja Rogas' therapy concepts, such as Raktapittahari Kriya, Virechana, and Raktamokshana, can be used effectively to cure hypertension.

## **METHODS AND MATERIALS**

### **OBJECTIVES OF THE STUDY**

- ❖ To study the effect of selected Yogāsana's practices on Hypertension Post-Covid-19 Patients.

### **HYPOTHESIS OF THE STUDY**

- ❖ There will be no significant effect of Selected Yogāsana's practices on Hypertension Post-Covid-19 Patients.

## **METHODOLOGY**

### **SAMPLES**

The samples for this study were randomly selected for Tri-city (Chandigarh, Panchkula and Mohali) region during the second waves of Covid-19 in India. 160 Patients (80 Patients for experimental group and 80 patients for control group) in the age group of 19 – 48 years were selected randomly for this study.

### **VARIABLES**

Yogāsana's practices were considered as an independent variable and Hypertension post-covid-19 patients were considered as dependent variable.

### **TOOLS**

Sphygmomanometer Reading Used for Hypertension.

### **RESEARCH DESIGN**

Pre-test and post-test with control and experimental group design was used in this study.

### **PROCEDURE**

The following procedure was adopted to conduct the study

A sample of 160 patients from tri-city region was taken randomly. The sample was divided into two groups on random basis; further one group was treated as the experimental group and the other as the control group randomly. So, finally there were two groups of size 80 each.

### **INTERVENTION MODULE FOR HYPERTENSION**

Training of Yogāsana's practices was given to the experimental group.

Following are list of Yogāsana's practices:-

Duration: 12 weeks

Frequency: 5 days in week

Times: 45 Minutes

Contains a set of Yogic practices which includes:

- ❖ Sukshma Vyayam with modulated Breathing exercises.
- ❖ Yoga-Asanas
- ❖ Pranayama

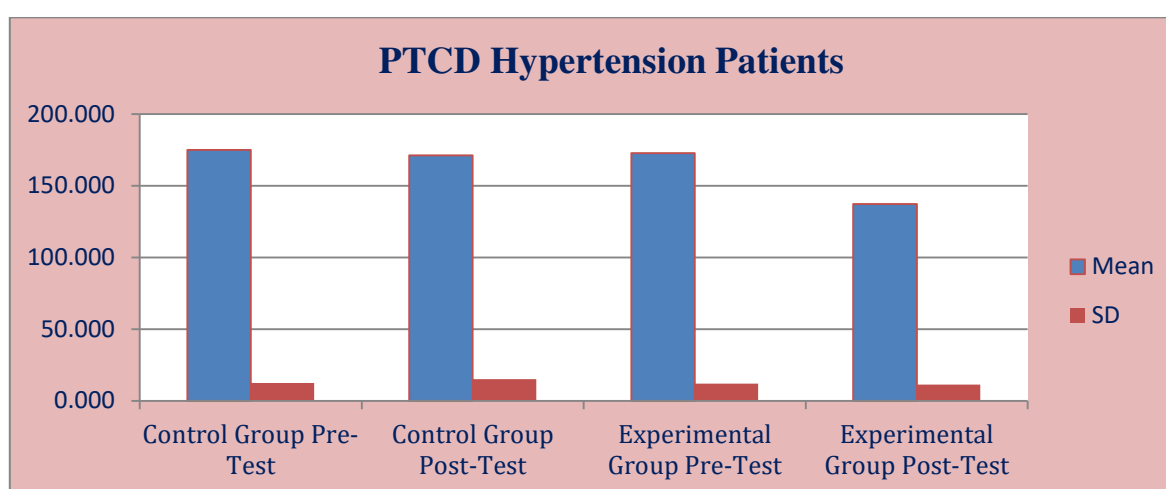
- ❖ Guided relaxation techniques (Yoga Nidra)

## RESULT AND DISCUSSION

The following are the represented result data of PTCD Hypertension Patients.

**Table: Showing the Mean Score of Systolic Blood Pressure For Hypertensive Post Covid-19 Patients**

Variable		Control Group	Experimental Group
Pre-Test	Mean	174.825	172.778
	SD	12.501	11.909
Post-Test	Mean	171.222	151.168
	SD	15.168	11.220



**Figure:** Showing the Reading of Hypertension Patients of Mean, SD of Control Group and Experimental Group.

In the table and figure, depicts that it is statistically significant between in experimental group and the control on Hypertensive Patients of post-covid-19. It shows that there is significant difference in the mean score of experimental group i.e.  $151.168 \pm 11.220$  and mean score of control group i.e.  $171.222 \pm 15.168$ . So that it can be inferred that patients after covid-19 disorder who had formal training in Yogāsana's practices have significantly in hypertension as compared to those who did not have any training of Yogāsana's practices.

## CONCLUSION

The purpose of the study was to determine the effect of Yogāsana's practices on Hypertension post-covid-19 patients. The finding of the study on the basis of analysis of raw data revealed that there was a significant improvement found in the reading of hypertension with a regular practice of Yogāsana's practices. Yogāsana's practice makes our body more fit and mind become more stable: they calm our mind which further helps us to control our inner body environment and its

improving and stable the function of body system and also it seems that who have been suffered with Coronavirus diseases-19 is also improve the function of respiratory organ. In the study, a pair wise comparison shows that the duration of ten weeks of treatments was sufficient to bring out significant different on both variable in emotional stability and academic stress.

Despite the availability of hypertension medicines in modern pharmaceutical world, it has been discovered that the percentage of hypertensive individuals is steadily increasing day by day. In search of safe hand treatment, the human civilization will start turning to adopt the Ancienct system of Treatment - Yoga and Ayurveda. As a result, because of that optimal hypertension treatment with no side effects is a requirement of the present period. In Ayurveda, the balance of Doshas, Dhatus, Malas, and Agni is considered a healthy state of an individual. In a nutshell, one or more of the following three possibilities should be considered when detecting hypertension through Yogic spectacle. Psychological alterations, such as disruptions at the Manas level according to Patanjalayogasutra-s is also trigger that psycho-somatic imbalance. In terms of the detailed conceptual element, Yoga provides suitable lifestyle and diet management, referred to as Aahar and Vihar, for preserving homeostasis and thereby preventing hypertension.

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