

Management of CVD through Yoga and Naturopathy

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Abstract - The purpose of this study is twofold. First, the study will examine the effectiveness of the power of Yoga with Naturopathy and chakra meditation, to reduce stress, emotional affect, and resilience. While practitioner are developing their inner landscape through the yoga program, a translation of this growth is reflected in the possible external experience of alleviation of stress, regulation of emotions, and increased resilience, With such programming, CVD patients, will balance emotional and mental demands giving them an opportunity to systematically integrate all aspects of themselves in order to become confident, focused human beings while effectively navigating the increasing social and emotional pressure of their lives. Secondly, it provides evidence of success for effective holistic human development with a Kundalini chakra meditation, which integrates the mind, body, and spirit for overall wellbeing by incorporating physical exercises, breathing, and meditation practices. Meditation is recognized as a calm state of mind with parasympathetic dominance in the body. Kundalini meditation is different from other types of meditation. In yoga kundalini chakra meditation, it is believed that kundalini resides in the sacrum bone. Regular meditator may experience a calm & hypo-metabolic state with parasympathetic dominance. This will show beneficial effects in controlling blood pressure in hypertensives. Most of the studies are anecdotal (short duration), based on small sample sizes, were not controlled and have several limitations leading to biased and confounding results.

keywords - Cardio vascular diseases ,naturopathy ,yoga ,asana, pranayama

METHODOLOGY

The subjects will be divided in to two groups.

Group -1 consists of CVD patients, who practice yoga, with Naturopathy -3 months(with Medicine)

Group -2 consists of CVD patients, who not practice Yoga with Naturopathy, -3 months(only medicine)

This is a hospital based comparative study. After obtaining informed consent from the patients, relevant data such as age, sex, occupation, age at the onset of CVD, and collecting data about Blood pressure (BP), and Triglycerides profile (TG) and Lipid Profile and blood sugar level.

The samples will select for the intervention, "Before and after" research design was adopted to test the effect yoga and chakra meditation.

BP be recorded daily, through the study period initial value recorded with sphygmomanometer, and other all parameters 'data collected after 1month.Yoga protocol applied every day morning 7-8 am and naturopathy technique once in a week.

STUDY DESIGN

The study is a hospital-based Case-Control, Prospective, Analytical study. The number of cases with CVD ,Yoga & Naturopathy and Chakra Meditation is 50 .The number of controls with CVD without Yoga & Naturopathy and Chakra Meditation is 50 Total sample size is 100.

STUDY CRITERIA

FOR CASES:

Inclusion criteria:

- Patients with age more than 18 years with clinical diagnosis of CVD (Lasting at least 6 months).
- Patients who are Voluntarily to give the Informed Consent to participate in the study shall be enrolled.
- Patient with acute coronary syndrome, hart failure, and arrhythmia

Exclusion criteria:

- Patients who are not give Informed consent
- Pregnant women/Tendency to get pregnant and lactating woman

FOR CONTROLS:

Inclusion criteria:

- Patients who are age, sex and weight-matched, referred for CVD ,Out- patient department are included.

Exclusion criteria:

- Those who are not willing to give the Informed Consent
- Pregnant women

INVESTIGATION Instruments:

1. Blood pressure machine (sphygmomanometer)

CVD will diagnose with these criteria:

1. BP(Blood pressure)
2. BMI(body mass index)
3. Lipid Profile
4. Smoking and Alcoholism

The following psychological measures will be used to measure the study variables.: Psychological wellbeing scale; This questionnaire comprised of 30 items with the two alternative response categories 'Yes' and 'No'. This measure consisted of 13 factors including, somatic symptoms, selflessness, positive effect, daily activity, life satisfaction, suicidal idea, personal control; social supports tension wellness, general efficiency and satisfaction. The total score gives the estimation of the psychological-well-being .And CAGE Questionnaire.

ANALYSIS:

The response of the subjects observed **Blood Pressure(BP),High Density**

Subject condition	No. of subjects with Yoga and Naturopathy with chakra meditation Following HYP	No. of subjects without Yoga and Naturopathy and chakra meditation. Not following HYP	Total
Excellent progress	85	no	85
Good progress	20	no	20
Average progress	5	5	10
Poor progress	no	95	95
	100	100	200

by measuring objective variables like Blood pressure (BP), Cholesterol, Triglyceride (TG), High Density cholesterol (HDL-C),

Conclusion

who was followed Heart yoga protocol with medicine they got 100% management in BP ,Cholesterol and their doctors reduce amount of drug dosage too. And they got goon relaxation and they reduced their stress and anxiety.