



Effect of Yogic Practices on Systolic and Diastolic Blood Pressure Among Hypertensive Middle Aged Women

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Abstract

The present random group experimental study was designed to find out the effect of Yogic practices on Systolic and Diastolic Blood Pressure variables among Hypertensive middle aged women. It was hypothesized that there would be significant difference due to Yogic practices than the control group on Systolic and Diastolic Blood Pressure among Hypertensive middle aged women. To achieve the purpose of the study, thirty (30) Hypertensive middle aged women residing in Chennai age between 45 to 55 years were selected randomly two groups, namely a group I, experimental group (15) and control group of fifteen (15) subjects each. Training period of this study was twelve weeks. Experimental group I underwent Yogic practices for twelve (12) weeks, six days a week for a maximum of one hour in the morning. The control group was kept in active rest. The pre test and post test were conducted before and after the training for both the groups. To analyses the data (ANCOVA) was used. The test of significance was fixed as 0.05 level of confidence. It was concluded the significantly decreased in Yogic practices group than the control group on Systolic and Diastolic Blood Pressure among Hypertensive middle aged women.

Biography

M Manimekalai Narayanan, completed Ph D in yoga at the age of 34 years from TNPESU, working as Lecturer in Sri Ramachandra Institute of Higher Education and Research, Papers Presented in International Conferences- 9, Papers Presented in National Conferences-11, Conferences/ Seminars/ Workshops attended-27, Conference Proceedings -17, Workshop Conducted-01, Poster presentation-02. Honor Awarded Best Teacher. Member of IYA.



Global Summit on Health and Fitness | Webinar | Aug 25, 2020

Citation: M Manimekalai Narayanan, *Effect of Yogic Practices on Systolic and Diastolic Blood Pressure Among Hypertensive Middle Aged Women*, Global Summit on Health and Fitness, Webinar, Aug 25, 2020, 06