



## The effect of yoga therapy on selected systolic pressure and diastolic pressure variables on stage one hyper tension patients among men

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### Abstract

The purpose of the study is to find out the Effect of yoga therapy on selected Systolic Pressure and Diastolic pressure variables on stage one hyper tension Patients among men. Forty male subjects were selected randomly only hyper tension Patients among men at Vellore Medical College and Hospital in Pondicherry. The subject's age ranged from 40 to 45 years of respectively. The selected subjects were divided into two equal groups of 20 subjects each. Experimental group (Group I) Yoga therapy and Control group (Group II). Pre-test was conducted for the two groups on selected Systolic Pressure and Diastolic pressure variables. The experimental group underwent Yoga therapy practices for 6 weeks, per week for the duration of the training was given for 5 days per week 45 minutes every day. The control group did not undergo any training program. After 6 weeks of training period the post test was conducted for all the two groups. The data was analyzed by applying Analysis of Variance (ANOVA) Technique to find out the effect of yoga therapy on selected physiological variables on stage one hyper tension patients among men. Then, the obtained 'f' ratio is tested at 0.05 level of significant.

**Keywords:** yoga therapy, systolic pressure, diastolic pressure and hyper tension

### Introduction

#### Yoga Therapy

Yoga therapy is of modern coinage and represents a first effort to integrate traditional yogic concepts and techniques with western medical and psychological knowledge whereas traditional yoga is primarily concerned with personal transcendence on the part of a "normal" or healthy individual, yoga therapy aims at the holistic treatment of various kinds of psychological or somatic dysfunctions ranging from back problems to emotional distress. Both approaches, however, share an understanding of the human being as an integrated body-mind system, which can function optimally only when there is a state of dynamic balance. The root of the most of the diseases is in mind, as by recent calculation around 75- 80 percent of the diseases originated from the mind, they all called the psychosomatic diseases. The best way of treating and preventing such diseases is Yoga. Treating the diseases through yoga is called as yoga therapy. Present day yoga therapy is becoming one of the main healing methodologies. It's found and proved very effective tool in many physiological and physical disorders.

### Methodology

The purpose of the study is to find out the Effect of yoga therapy on selected Systolic Pressure and Diastolic pressure variables on stage one Hyper tension Patients among men. Forty male subjects were selected randomly only hyper tension Patients among men at Vellore Medical College and Hospital in Pondicherry. The subject's age ranged from 40 to 45 years of respectively. The selected subjects were divided into two equal groups of 20 subjects each. Experimental group (Group I) Yoga therapy and Control group (Group II). Pre-test was conducted for the two groups on selected Systolic Pressure and Diastolic pressure variables. The experimental group underwent Yoga therapy practices for 6 weeks, per week for the duration of the training was given for 5 days per week 45 minutes every day. The control group did not undergo any training program. After 6 weeks of training period the post test was conducted for all the two groups. The data was analyzed by applying Analysis of Variance (ANOVA) Technique to find out the effect of yoga therapy on selected physiological variables on stage one hyper tension patients among men. Then, the obtained 'f' ratio is tested at 0.05 level of significant.

**Table 1:** analysis of co variance for pre and post test data on systolic pressure And diastolic pressure of experimental group and control group

	Experimental Group	Control Group	SOV	Sum of Squares	df	Mean Square	'F' ratio
Pre-test Mean	146.45	146.10	B	1.22	1	1.22	0.063
			W	734.75	38	19.33	
Post-test Mean	134.45	151.30	B	839.22	1	2839.22	175.38*
			W	615.15	38	16.18	
Adjusted Mean	138.45	148.30	B	2907.94	1	2907.94	323.15*
			W	332.95	37	8.99	

Diastolic Pressure							
Pre-test Mean	92.80	93.35	B	3.02	1	3.02	0.52
			W	223.75	38	5.88	
Post-test Mean	90.20	93.40	B	102.40	1	102.40	20.92*
			W	186.00	38	4.89	
Adjusted Mean	91.50	93.38	B	81.86	1	81.86	27.42*
			W	110.46	37	2.98	

\*Significant at 0.05 level. The table value for significance at 0.05 level with 1 & 38 and 1 & 37 degrees of freedom are = 4.41 and 4.45 respectively.

Table –I shows that the pre test means on Systolic Pressure and Diastolic pressure of the Yoga therapy and the control group was 146.45 + 92.80 and 146.10 + 93.35 respectively. The obtained ‘F’ ratio value 0.063 + 0.52 for the pre test scores of Yoga therapy and control group on Systolic Pressure and Diastolic pressure is lesser than the required table value 4.41 for significance at 0.05 levels. Hence, it is not significant and it revealed that there is no significant difference between the Yoga therapy and the control group on Systolic Pressure and Diastolic pressure before the commencement of experimental group. It is inferred that the random selection of the subjects for the two groups are successful.

The post test means on Systolic Pressure and Diastolic pressure of the Yoga therapy and the control group was 134.45 + 90.20 and 151.30 + 93.40 respectively. The obtained ‘F’ ratio value 175.38 + 20.92 for the post test score is greater than the required table value 4.41 for 1 & 38 degrees of freedom at 0.05 level of significant. It shows that there is a significant difference between the yogic practices and the control group on Systolic Pressure and Diastolic pressure.

The adjusted post test mean on the Systolic Pressure and Diastolic pressure of the Yoga therapy and control groups are 138.45 + 91.50 and 148.30 + 93.38 respectively. The obtained ‘F’ ratio value of 323.150 + 27.42 for the adjusted post test data is greater than the required table value 4.45 for 1 & 37 degrees of freedom at 0.05 level of significant. It shows that there is a significant change on the Systolic Pressure and Diastolic pressure as a result of the Yoga therapy practice of the stage one hyper tension patients among men. Since the result has revealed that there is significant difference between control group and Yoga therapy group.fig-1&2.

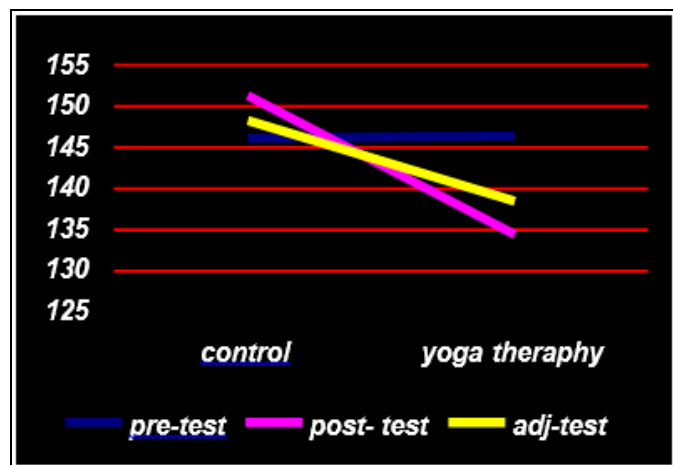


Fig 1: Systolic Pressure

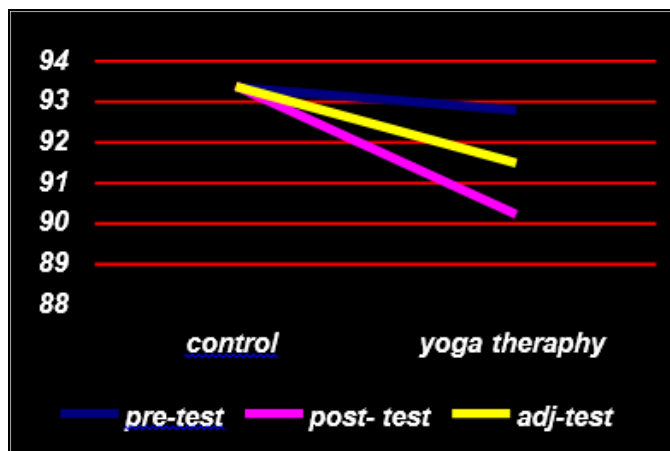


Fig 2: Diastolic Pressure

**Discussion**

After the collection of data, appropriate statistical analysis has been done in order to present the discussion of findings. The results of the study showed that there was significant improvement on physiological variables such as Systolic Pressure and Diastolic pressure due to the influence on Yoga therapy practice of the stage one hyper tension patients among men. The finding is in conformity with the results of Harinath. K. (2004), McCaffrey R. (2005) and Pramanik T. (2009).

**Conclusions**

Yoga therapy practice group decreasing Systolic and Diastolic blood pressure when compare to control group of stage one hyper tension patients among men.

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