

# ABSTRACT

## **Immediate effect of Cyclic Meditation on blood pressure, heart rate and state anxiety among individuals with hypertension: A Self as controlled study**

### **1. Background**

HTN is a major public health concern across the globe. Long term complications of hypertension include coronary artery disease, renal failure, stroke and cognitive decline. HTN is ranked as the third most important risk factor for burden of disease in south Asia. Theory of CM hypothesizes that relaxation after a brief stimulation can enhance the relaxation state. Individual experience deeper level of relaxation after CM practice

### **2. Objectives**

To evaluate the immediate effect of CM and SR on systolic and diastolic blood pressure, heart rate and state anxiety on hypertensive participants and substantiate the applicability and efficacy of these techniques in reducing blood pressure, anxiety and heart rate in hypertensive participants and enhances relaxation, emotional health, physical health and quality of life.

### **3. Material and methods**

Thirty two participants both male and female, age ranges from 30 to 60 years received four days orientation program in Arogyadhama (Holistic health center-SVYASA University). All Participants participated in both CM and SR on two different days; CM and SR practice given respectively for 40 minutes. Before and after the practice blood pressure, heart rate and state anxiety parameters were measured using sphygmomanometer and STAI questionnaire respectively in both groups.

### **4. Result**

Cyclic meditation and Supine rest both has produced significant results in reducing systolic blood pressure, heart rate and state anxiety , however magnitude of change was less for diastolic blood pressure for both the groups.

## **5. Conclusion**

The investigations in this study suggests that a cyclical combination of yoga postures (CM) and supine rest practice reduces blood pressure scores immediately after the practice and decreases pulse rate more in cm than rest in a Shavasana . SR practice reduces anxiety scores more significantly than CM practice

**Keywords :** Cyclic Meditation; Heart rate; Yoga; Supine rest; State anxiety, Blood Pressure