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Effect of Selected Yogic Exercises in Reducing Blood Pressure

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Abstract

Hypertension became a serious global issue. It is increasing day by day. Females are also not escaped from this problem.Yoga is one of the best alternate to allopathic medication to treat hypertension.in the present study 20 females were selected and were given 45 min. yogic practice for six weeks. Results obtained showed significant decrease in blood pressure readings to normal from higher side.

Keywords: Hypertension, Yoga, Asana, Pranayama.

Introduction

Hypertension is a serious problem covering the whole world. Its control is the major global challenge these days. India is also not escaping from its grip. Latest data says that approximately 30-40 percent Indian population (urban and rural) is suffering from hypertension. Mostly people are on allopathic drugs for the treatment of hypertension, which makes them dependent on these drugs. But, these days emerging trends of hypertension makes people aware of this problem and they want permanent solution for this. Yoga is an Indian tradition of healthy and disease free life-style. Healthy diet and regular yogic practice help people to expel this problem from their life. Keeping in view the benefits of yoga present study has been conducted on females to see effect of yoga on hypertension.

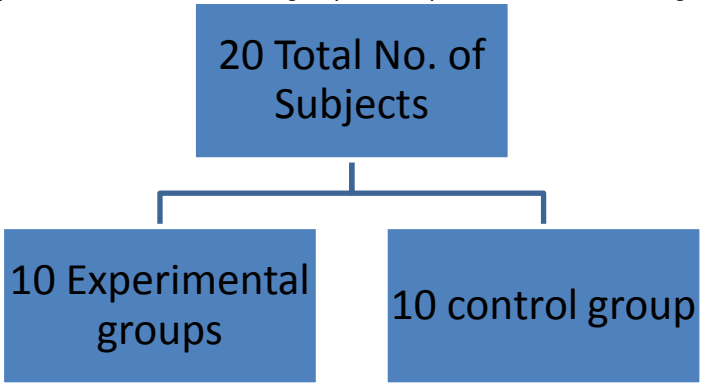
Many studies already has been conducted (Marshal et.al.2013), Sinha in 2002 worked on effect of suryanamaskar on males suffering from hypertention. Results showed positive results in treating hypertension in males. M.M. Gore in 2004 worked on effect of anuloma-viloma pranayamawith or without kumbhak on blood pressure.

Aim of The Study

Present Research Work Has Been Conducted With an aim To Check Effect of Selected Yogic Asanas In Reducing Blood Pressure.

Material and Method

For the present cross sectional study a data of 20 female blood pressure patients of 30 to 60 years of age was collected from Hoshiarpur (Pb.) and divide them in to two groups i.e. experimental and control groups.



Selected Yogic exercises of 45 minutes duration (daily) were given to the experimental group for six weeks.. No Yogic exercises were given to control group. Blood pressure of the subjects was noted before and after six weeks of performing yogic exercises.

Statistical Techniques

T-test was applied to find out the significant differences in pre and post yogic exercises blood pressure of females.

Results and Discussion

Results of the present study are discussed as follows:

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Table-1
Mean, SD and t –Test Values of Systolic Blood Pressure of Females of Experimental Group before and After Performing Yogic Exercises

Group	Test	N	Mean (mm Hg)	SD	t-value
Experimental Group	Pre –Test	10	173	22.62	2.75
	Post-test	10	144	12.65	S*

S*=Significant at 0.05 level=2.26

Figure No. 1

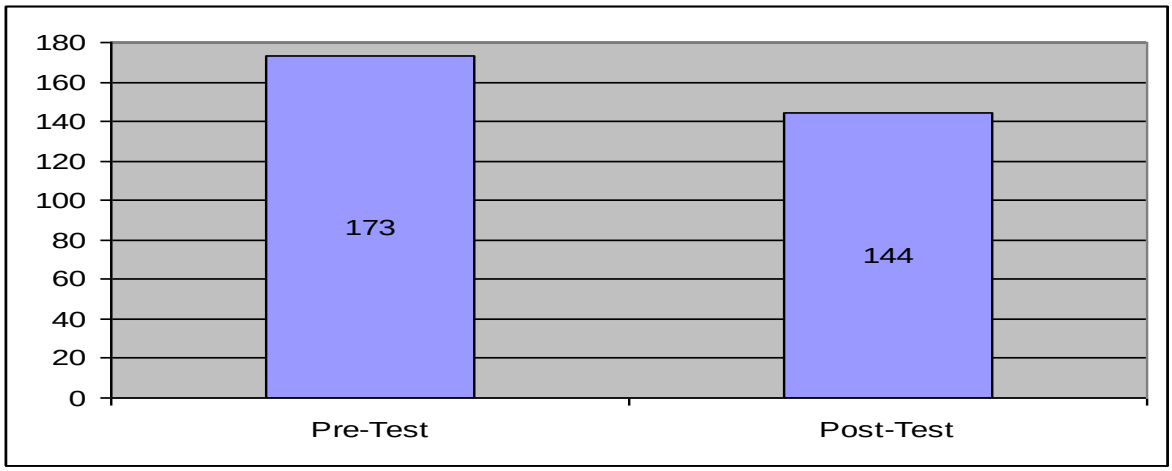


Table No. 1 and Fig. No. 1 has shown the mean S.D. and t-test values of systolic blood pressure of females of experimental group. Pre-Test mean and S.D. value of this group has been calculated as 173 mm Hg ± 22.62 whereas mean and S.D. value of post test were found to be 144 mm Hg ± 12.65 when t-test was applied it has shown the 2.75 value which was significant at 5% level. It showed that after performing the yogic exercises for 45 days there was a remarkable decrease in systolic blood pressure of females (30 to 60 years) of experimental group. Pre – test and post-test S.D. values of systolic blood pressure has shown that before performing yogic exercises there was a large variation in systolic blood pressure of females. But after performing yogic exercises S.D of systolic blood pressure has also come down. This showed that variation in systolic blood pressure has also decreased after performing the yogic exercises for 45 days.

Table-2
Mean, SD and t –Test Values of Systolic Blood Pressure of Females oOf Control Group before and after performing The Yogic Exercises

Group	Test	N	Mean (mm Hg)	SD	t-value
Control Group	Pre –Test	10	172	17.12	0.052
	Post-test	10	169	14.29	NS

NS = Non-Significant

Figure No. 2

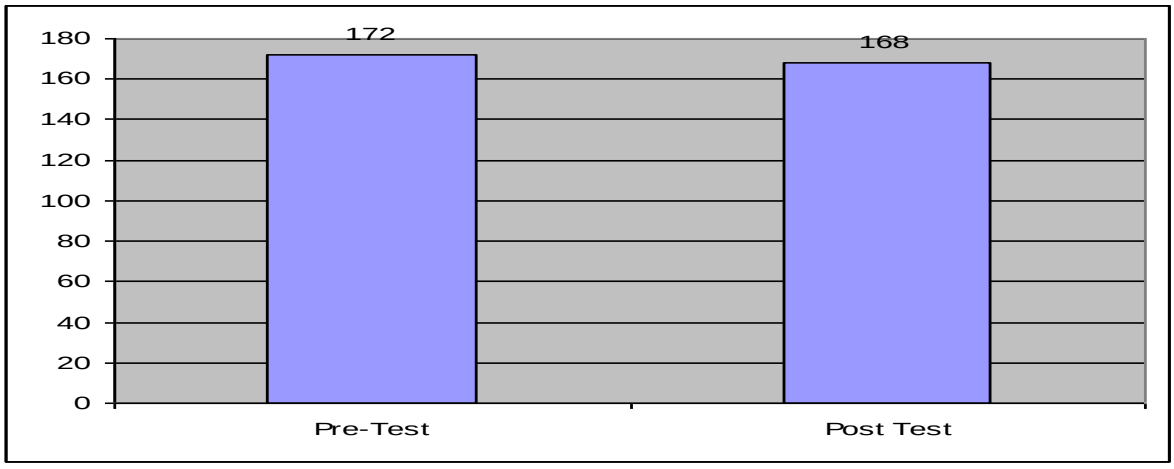


Table No. 2 and Fig. No. 2 has shown that there was no noticeable change in systolic blood pressure females of control group. t-test has also shown statistically insignificant differences.

Table-3

Mean, SD and t–Test Values of Diastolic Blood Pressure of Females of Experimental Group before and After Performing The Yogic Exercises

Group	Test	N	Mean (mm Hg)	SD	t-value
Experimental Group	Pre –Test	10	100	6.67	2.32 S*
	Post-test	10	85	4.15	

S*=Significant at 0.05 level=2.26

Figure No. 3

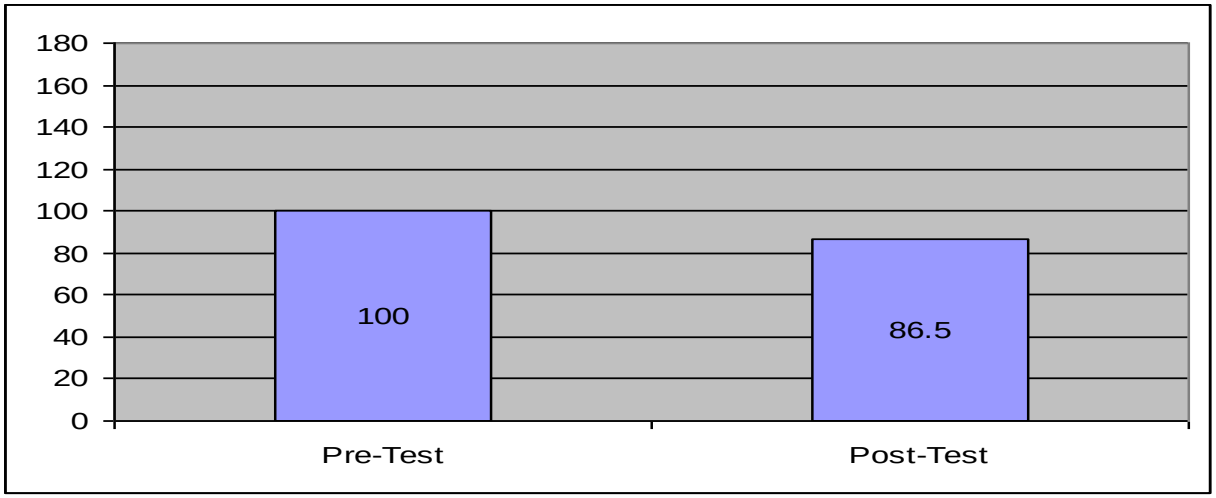


Table 3 and Fig. 3 have shown the mean S.D. and t-test values of diastolic blood pressure of females of experimental group. Pre-Test mean and S.D. value of this group has been recorded as 100 mm Hg ± 6.67 whereas mean and S.D. value of post test was found to be 86.5 mm Hg ± 4.15 when t-test was applied it has shown the 2.32 value which was significant at 5% level. These results revealed that after performing the yogic exercises for 45 days diastolic blood pressure of females of experimental group has also lowered down by approx. 15 mmHg.

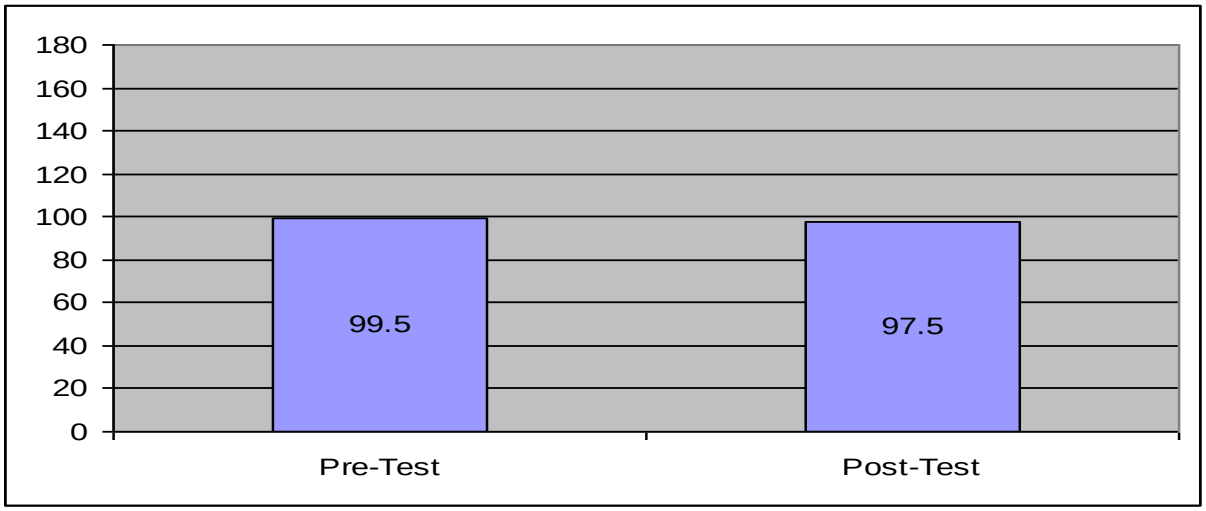
Table-4

Mean, SD and t –Test Values of Diastolic Blood Pressure of Females of Control Group Before and After Performing The Yogic Exercises

Group	Test	N	Mean (mm Hg)	SD	t-value
Control Group	Pre –Test	10	99.5	6.95	0.083 NS
	Post-test	10	97.5	4.96	

NS=Non-Significant

Figure No. 4



From the above result has been observed that there was no observable change in the diastolic blood pressure of control group. Through there was the difference in pre-test and post –test mean value of diastolic blood pressure. But this difference in diastolic blood pressure of females of control group was non-significant

Summary

The present research work title "Effect of Selected Yogic Exercises On Reducing Blood Pressure" was conducted on 20 females of 30 to 60 years of age to check the effect of yogic exercises on their blood pressure. These females were of rural backround and are of middle socio economic status. The whole data was divided into two groups

(i) Experimental Group

(ii) Control Group

Each group having 10 subjects. The yogic exercises were given for 45 days to the experimental group. The result obtained for the above study showed that there is noticeable change in the mean values of blood pressure of experimental group. Whereas no significant difference were observed in the mean value of Blood pressure of control group. This indicates that yogic exercises do effect the Blood Pressure of females of 30 to 60.

Conclusions

Conclusions are essential in investigation. They provide a finishing touch and review to the whole of the critical work. This part plays an important role in any research work.

Results of research show acceptance or rejection of the hypothesis.

1. Significant difference was observed on the variable blood pressure as a result of Asana treatment.
2. Treatment of asana provide significantly better on variable stress as compared to control group.
3. Insignificant difference between pre and post test of control group was observed.

Suggestions for Further Research

In the light of finding of this study the following implication can be drawn. The Importance of yogic exercise has been well recognized by several researchers.

The present research has tried to find out effect of selected yogic exercise on reducing Blood pressure.

1. The similar study can be conducted on male subjects.
2. The scope of present study can be extended to the remaining psychological and physiological variable also.
3. The size and age of sample can be further increased.
4. The study also can be done on Hypertension, diabetic patients.

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