

YOGA: THE WAY TO GET RID OF BLOOD PRESSURE

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Article Info

Received: 21/02/2025

Revised: 12/03/2025

Accepted: 20/03/2025

Keywords: Yoga, Athlete, Health, Fitness.

Abstract

Yoga and its cleansing practices have proven to be extremely effective for various disorders. yoga means the experience of oneness or unity with inner being. This unity comes after dissolving the duality of mind and matter into the supreme reality. It is a science by which the individual approaches truth. All yoga practice aims to achieve truth, where the individual soul identifies itself with the supreme soul or god. The attitude towards yoga and its acceptance has undergone a significant change over the last 20 years. This is true not only of our country, where yoga originated a thousand years ago, but also of far-flung countries all over the world.

INTRODUCTION:

What is blood pressure?

Every living animal on the planet has blood pressure; there is no exception to this rule. The blood flows through the body with a certain pressure. If this pressure exceeds the normal range, it is considered a disease known as high blood pressure. Conversely, if the blood pressure falls below the normal range, it is referred to as low blood pressure. For the blood to reach all parts of body, it has certain pressure this pressure is created because of contraction of heart. Some times for various reasons these blood pressure increases, for example fearful situation, anger, anxiety, excessive thinking, and mental tensions or even for physical exertions. During these situations the heart comes under extra workload. But when the situation changes and comes to normal, so also the blood pressure. This temporary change in blood pressure is not disease but when this blooded pressure remains high always, it becomes a disease.

Measuring BP :

The BP is not same everywhere it is maximum closest too the heart from where the blood comes out and where blood comes into the heart. So always the BP is measured on hands. There are 2 types of pressures systolic and diastolic. Systolic is measured on the hands. There are 2 types of pressures systolic and diastolic. Systolic pressure is higher and indicates the contraction of the heart and diastolic is when hearts expands. The BP in healthy persons is 120 mm / 80 mm, that is systolic 120 mm and diastolic is 80 mm. if the BP is greater or less by 15 mm to 20 mm then the normal range, it is considered a disease.

There are various reasons for this high BP. Sometimes, because of improper functioning of kidneys, heart-related problems or diabetes BP can go high; if this disease is treated then BP also comes to normal. But in 80% of the cases, there is no apparent reason, and then it is called "Essential Hypertension"

The reason for the high BP is cannot be found on physical plane but can be traced to mental activities. High mental strain results in high BP. Modern medical science treat the BP but not the underlying reason that is mental strain. When u take medicine the BP comes to normal for some time but when the effect of the medicine is over, the BP again rises. So the best remedy is to remove all underlying reasons for mental stress and strain. Yoga certainly helps achieve the stress free mind. There is no solution. Except removing all the strains on mind and control the mental activities. Yogasan [yoga position and postures], prannayama, mediation, Yoga Nidra definitely help achieve the mental peace.

Yogasan [Yoga Position and postures] :

Yoga Gura Patanjali has defined yoga as 'Steady and comfortable state of body and mind means Asana'/ Sthirsukham Asanam /. During any exercise, the strain on muscles increases, the requirement for blood and oxygen increases but in yogasanas, the requirement goes down as there are no strains and every muscle is relaxed the requirement for the blood and oxygen goes down. This also reduces the strain on mind; the mind also becomes stable and focused. Also because of twists and starched postures, the functioning of endocrine glands, digestive organs, heart and other organs improves. To achieve this even simple Yogasanas are helpful, one can easily practice these yogasanas and get the best for oneself

.Prnayama:

Pranayama is the control of breath, breathing, and blood circulation system, the heart have a close relation between them. Also these are dependent on mental activities. If mental strain increases the birthing rate is affected. In Pranayama breathing is controlled and rate is reduced, which reduces the strain on heart and also the rate. This increases the stability of mind and mental activities are also controlled.

Meditation :

Meditation is the study of concentration. One should try to keep the mind focused on one point or object; this concentration of the mind has very effects on the body and mind. A lot of research is going on around the world about mediation and its effects. Some of the observed facts are listed below.

1. Balance is achieved in the functioning of the nervous system.
2. The complete body is relaxed, which gives enough rest to the muscles and various organs.
3. Concentration, grasping power, memory increase, and so also the

This article concludes that some asanas of yoga can help to human beings to maintain their blood pressure by avoiding medicines. Yoga also helps to concentrate on the work you do and a peaceful mind. Yoga is a good health medicine with less effort, and it is very easy to practice in limited areas. between 100 meters and long jumpers is also significant, as the p-value for this mean is 0.000, which is less than 0.05. However, there is no difference between the means of 400-meter Runners and 100-meter Runners as the p-value for this mean is 0.455, which is greater than 0.05.

Discussion of Findings

This study was done to compare the Explosive Strength of 100-meter Runners, 400-meter Runners and Long jumpers. The ANOVA table was found significant in all the variables at a level of significance of 0.05, and by using the post hoc LSD test, it was found that the long jumpers have better explosive strength in comparison to 100-meter runners and 400-meter runners. Long jumpers frequently use extensor muscles and they tackle more resistance during the training movements. The nature of exercise and intensities of sub-maximal explosive exercises done by the long jumpers is much higher compared to 100-meter runners and 400-meter runners throughout the training.

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Cite this article:

Bappasaheb Maske, 2025. Yoga: The Way to Get Rid of Blood Pressure. *JES Bulletin*, 3(2):312-314