

BLOOD PRESSURE: CAUSES AND REMEDIES

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1. High Blood Pressure

Because of the blind race of the present age for so called development and progress and accumulation of material things, man is increasingly getting afflicted with various diseases and ailments. High blood pressure is one of them. It is a disease that brings man to the door of death and snatches life. The whole world is scared of it. This disease can be divided into various categories such as mild, moderate, severe and malignant high blood pressure.

In a normal healthy male, systolic blood pressure should be age + 90 mm. mercury and diastolic blood pressure should be fewer less than age+ 84 mm. mercury. Ordinarily the pressure of the pulse, which is measured by the difference between systolic and diastolic blood pressure, should be 30 to 60 mm. mercury. In case of females, these numbers should be 10 mm. mercury fewer than that of males. In childhood, these numbers should be like this-up to the age 0 to 1 year – 76/60mm. mercury, up to the age 2 to 6 years – 86/66 mm. mercury, up to the age 7 to 12 years – 100/70mm. mercury.

1.1 Symptoms

In the initial stage of high blood pressure, the following abnormal symptoms are noticed in the human body : -

- (1) Pain and heaviness at the back of head and neck because of the cells of the various parts of the body carrying blood being expanded.
- (2) Sleeplessness, nervousness, giddiness, sounds in ears.
- (3) Lack of memory and concentration, physical weakness.
- (4) Sensation in hands and feet, epistaxis, vomiting, nausea, gastric trouble, constipation, hiccup.
- (5) Reddening of face, pain in the chest, getting out of breath, increase in palpitation.
- (6) Sexual weakness.

1.2 Causes

- (1) High blood pressure is not restricted to a particular age group. Even then the period after 40 or 45 years of age runs the risk of incurring this disease when the arteries or veins get narrow or there is an abnormal blockage in them with the result that the heart has to work harder to circulate blood. This causes pressure on the cells carrying blood.
- (2) Ordinarily females do not run a high risk of the problems caused by high blood pressure but in certain conditions they have to face problems -
 - (i) Sometimes they contract spasm, an epilepsy like disease known as eclampsia before or after delivery.
 - (ii) Because of some complication during pregnancy.
 - (iii) On menopause at the age of 50 or so.
- (3) In some people, this disease is hereditary. If the parents do not have it, there is less likelihood of the off – spring having it.
- (4) Because of lack of folic acid, vitamin B – 6 and vitamin B -12, which play an important role in the metabolism of homosystine, the level of homosystine gets higher than normal. It causes high blood pressure.
- (5) Because of the imbalance in the hormones secreted by endocrine glands like pituitary gland, thyroid, parathyroid and adrenal gland.
- (6) Cholesterol plays an important role in keeping capillaries healthy and strong. Cholesterol begins to accumulate when these capillaries get rough and their walls get thick and narrow, causing hindrance in blood circulation, resulting in high blood pressure.
- (7) Nutritious elements like vitamin A,C,E, betakerotene and acids and necessary fats are destroyed because of prolonged and regular smoking.
- (8) With the metabolism of alcohol, certain toxins are produced which harm the cells and tissues of our body. Alcohol decreases the quantity of glucose in blood and also thymine.
- (9) The quantity of homosystine, cholesterol etc. gets more than normal by the use of saturated vegetables, fats, junk and fast food, fried and excessively spiced food.
- (10) Leading an idle and inactive life.
- (11) Obesity, diabetes, rheumatism.
- (12) Mental inequilibrium too is responsible for high blood pressure.

1.3 Remedies

High blood pressure can be cured without medicines by nature cure and Yoga therapy.

(i) Balanced Diet

A balanced diet is that contains calories, mineral, salts, protein, Carbo – hydrates and fats in appropriate proportion and quantity and some extra quantity too so that it (the extra quantity) may make up the deficiency of food in case it (the food) is not available in proper quantity. The patients of high blood pressure should reduce the quantity of sodium chloride. If it is taken in greater quantity, sodium is expelled from the body in greater quantity and consequently heart and kidneys are affected. The result is that heart beats and their rhythm are disturbed and cause high blood pressure.

(ii) Water Therapy

- (a)** In the beginning cold waist bath should be given after giving anema with neem water.
- (b)** Gentle massage from the upper part of the body to the lower part should be given after every half an hour in the morning and in the evening. After that, body should be rubbed with a towel wetted with cold water.
- (c)** The patient should be given a glass of water in which lemon juice and honey are mixed in proper quantity. After that he should be given hot/cold bath and made to rest.
- (d)** In the evening, backbone should be massaged gently. Then it (the backbone) should be given local vapour and after that cold backbone bath should be given.

(iii) Soil (Earth) Therapy

- (a)** Stripe of soil should be put on the patient's head.
- (b)** If the patient suffers from constipation, soil pack should be applied on the belly.

(iv) Yogic Cure

By practising Yoga, high blood pressure remains under control. Besides, foreign elements are expelled from the body and resistance power is increased with the result that the patient gets capable of facing any disease. A patient of high blood pressure should particularly practice pranayam and postures of Yoga such as Sidhasan, Padmasan,

Vajrasan, Singhasan, Ardhmatsyendrasan, Makrasan, Shalbhasan, Katichakrasan, Urdhvahastotasan, Savasan and Yog-nindra.

(v) Breathing Exercises (Pranayam)

Pranayam is the controlling, regulation and discipline of the life force when one gets stable in yogic postures. The patient of high blood pressure should take care to practise mainly the following pranayam only with the complement and purgative and not with kumbhak.

1.Ujjaye 2. Shitli 3. Bramari.

1.4 Things to be Avoided

- (1) Shirsasan, sarvangasan or any other posture in which head is downwards and feet are upwards should not be practiced.
- (2) while observing pranayam, kumbhak must never be practised.

2. Low Blood Pressure

Low blood pressure is the result of our unrestrained and uncontrolled life style. When the pressure of blood low, systolic blood pressure comes to less than 100 mm. nearly 60 hundred billion cells of our body get life force and nutrition solely because of blood pressure. Hence to be healthy and happy it is necessary that our blood pressure remains normal. Blood circulates very slowly when the pressure is low. Brain and the other parts of the body do not get proper nutrition. The quantity of blood too is reduced. There are many reasons of low blood pressure :-

(a) Essential hypotension

The cause of essential hypotension is not yet clear. But it has been observed that people coming under this category get out of breath, their breathing, heart beat and pulse go fast, they suffer from exhaustion, headache, giddiness, weakness of the digestive system, weakness of nervous and lack of memory etc. All these symptoms sometimes get very serious and severe.

(b) Secondary hypotension

Secondary hypotension is caused when there is some disturbance in the systems which are responsible for keeping blood pressure normal or when there is some infection.

It is also caused because of high fever, infection in the Genes. Something wrong with the adrenal, thyroid and pituitary glands, injury, and damage in the muscles of heart.

2.1 Causes

Low blood pressure is also caused because of weakness, ill – health, fasting, food and water not taken in proper quantity, mental exertion, influenza, ailments of the left part of heart after an attack of fever, mental shock, mal – functioning of suprarenal gland and bleeding.

2.2 Symptoms

When the pressure of blood gets low, the patient feels weakness and giddiness and exhaustion. He is reluctant to work hard and feels like fainting when he gets up. The pulse rate changes quickly. It easily gets lost and is quickened on standing and gets slow on sitting. The patient may have pain in heart, shoulders, left hand and the front and backside of head. He gets out of breath, has difficulty in breathing and feels shortage of oxygen. Hair fall, lines on the skin, excessive sweating, skin diseases and slow pulse rate are some more symptoms of low blood pressure. The patient's body gets cold and also turns blue.

2.3 Remedies

(i) Soil Therapy

Stripe of soil applied on the head, backbone and belly is very beneficial in case of low blood pressure.

(ii) Water Therapy

The patient feels great relief when local vapour is applied on his belly and waist and is given cold waist bath and is massaged with water. In some patients, giving backbone bath in accordance with the causes of the disease has proved very beneficial. Apart from these cures, hot and cold pelvis fomentation is also very useful. Various techniques of water therapy directly affect the nervous of skin, nervous and blood circulation and the general nervous processes. The permeability of the skin increases by hot water and vapour therapy. The gases soluble in water, and the ions of elements like magnesium and potassium etc. are absorbed by the body in short quantities. They remove the rigidity and narrowness of nervous and capillaries. The process of circulation gets well organized with the result that peripheral vascular and cardiac output are brought under control and low or high blood pressure are brought to normalcy.

(iii) Sun-Ray Therapy

Sun- bath taken in the morning strengthens capillaries and promotes blood circulation towards the skin. This bath provides ample nutrition to heart and brain by increasing blood circulation and taking it to these two vital organs of the body. The yellow water and the blue water which have absorbed sun- rays are highly effective and beneficial in bringing blood pressure to the normal level.

(iv) Diet Therapy

The patient should be given nutritious food that is easily digestible. He should be relaxed and stress – free. Fast and junk food should be avoided and fresh, pure and health–giving food should be adopted. The patient should be inclined towards this type of food not only physically but also mentally.

(v) Yoga Therapy

Yoga has the great power of transforming life. By its right- practice, man proceeds towards the real path of health. His inner health and spirit are aroused. Regular practice of Yoga cures not only low blood pressure but many other ailments also.

(vi) Body Postures (Asanas)

Various body postures as siddhasan, paschimotanasan, Shashanrasan, Sarvahgasan, Karnapidasan, and Savasan etc. help a lot in curing low blood pressure. Bowing to the sun (suryanamaskar) and practising exercises which strengthen digestive capacity are also helpful. But all these postures should be practised under proper guidance and taking into consideration the capacity of the patient.

(vii) Breathing Exercises (Pranayam)

A patient of low blood pressure must follow a healthy life- style. He must develop right- thinking and adopt positive attitude. He must also try to lead a stress – free life and adopt and develop right habits.

3. Conclusion

A large number of Indian people suffer from High and Low Blood Pressure. If one adopts and develops right – thinking, positive and optimistic attitude and practises body postures and breathing exercises, one can be cured of and relieved from High and Low Blood Pressure.

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