Pranayam: Effective measure for Hypertension
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Introduction
In a world of ever-increasing technology and machine controlled medical interventions, people are beginning to feel the need for a human, individual touch; for a more natural approach to health that seeks to enhance life rather than dissect illness into more and more obscure diseases. Fortunately, there are a number of natural therapies, which have just such a positive, holistic approach, and have also stood the test of time, to emerge as the most rational way to sustain our health into the twenty-first century.

Problem Statement
“A study to assess the effectiveness of Pranayama on blood pressure of hypertensive patient in SKN Hospital Narhe,

Objectives
1. To assess the blood pressure among the hypertensive patient of experimental group before administration of Pranayama.
2. To assess the blood pressure among the hypertensive patient of control group.
3. To assess the blood pressure among the hypertensive patient of experimental group after administration of pranayam
4. To compare the blood pressure among the hypertensive patient in control and experimental group.
5. To find the association between the selected demographical variables and findings of the study.

Research Methodology
The present study was quasi-experimental approach as the study aimed to assess the effectiveness of the Pranayama on the hypertensive patient.

Sample and Sampling Technique
Purposive sampling technique was used for the selection of samples.

Sample Size
Sample size was 60(30 control group & 30 Experimental group) hypertensive patients from the medicine ward from SMT. Kashibai Navale Hospital Narhe, Pune.

Reliability
Reliability was checked using Pearson product –moment correlation r=0.95.

Findings Of Study
Demographic description of sample by frequency and percentage
Frequency and percentage of demographic data has maximum sample (60%) were males in control group and (73%) male samples in experimental group. among which majority sample were falling in age group of 51 to 60 years in experimental group(47%) and in control group (33%) and

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the majority sample were Hindus (86%) and all (93%) samples were married. Maximum sample 53% were primary educated in experimental group and 33% in control group. Majority sample 87% in experimental and 67% control group was moderate worker. Majority sample 87% in experimental group and 100% in control group was independent. Maximum sample 53% in experimental group and 33% in control group was having monthly income 3001RS to 6000RS. Maximum sample 60% in experimental group and 40% in control group was Non-Vegetarian. Maximum majority sample 97% in experimental group and 33% in control group was taking Tab. Amlodipine & 46% were taking Tab. Losartan. Majority sample 47% in experimental group and 40% in control group was having family history of hypertension. Maximum sample 60% in experimental group and 40% in 60% control group was taking salt restricted diet. Both groups 100% have not taken treatment of pranayama.

The difference of before & after pranayama score of systolic BP in experimental and control groups

Analysis of data related blood pressure before and after pranayama. Shows that in experimental group the Mean value of before pranayama 134.50 was more than the after pranayama value of 132.50 and in control group Mean value of pre test 132.97 was almost same as after pranayama value of 134.87 so values observed for systolic B.P. on day 7 in control groups. Is not significantly different than what is observed in control group on day 1 but values observed for systolic B.P. at before the treatment on day 1 is significantly large than what is observed on day 7 in experimental group. Hence one can conclude that the treatment shows significant positive effect in experimental group.

In experimental group the Mean value of before pranayama 91.67 was more than the after pranayama value of 81.00 and in control group Mean value of before pranayama 89.93 was almost same as after pranayama value of 90.00 so values observed for diastolic B.P. on day 7 in control groups. Is not significantly different than what is observed in control group on day 1. Hence one can conclude that the symptom does not
show any variation in control group, but values observed for diastolic B.P. at before the treatment on day 1 is significantly large than what is observed on day 7 in experimental group. Hence one can conclude that the treatment shows significant positive effect in experimental group.

Difference in mean, SD, t cal and p value of systolic BP in experimental and control group.

As P value is less than 0.0001 we reject Ho. i.e. values observed for systolic B.P. at before the pranayama on day 1 is significantly large than what is observed on day 7 after the pranayama. Values observed for systolic B.P. on day 7 in control groups is not significantly different than what is observed in control group on day1 Values observed for Diastolic B.P before the treatment on day 1 is significantly large than what is observed on day 7 after the treatment. Values observed for Diastolic B.P. on day 7 in control groups is not significantly different than what is observed in control group on day 1 that the effect seen in experimental group were due to the pranayama given.

Association between selected demographic variables

Since these groups are not significantly different, the claim gets justified. That there is no significant correlation with hypertension between male and female.

Using ANOVA we see that there is no significant difference in average BP observed in different education status.

Using ANOVA we see that there is no significant difference in average BP observed in different socio economical status.

Since these groups are not significantly different, the claim gets justified. No difference in average BP observed in samples taking Veg. or Non-Veg. diet.

Religion in present sample only one Muslim patient and other were Hindus, since the sample distribution is not enough correlation cannot be tested.

Marital status All the patients were married there is no point in testing correlation with respect to marital status.

Other demo graphic variables are not related to hypertension logically. Hence it cannot be tested

Fig No 3

Fig No 4
Conclusion

Based on the findings of this study the following conclusions can be drawn, after comparing the blood pressure before and after the treatment of pranayama on 1st day and on 7th day findings in experimental group with control group one can conclude that the treatment of pranayama technique shows significant positive effect on the hypertension and its symptoms. It shows that in experimental group the BP has came up to normal range and symptoms of hypertension reduced is due to pranayama.

References