Pranayama and hypertension: Need for investigation

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Abstract
Hypertension is an important and growing public health challenge worldwide. Though various studies have been conducted to study effect of particular type of pranayama on hypertension, a combination of various techniques has not been evaluated in this regard. Present study was thus carried to compare levels of hypertension in patients practicing pranayama and those who are not. The experimental group practiced a specially designed pranayama module of practical Pranayama for mild hypertension under expert supervision. Weight and blood pressure of all the patients were measured at the beginning and at the end of every month. Though the average blood pressure increased with respect to increase in physical activity, the difference was not statistically significant in cases and controls. Qualitative analysis of reviews of participants recorded after the completion of workshop revealed that all of them felt relaxed and energized after practice of pranayama. Better control over anger was also mentioned by two participants. All of them said that they will continue to practice of pranayama.

Present study noted that the regular practice of yoga and pranayama can be helpful in relaxing the mind of practitioners, thereby making them feel better which, in turn, may prove to be helpful in reducing blood pressure over a period of time.

Keywords: Blood pressure, Hypertension, pranayama.

Introduction
Hypertension, a “psychological classical silent killer” is the hallmark of various cardiovascular disorders.¹ High blood pressure is present in more than one billion adults worldwide and is the most important modifiable risk factor of death resulting from cardiovascular disease.² A review of 142 articles suggests that 33% urban and 25% rural Indians are hypertensive.³ Due to plenty of etiological factors, Hypertension is an important and growing public health challenge worldwide. Left untreated it can quietly damage the body for years before symptoms develop.

Various researchers have studied role of life style modification to control hypertension. Out of these most widely studied is effect of Pranayama on respiratory, cardiovascular and other functions.⁴ For example, Bhavanani et al., have studied immediate effect of Sukha Pranayama and Chandra Nadi Pranayama.⁵,⁶

Pranayama, a branch of yoga practice, is claimed to be extremely beneficial to Mankind in maintaining sound physical and mental health. It is found to be effective for physiology of mankind in many ways. Maharshi Patanjali, in his Ashtanga Yoga, has given more importance to pranayama than asana for good health.⁷ The Sanskrit word Pranayama contains two segments namely Prana (means vital force or energy) and Yama (means control).⁸ It means, pranayama is an act performed for controlling the flow of vital energy that governs all the physiological processes in the body. The main aim is to attain the unity of mind, body and spirit through asanas (muscle exercises), pranayama (breathing exercises), and meditation.⁹

Though various studies have been conducted to study effect of particular type of pranayama on hypertension, a combination of various techniques has not been evaluated in this regard. Present study was thus carried with the following objectives:

1. To evaluate reduction in hypertension in patients who will be practicing Pranayama daily.
2. To compare levels of hypertension in patients practicing pranayama and those who are not.

Material and Methods
It was an experimental study design carried over a period of three months. Study population consisted of patients who are detected for hypertension and are taking regular treatment for it for the preceding 2 months at Medicine OPD and /or Urban Health Centre of a medical college, in Maharashtra. People above 60 years of age and those suffering from Cardiovascular/ lung problems, ANC and PNC were excluded from the study. Patients were matched for age and status of hypertension for experimental and control group after obtaining their consent.

Experimental group was trained in pranayama module of practical Pranayama, designed for controlling mild hypertension, by two Yoga experts of Kaivalyadhama. It consisted of 5 min. rest followed by 5 min. Breathing awareness, 20 rounds of Anuloma-veloma Pranayama, 20 rounds of Sitkari followed by 5 min. rest in the form of Shavasana. It was to be practiced individually everyday between 10 am to 11 am at urban health. In order to ensure correct procedure, the program was done as a group activity, under the guidance of a certified yoga teacher on alternate days. The control group was asked to follow their routine activity.

Patients from both the groups continued their regular treatment. B.P. was measured every month using
sphygmomanometer. Demographic and clinical information was collected using a structured Questionnaire.

Results
Study population consists of patients who were on regular treatment of hypertension. Of this 40 were included in the study after obtaining their consent. These patients were allotted to control and case groups after matching for sex, age and severity of disease. Final analysis was done for 17 patients who regularly followed the pranayama schedule for a continuous period of twelve weeks. Thus final group of cases included 8 males and 9 females in the age group 60.8yr ± 8yr and the control group consisted of 10 males and 10 females in the age group of 60.3 yr ± 7yr. Duration of disease ranged from 6 months to 28 years.

Three patients in each group reported no physical activity, whereas 11 in each group reported to have a mild physical activity (Fig. 1).

Intake of salty food like pickle and/or papad was also noted. (Fig. 2).

It was observed that the cases and controls were comparable with respect to physical activity. Weight and blood pressure of all the patients were measured at the beginning and at the end of every month. Similarly, systolic and diastolic blood pressure was measured at the end of every month month. Results are summarized in Table 1. On applying Wilcoxon sign rank test, it was observed that there was no difference in the baseline average systolic blood pressures of cases and controls (Z= 2.55, p=0.22).

It was observed that though there was decreasing trend of systolic blood pressure (SBP) among cases, the difference between initial SBP and the consecutive readings was not statistically significant. Similarly, the SBP of cases and controls were found to be comparable at all time points.

Further analysis was done to find whether blood pressure differed with respect to activity in cases and controls (Table 2).

It was observed that though the average blood pressure increased with respect to increase in physical activity, the difference was not statistically significant in cases and controls.

Qualitative analysis of reviews of participants recorded after the completion of workshop revealed that all of them felt relaxed and energized after practice of pranayama. Better control over anger was also mentioned by two participants. All of them said that they will continue to practice of pranayama.

Discussion
Yoga is an ancient Indian science that designs way of life with its various practices. It is being practiced in the form of Asana (Posture), Pranayama (breathing manipulation), Meditation (concentration technique) etc by the practitioners in range of methods and style.10

There are many benefits for pranayama and there have been many studies conducted experiments on these benefits. Kuppuswamy et al, on the basis of a systematic review of 6 studies of Bhramari pranayama, concluded that it influences multiple systems in the body and there is definitely a scope to have desirable effects on respiratory system, autonomic nervous system, as well as, on stress & anxiety levels and over all other emotional states of the practitioner.11

In an experimental study, Yadav RC noticed significant decrease in systolic and diastolic blood pressure, after 12 weeks of practice of Pranayama.12

Most of the studies have seen the effect of Bhramari Pranayama, which is a slow breathing exercise, for 5 minutes on heart rate and blood pressure.13

Aashish Chaddha, while exploring the cardiovascular and blood pressure lowering benefit of Pranayama, further suggests it is plausible that a prescription of yoga, or Pranayama in itself, in addition to pharmacotherapy, may be even more effective in primary and secondary cardiovascular disease prevention and risk factor modulation than pharmacological intervention alone. He has noted that practice of pranayama benefits mental health and thus have impact on non-traditional cardiovascular risk factors, such as anxiety, depression, hostility, anger, and overall stress which, in turn, has effects on blood pressure.14

R Goyal et al., also observed that pranayama produces relaxed state and in this state parasympathetic activity overrides sympathetic activity. They also suggested that the addition of pranayama can be a useful adjunct to antihypertensive drugs for better control of mild hypertension in hypertensive.15

Though the present study did not find significant change in blood pressure of those who practiced pranayama and those who did not, the feel-good factor was mentioned by all those practicing Pranayama.

![Fig. 1: Physical Activity](image1)

![Fig. 2: Distribution of salty food](image2)
Conflict of Interest: None.

References