

**THE ROLE OF LIFESTYLE MODIFICATIONS IN BLOOD PRESSURE CHANGES
W.S.R. TO HYPERTENSION - A REVIEW STUDY****Kamble Karuna*¹ and Potdar Saikumar²**¹P.G. Scholar, Dept of Kriya Sharer, YAMC Kodoli.²Assistant Professor, PG Dept. of Kriya sharir, YAMC Kodoli.***Corresponding Author: Kamble Karuna**

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ABSTRACT

Today in the time of information technology, everyone have multidimensional responsibilities towards personal as well as professional life. Ayurveda is recognized as foremost life science. It describes various ways to prevent and manage life style disorders because its primary aim is to prevent from diseases. Hypertension, Obesity, Sleep disorders, Diabetics are growing rapidly due to our fast but faulty life style. The habit of suppression of natural urges, unhealthy diet or improper food habits, sleeping late at night etc can be considered as various precipitating factors of life style disease. Ayurveda offers various life style modifications like Vyayam, Yoga, Dhyana, Abhyanga, Aahar etc under the heading of swasthivritta and sadvritta, which are helpful to manage such conditions.

KEYWORDS: life style disorder, Hypertension, Vyayam, Yoga, Dhyana, Abhyang, Aahar.**INTRODUCTION**

Acharya Charaka has quoted that the aim of Ayurveda is to maintain the health of a healthy person and to treat the ailments.

Chikitsa means not only to solve the clinical manifestation but also to restore the equilibrium of Dhātu. Among the noted health problems Hypertension is most troublesome disease considering its incidence, chronicity and long term complication. If this problem is not properly managed it damages the Trimarma which are vital parts of our body.

AIM

To better understand the importance of lifestyle modifications to manage Hypertension.

OBJECTIVE

1. To elaborate lifestyle modifications such as Vyayam, Yoga, Dhyana, Abhyang, Aahar to manage Hypertension.
2. To study effects of Vyayam, Yoga, Dhyana, Abhyang, Aahar.
3. To apply Vyayam, Yoga, Dhyana, Abhyang, Aahar.

Study design

This is a non interventional observation based hypothesis generating study which illustrates how lifestyle

modification based on Vyayam, Yoga, Meditation, Aahar can reduced Hypertension.

Following measures can be incorporated in day to day practices which can be helpful to manage Hypertension.

REVIEW OF LITERATURE**1. Vyayama**

Vyayam is very important for everyone. The activities by which the whole body is exercised are called vyayama or physical exercise

Benefit of physical exercises

It results in bodily nourishment, gracefulness, symmetrical growth of body parts, improved digestion, devoid of alasya (agility), maintain firmness, lightness, cleanliness, capability of tolerating fatigue, weariness, thirst, heat and cold etc and arogya (sound health).

All the diseases in general don't afflict one who does enough exercises till sweating appears on the body.

In present era maximum people have to take incompatible diet even unwillingly. The person who does daily exercise is able to even digest incompatible food. So vyayam is a very good remedy to maintain the digestive power in any situation.

Persons who long for their welfare should do physical exercise daily up to half of their capacity (hard breathing

from mouth) in all the seasons; otherwise it would prove injurious.

Mild to moderate exercise like brisk walking, cycling should be done by everyone. Vyayama is best to reduce weight which may leads to control B.P levels and normalize blood cholesterol.

2. Yoga

The goal Yoga is a physical, mental and spiritual practice that originated in ancient India. The word yoga comes from the Sanskrit yuj, which means "to yoke" Thus, yoga is the practice that aims to join the mind, body and spirit. The term yoga is having very vast meaning because it includes it's eight branches i.e Yama, Niyama, Asana, Pranayam Pratyahar, Dhyana, Dharana & Samadhi. Among them simpfull methods like Surya Namaskar, Pranayam, Asana, Dhyana may also help to manage insomnia, fatigue, depression reduce B.P, lower heat rate, improved mood.

3. Dhyana

The term 'Dhyana' comes from 'dhyai' dhatu used in 'lat' pratyaya. Its meaning is contemplation or the natural tendency and direction of senses. Patanjali Yogashastra links it with ekagrata or concentration. Ekagrata means focusing the consciousness on one point or object and keeping it steady in one state. In yoga, ekagrata is achieved when the mind is deeply engrossed in a special condition like quietude, or action or aspiration or resolve. This is called Meditation. It is a form of Dhyana. Dhyana, when constant, is called dharana.

It involves focusing attention inwards & ridding the body & mind of stressful thoughts. The ultimate goal of dhyana is to reach a deep state of relaxation and reduced stress heart disorders, B.P, depression, sleep problems & asthma.

4. Abhyanga

Abhyanga is a special type of Ayurvedic warm oil massage that involves anointing oneself with healing *dosha*-specific oils. It can also be performed by an Ayurvedic massage therapist. A Sanskrit term, *abhyanga* means "massaging the body's limbs" or "glowing body." It is derived from *abhi*, meaning "into" or "glow," and *anga* meaning "limb."

Regular practice of *abhyanga* massage promotes overall health and longevity. Performing *abhyanga* on oneself is a wonderful way to connect with one's body and express self-love. It is especially good for balancing the various *doshas*, with particular benefits for those with a *vata dosha* imbalance. In addition to providing deep relaxation, *abhyanga* also helps break down toxins that have built up in the *sarvang abhyanga* with medicated oils relieves depression, headache, stress, anxiety etc.

5. Aahar

Smoking cessation, diet rich in fruits and vegetables and low salt content is helpful to maintain the normal blood pressure. Lemon is useful in lowering the high blood pressure; one must eat garlic everyday for lowering the high blood pressure. Avoid common salt in large quantity, Yoghurt, meat, fish, frozen food articles, ice creams & fatty substances. Some Ayurvedic herbs like – Sarpagandha, Arjuna, Lasuna, Guggula, Ashwagandha, Shatawari, Amalaki, Haritaki.

Purpose

Ayurveda is most important life science. In Ayurveda ways are described to prevent and manage the lifestyle disorders like Obesity, Hypertension, sleep disorders, Diabetes etc. Out of these Hypertension is common disorder. It managed by lifestyle modifications .The present study is needed to clinically assess the effect of manifested by Lifestyle modification like Dinacharya, Rutucharya, Yoga, Aahar,Pranayam, Panchakarma which was prescribed by the Ayurveda thousands of year ago.

CONCLUSION

Hypertension is the great problem for our society because it originates due to irregular life style disorders i.e. day to day activities. So to manage the Hypertension Dinacharya, Rutucharya, Yoga, Aahar, Pranayam, Panchakarma is most important in our life.

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