



IMPACT OF OBJECT ORIENTED YOGA PRACTICES AND NATUROPATHY ON BLOOD PRESSURE OF HYPERTENSION PATIENTS

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Abstract

The reason for the present investigation is to discover the impact of yoga practice and naturopathy on hypertension patients. For this reason, forty five moderately aged corpulent men with hypertension around Thrissur District, Kerala State in the age gathering of 40 – 45 years are chosen. They are separated into three equivalent gatherings (n = 15), each gathering comprises of fifteen subjects, in which assemble – I experiences yoga hone, aggregate – II experiences naturopathy treatment and gathering – III goes about as the control bunch who does not take an interest in any unique preparing. The preparation time frame for this investigation is five days in seven days for twelve weeks. When the preparation time frame the subjects are tried for hypertension. Pulse is evaluated by utilizing the sphygmomanometer. The investigation of covariance (ANCOVA) is utilized to discover the critical contrast, among the exploratory gatherings and control aggregate on the chose measure factors independently. Since there are three gatherings engaged with this investigation the Scheffé S test is utilized as a pos-hoc test. It is closed from the aftereffect of the investigation that the protest situated yoga practice and naturopathy has emphatically adjusted the model variable, for example, circulatory strain (both systolic and diastolic).

Keywords: Yoga Practice, Naturopathy, Systolic, Diastolic Blood Pressure.

INTRODUCTION

This reality of unadulterated awareness is perceived by every one of the scholars, mystics or realists, as the essential adage of life from which insight, volition, love and thought emanate[1]. It is a science that influences the consciousness of oneself as well as the subliminal too. It is a reasonable physiological preparing, can applaud man to the 'supra everyday level'.[2] Patanjali presented yoga and its standards which was first composed down in India before a few thousand years ago.[3] As indicated by Swami Vishnu Devananda[4] "Yoga isn't an antiquated fantasy covered in blankness. It is the most important legacy of the present. It is the basic need of today and the way of life of tomorrow". Yoga rehearses have a more profound impressive incentive in the improvement of the physical, mental and otherworldly identity. Be that as it may, unadulterated physical activities just have impact on the muscles and bones. Vigorous signifies "with oxygen", and alludes to the utilization of oxygen in the body's metabolic or vitality producing process.[5]

Naturopathy is a mending framework utilizes the intensity of nature and it is considered as the workmanship, science and reasoning. The establishment of naturopathic prescription depends on the logic of "vis medicatrix naturae, the recuperating intensity of nature". The idea of all encompassing wellbeing or regarding the body in general (utilizing devices like water, earth, fire, air and climate) gives prime significance to the different drugless reciprocal therapeutic sciences, for example,

hydrotherapy, rub treatment, mud treatment, fasting treatment, nourishment and dietetics and yoga treatment. [6,7,8,9]. The entire routine with regards to nature fix depends on the accompanying three standards. Collection of grim issue, Abnormal arrangement of blood and lymph Lowered essentialness. Nature fix trusts that every one of the ailments emerge because of collection of horrible issue in the body and the extension is given for its removal, cure of alleviation [10,11]. It likewise trusts that the human body has innate self building and self recuperating powers.

METHODS

This examination under scrutiny included the experimentation of protest arranged yoga practice and naturopathy on hypertension. Just moderately aged hefty men with hypertension, who were dwelling in around Thrissur District, Kerala State were matured between 40 to 45 years were chosen. All the chose subjects experienced medicinal treatment for circulatory strain and hypertension and the subjects were allowed to experience the yoga practices and naturopathy treatment. Amid the preparation days they were not permitted to take consistent solution endorsed by the specialists. At that point the chose 45 subjects were arbitrarily isolated into three gatherings of 15, out of which assemble - I experienced Object Oriented Yoga Practice, bunch - II experienced Naturopathy Training and gathering - III stayed as control. The preparation program was

completed for five days of the week amid morning session just (6 am to 8 am) for twelve weeks. Pulse was estimated by utilizing the sphygmomanometer.

ANALYSIS OF DATA

The data collected before and after the experimental periods on blood pressure (systolic and diastolic) on object oriented yoga practice group, naturopathy group and control group are analysed and presented in the following table - I.

TABLE – I
ANALYSIS OF COVARIANCE AND ‘F’ RATIO FOR BLOOD PRESSURE (SYSTOLIC AND DIASTOLIC)
FOR YOGA PRACTICE GROUP, NATUROPATHY GROUP
AND CONTROL GROUPS

Variable Name	Group Name	Yoga Practice Group	Naturopathy Group	Control Group	‘F’ Ratio
Systolic Blood Pressure	Pre-test Mean \pm S.D	176.88 \pm 3.59	175.37 \pm 2.86	175.81 \pm 2.73	1.22
	Post-test Mean \pm S.D.	174.71 \pm 2.99	173.77 \pm 2.76	176.54 \pm 2.16	25.57*
	Adj. Post-test Mean	173.73	173.19	176.75	59.31*
Diastolic Blood Pressure	Pre-test Mean \pm S.D	99.26 \pm 4.21	100.53 \pm 3.87	101.12 \pm 2.97	1.51
	Post-test Mean \pm S.D.	97.11 \pm 2.86	98.25 \pm 3.41	102.16 \pm 3.31	18.96*
	Adj. Post-test Mean	96.59	97.11	100.93	44.05*

* Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 2 and 43 and 2 and 42 are 3.21 and 3.22 respectively).

Further to determine which of the paired means has a significant improvement, Scheffé S test is applied

as post-hoc test. The result of the follow-up test is presented in Table - II.

TABLE - II
SCHEFFÉ S TEST FOR THE DIFFERENCE BETWEEN THE ADJUSTED POST-TEST MEAN OF BLOOD PRESSURE (SYSTOLIC AND DIASTOLIC)

Adjusted Post-test Mean of Systolic Blood Pressure				
Yoga Practice Group	Naturopathy Group	Control Group	Mean Difference	Confidence Interval
173.73		176.75	3.02*	1.3844
173.73	173.19		0.54	1.3844
	173.19	176.75	3.56*	1.3844
Adjusted Post-test Mean of Diastolic Blood Pressure				
96.59		100.93	4.34*	1.8635
96.59	97.11		0.52	1.8635
	97.11	100.93	3.82*	1.8635

* Significant at 0.05 level of confidence.

RESULTS

The preparation force for the question situated yoga practice and naturopathy was appeared in the informative supplements. Before applying the examination every one of the subjects of the protest situated yoga practice, naturopathy and control bunches were gone to the pre-test, which was directed multi day preceding the beginning of the preparation and the

information were gathered on the circulatory strain (systolic and diastolic). Following twelve weeks of preparing the post-test was led one day after the preparation time frame to discover any adjustments in the standard factors.

The investigation of covariance (ANCOVA) was utilized to discover the huge distinction, among the trial gatherings and control aggregate on the chose basis

factors independently. In every one of the cases, .05 level of certainty was settled to test the centrality, which was considered as a suitable esteem. Since there was three gatherings engaged with this examination, the Scheffé S test was utilized as the post-hoc test and it was appeared in Table - II.

Subsequent to applying the investigation of covariance, the consequence of this examination demonstrated that there was a huge contrast among the yoga practice, naturopathy and control bunches on the adjustments in self-idea and circulatory strain following twelve weeks of preparing. The standard variable, for example, systolic and diastolic circulatory strain has fundamentally diminished after the protest situated yoga practice and naturopathy period. Further, looking at the balanced post-test methods for all the measure factors, for example, systolic and diastolic pulse, both the preparation bunches were fundamentally expanded in the execution after the preparation time frame, when contrasted with the control gathering. Fundamentally the yoga practice and naturopathy has colossally enhanced the physical, physiological and mental parameters.

CONCLUSIONS

The pulse has additionally diminished in yoga rehearse gathering and naturopathy assemble when contrasted with the control gathering. Hsin-iwu (2005) ponder likewise underpins the present outcome as the naturopathy has diminished the circulatory strain of sort 2 diabetic subjects.

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