

Center of Yogic Science
Jiwaji University Gwalior

Paper-202
(Therapeutic yoga-1)

Guest Faculty
Miss Pragya Khare

TOPIC-HYPERTENTION

Definition, classification, clinical
features, yogic management

Definition

Arterial blood pressure is the force exerted by the blood on the wall of a blood vessel as the heart pumps (contracts) and relaxes.

Systolic blood pressure is the degree of force when the heart is pumping (contracting).

The diastolic blood pressure is the degree of force when the hearts relaxed.

Types and range of blood pressure

	SYSTOLIC	DIASTOLIC
NORMAL	90-129	60-79
STAGE 1	130-139	80-89
STAGE 2	140-179	90-109
CRITICAL	OVER 180	OVER 110

Method of Measuring Arterial Blood Pressure

In the measurement procedure a cuff is wrapped around a person's arm with an inflatable rubber bag inside the cuff centered over the brachial artery. Enough air pressure is pumped into the cuff to close the artery. Air pressure is then released by opening the thumb valve. When the pressure in the cuff is equal to the pressure on the artery, the artery opens and the blood begins to return to the part of the artery that was closed.

As the blood returns to the artery, pulse sounds begin. These sounds can be heard through a stethoscope placed over the brachial pulse point. The sounds continue for a time while the cuff is deflated slowly, eventually becoming too faint to hear.

The cuff is connected by tubing to a manometer, which shows the amount of pressure on the artery. When the first pulse sounds are heard, the reading on the manometer measures the systolic blood pressure. The last sound heard is the diastolic blood pressure. In children, the muffling of sound or fourth sound is often used as the diastolic blood pressure rather than the disappearance of sound.

Clinical feature

1. Severe headaches (Particularly at the back of the head in the morning)
2. Fatigue or confusion.
3. Vision Problem.
4. Chest pain.
5. Difficulty in breathing.
6. Irregular heartbeat.
7. Blood in the urine.
8. Pounding in your chest,neck or ears.

Cause

1. Stress
2. Older age
3. Genetics
4. Family history of high blood pressure
5. Smoking
6. Being overweight or obese
7. Lack of physical activity
8. Too much salt in the diet
9. Too much alcohol consumption (more than 1 to 2 drinks per day)
10. Chronic renal disease
11. Adrenal and thyroid disorder
12. Sleep apnea

Yogic management

1- Annamaya Kosh-

(i) Loosening practises (Pawanmuktasana part-1)

(ii) Asana-

Ardhakatichakrasana, Brakshasana, Garunasana, Vakrasana, Ardhamatsyendrasana, Gaumukhasana, Bhunjangsana, Makrasana, Sawasana, DRT.

(iii) Suddhi kriya- Sutraneti, Jalneti, Kapalbhathi,

2-Pranamaya Kosh-

(i) Sectional breathing

(ii) Chandrabhedhi Pranayam

(iii) Ujjayi Pranayam

(iv) Sheetli/Sheetkari Pranayam

(v) Bhramri Pranayam

3-Manomaya Kosh-

- (i) Satsang
- (ii) Bhakti yog
- (iii) Swadhyay

4- Vigyanmaya Kosh-

- (i) Counselling

5-Anandmaya Kosh-

- (i) Selfless action without attachment(Nishkam Karma)

Thank You...