

Yoga for High Blood Pressure or Hypertension

Hypertension happens when the pressure in your system gets high enough leading to risks in your system. It is also commonly known as high blood pressure, which refers to the amount of pressure in your arteries. In diagnosing hypertension, several readings must be taken. If the rate of blood pressure reaches to as high as 140/90, then hypertension is present. Hypertension is also related to other diseases like stroke, heart attack, Coronary Artery Disease (CAD), and may also lead to death. The two types of high blood pressure are as follows:

- Primary Hypertension – also known as essential hypertension; commonly caused by stress and injury, primary hypertension has no specific symptom. Other causes comprise emotional disturbance, heredity, race, climatic condition, Obesity, smoking and alcohol intake.
- Secondary Hypertension – may lead to kidney infection, malfunctioning of the Endocrine Glands and arterial problems like arteriosclerosis.

Since **hypertension** has no specific symptom, it became known to be a silent killer. If not detected at an early stage, it may lead to arterial cardiac and renal damage. Nevertheless, hypertension can be detected if people experience some mild and pounding headache, giddiness, hazy vision, ringing in the ears, and disturbed kidney functioning. If experienced continuously, it may lead to heart attack, heart failure, stroke, or paralysis.

In order to manage hypertension, lifestyle management, one of which is **Yoga Lifestyle** helps treat and prevent hypertension through mind and body activities (see our note on 'Yoga lifestyle' for more information).

Seek doctor's advice before starting Yoga practices.

What is hypertension?
Hypertension is a chronic medical condition in which the blood pressure in the arteries is persistently elevated. High blood pressure is often called the "silent killer" because it usually has no symptoms, but it can lead to heart disease, stroke, and other complications.

What Causes Hypertension?
Hypertension can be caused by a variety of factors, including genetics, diet, stress, and lack of exercise. It is often diagnosed through regular blood pressure measurements.



What is a normal blood pressure?
A normal blood pressure is generally considered to be below 120/80 mmHg. Blood pressure is measured in millimeters of mercury (mmHg).

Healthy person: 120/80 mmHg
Hypertensive person: 160/100 mmHg

Hypertension
The most common cause of hypertension is unknown. However, it is often associated with a diet high in sodium and low in potassium, as well as a sedentary lifestyle and obesity.

Effects on Blood Vessels



Blood Flow to the Heart



Effects on the Heart
Hypertension forces the heart to pump blood against a higher resistance, which can lead to heart failure and other complications.

Effects on the Brain



Effects on the Eye



Effects on the Kidneys



Healthy Life Style Changes

- Eat a diet low in sodium and high in potassium.
- Exercise regularly.
- Maintain a healthy weight.
- Limit alcohol consumption.
- Quit smoking.
- Manage stress.

