

“THE ROLE OF YOGA IN CONTROLLING HYPERTENSION HAVING RISK FACTOR OF PHYSICAL INACTIVITY W.S.R. TO CARDIOVASCULAR DISEASE”

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ABSTRACT

The aim of this article is to present evidence based integrative pilot study that validates yoga therapy as an effective in prevention of chronic heart disease in hypertension having risk factor of the development of early CVS. It has been estimated that even a small reduction in average blood pressure of a whole population by a mere 2-3 mmHg would produce a large reduction in the incidence of cardiovascular complication. The result of this study is significant because yoga present an effective method of treating hypertension that is non pharmacogenic and therefore there are no adverse effects and there are other valuable health benefits. A pilot study was conducted on 30 hypertensive patient having physical inactivity, a risk factor for CVD.

Yoga practices in patient found effective after 30 days of practice.

Level of blood pressure reduced. The risk of CHD by controlling hypertension and physical inactivity is reduced. Further study is needed.

KEYWORDS: Hypertension, Yoga, Physical inactivity, CVS.

INTRODUCTION

Hypertension is a major public health issue affecting, affecting approximately 26% of the adult population and Persistent hypertension increases the risk of developing coronary heart disease, stroke and other cardiovascular diseases, such as heart failure. Patients with prehypertension [BP 130-139/80-89 mmHg] are also at an increased risk for adverse CV events compared to normotensive controls.

Cardiovascular disease is the most frequent cause of adult death in the Western world; in the UK one-third of men and one-quarter of women will die as a result of ischaemic heart disease. In developed countries, the incidence of ischaemic heart disease has been falling for the last two or three decades, but it is rising in Eastern Europe and Asia. Cardiovascular disease may thus soon become the leading cause of death on all continents.

Blood pressure control in hypertensive is essential to prevent morbidity and mortality, reduce health care utilization, and ultimately lower health care costs.

The increasing urbanisation and mechanisation of the world has reduced our levels of physical inactivity. The world health organisation believes that more than 60% of the global population is not sufficiently active. Physical inactivity is term used to identify people who do not get the recommended level of regular physical activity. Physical inactivity, a significant risk factor for CVD. It ranks similarly to cigarette smoking, alcoholism and high cholesterol.

Some studies have shown that yoga positively impacts quality of life and subjective well-being, patients who regularly practice yoga may also experience better quality of life. The selected aasanas provoke the movement of visceral organs, gives movement to body which are less movable or having restricted action. The purpose of this randomised open label control study was to determine the effects of yoga diagnosed with HTN having risk factor of physical inactivity.

AIM

The aim of study the effects of yoga in controlling hypertension having risk factor of physical inactivity and its prevention role of CVS.

MATERIAL AND METHOD

The study randomised open label control trial study planned for 30 days. Total 30 patients was randomly selected and allocated in one group. The observations were measured on first and thirtieth day. The place of study is Govt. Ayurved Hospital, Nanded.

Inclusion criteria

1. Patient of age group 20-60 year having diagnosed hypertension that is blood pressure > 130-150/ 90-110 mm hg mild hypertension because moderate and severe hypertension needs medication.

- Both male and female included.
- Patient having sedentary life style.

Exclusion criteria

- Hypertensive patient associated with any other major illness like Diabetes, kidney failure, etc.
- Patient with systolic BP ≥ 150 mm Hg and diastolic BP ≥ 100 mm Hg.

INTERVENTIONS

The Yoga schedule is advised to patient is as follows

Sr.no.	Name	Time
1.	Prayer	2 min
2.	Warm up exercises	15 min
3.	Pawanmuktasan	5 min
4.	Bhujangasan	5min
5.	Shalabhasan	5 min
6.	Shawasan	10 min
7.	Nadishudhi pranayam	5 min
8.	Shitali pranayama	2 min
9.	Meditation- Omkar	5 min
10.	Prayer	2 min

This yoga therapy is conducted for 45 -55 minute in morning for 30 days. As physical inactivity is major risk factor .Easy, effective and suitable aasanas are selected for patient.

STASTICAL ANALYSIS

Sr.No	Values	SBP	DBP	HR	RR
1.	Mean AT –BT difference	1.600	1.733	1.103	0.400
2.	SD value AT –BT difference	1.1723	1.492	1.4794	0.3719
3	SE value (AT –BT difference)	0.036	0.040	0.040	0.020
2.	P value	<0.0001	<0.0001	0.0003	0.0014
3.	t value	4.945	7.549	4.104	3.525

RESULT

In this study the mean of SBP BT (before treatment) is 145.4 & AT (after treatment) is 143.8 for and p value is <0.0001 which is <0.05 it means that there is significant reduction in SBP. The mean of waist DBP before treatment is 98.73 & after treatment is 97.00 and p value is

<0.0001 which is significantly reduction in DBP.

DISCUSSION

The study was conducted to determine the effect of yoga on Blood pressure in physical inactive patient. The blood pressure is major risk factor for cardio vascular disease.

Our result demonstrates a significant reduction in Blood pressure in patient who practiced yoga regularly. The simple way yoga effectively shows preventive role in Cardio vascular disease which is major issue in developed and developing country. There is necessary to think the essentiality of yoga over the cost of surgery and medicine in these diseases. Changes in life style due to changing circumstances around us are the most significant cause of diseases. Doing some correction in life style is way towards healthy and satisfactory life.

CONCLUSION

At the last this is conclusive that this short time yoga therapy is very significant. Further study over large group and long-time is necessary.

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