

# Yoga Therapy for Life Style Diseases - Hypertension

Irregular and improper food habits, Sedentary Life Style, Lack of Minimum Physical Activity and Exercise, Excessive thinking resulting in piling up of Stress are major factors that affect the physical health.

By changing the Life Style and Practicing Yoga one can overcome and get rid of ill-health. Regular practice of Asanas, Pranayamas, Bhandhas & Mudras can keep a person healthy. It is strongly advised to do these practices under the guidance of an Experienced /Qualified Yoga Teacher.

Hypertension (High B.P): This health disorder is the result of many causes which include excess consumption of salt, age, stress, obesity, Sleep apnea, lack of physical activity etc.

Kriyaas: Trataka, Kapalabhati

Asanas: Baddha konaasana, Veerasana, Ardha Mathyendrasana, Jaanu sirasana, Uttana padasana, Vakrasana, Savasana, makarasana (choose any two or three which are easy for the sadhaka).

Pranayamas: Nadi Sodhana/Anuloma Viloma, Bramari, seethali/seethkaari, Ujjayi.

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Mudras: Jalandhara bhandha, Chinmudra, Linga Mudra (left), Shanka mudra.

Prathyahara, Dharana, Dhyana are to be practiced regularly.

If the root cause of hypertension is Kidney mis-function or obesity or some other disease, treatment should be given to the root cause before treating Hypertension.

As Hypertension becomes nagging and chronic, once it starts its onslaught, long term treatment is to be given for complete reversal of the same. A minimum of 12 weeks treatment is must.



**CHINMUDRA**

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SHANKHAMUDRA



LEFT LINGAMUDRA