

A Study on the Effect of Śavāsana and Sūryanamaskāra on Blood Pressure



Dedicated to my beloved
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SUMMARY

Sūryanamaskāra and Śavāsana is practice in Yōga Philosophy of the ancient Indian Culture. Śavāsana is one of relaxation posture. Sūryanamaskāra is a dynamic exercise in Yōga Philosophy. Sūryanamaskāra and Śavāsana had been selected for this study considering their effects on the Blood Pressure.

The study was carried out at Yōga Training Centre of National Āyurvēdic Teaching Hospital. 60 healthy volunteers and 48 Hypertensive patients were selected by Simple random sampling method. Four groups were selected in this present study. Blood Pressure has been recorded twice a week, before and after the “Śavāsana” and “Sūryanamaskāra” and six weeks of drug administration.

They were subjected for 30 minutes pre-prepared Sūryanamaskāra program and “Śavāsana” program. After the first visit, they were provided with audiocassettes containing the verbal instructions of Sūryanamaskāra and “Śavāsana” therapy to continue the daily practice at their residences in the morning hours. 18 Hypertensive patients who has been given Abana-2 tablets two times per day. The Śavāsana therapy was able to reduce the blood pressure markedly and the results were statistically significant. This research work has ensured that practicing Sūryanamaskāra and “Śavāsana” leads to decrease blood pressure very successfully and could be used to preserve the health of the individual without causing any burden to the society. Śavāsana, also could be strongly recommended for control the Hypertension.

From the results enclosed Śavāsana and Sūryanamaskāra have shown very encouraging results in both clients and patients.

Further research on the subject may much benefited for the society to ensure safe, cost effective practice for the positive health of the society.

6. CONCLUSION

i) The effect of “Śavāsana” on Blood Pressure

- This research work has ensured the planned relaxation program based on Śavāsana, was capable of reducing Blood Pressure very effectively.
- It was having favorable effects on Systolic Blood Pressure, Diastolic Blood Pressure, Pulse Pressure, Respiratory rate and Pulse rate.
- Śavāsana, can be Practiced with minimum infrastructures as a cost effective and safe method without any side effects and complications.
- It could be strongly recommended for maintaining the positive health and to control the Hypertension of people in the society.

ii) The effect of Sūryanamaskāra on Blood Pressure

- This research has ensured that practicing Sūryanamaskāra is very effective therapy of reducing Blood Pressure without any adverse effect. It was having encouraging effects on lowering- Systolic and Diastolic Blood Pressure. Pulse Pressure, Respiratory rate and Pulse rate also were maintained between the normal limits.

- Sūryanamaskāra can perform with least infrastructures. It is a secure and sound yogic exercise without any adverse effects and complications. Therefore, Sūryanamaskāra could be adopted for preserving the optimistic wellbeing of the human.

- Sūryanamaskāra should be practiced carefully in Hypertensive patients, but it can be recommended for maintain blood pressure of the normotensive persons of the society.
- Further research on the Sūryanamaskāra on hypertensive cases is recommended to ensure the safety of the therapy.

iii) The effect Drug Therapy on Blood Pressure

- Drug group also decrease the blood pressure but results are prolonged and safe in Śavāsana groups.

iv) The effect of Therapies on volunteer and hypertensive groups

- Most of the hypertensive patients were asymptomatic; and majority of them were suffered from stress and strain. By practicing the Yōga Āsanas people can relieve the stress and strain. This proved that the results of the reduction of Venillyal Mandelic Acid level in all Yōga groups.