

Exclusive On **HIGH BLOOD PRESSURE**





Chairman's Message

Dear Friends,

A major health hazard High blood pressure, or hypertension, affects millions worldwide and is a significant risk factor for heart disease, stroke, and other serious health conditions. While conventional medicine depends heavily on medications, Naturopathy presents a complementary approach that focuses on holistic healing and natural remedies. Naturopathic principles believe in the body's innate ability to heal itself when provided with the right conditions, including diet, lifestyle, and emotional well-being.

Since at Nature Care and Yoga Centre your wellness is always at the top of our minds, we have come up with this special issue on high blood pressure. Hope this helps in your journey of healthier and more fruitful life.

Best wishes

Chandra Kumar Dhanuka
Chairman Trustee
Nature Cure and Yoga Centre



Editorial

Dear Wellness Aspirants,

We are happy to Bring out a News Letter on High Blood Pressure and Its management through Naturopathy and Yoga.

High Blood pressure or hypertension, is often referred to as “silent killer” because most people do not notice or experience symptoms until sufficient damage has been done.

Of the estimated 220 million people in India living with hypertension, only 12% have their blood pressure under control. Overall prevalence for hypertension in India is 29.8% while Urban Population stands at 33.8% and Rural Population at 27.6 %.

Raised blood pressure attributes to the leading risk factor for morbidity and mortality in India. Hypertension is attributable to 10.8% of all deaths in India.

According to a recent WHO report, 188.3 million people in India suffer from hypertension but only 37% get diagnosed, only 30% start treatment, and only 15% manage to keep their blood pressure under control.

Prehypertension is observed in individuals belonging to wealthier households and those overweight or obese. Alcohol consumption is associated with higher incidences of raised blood pressure.

First step in preventing and managing high blood pressure is awareness, bringing radical transformation in the life style, behaviour and the perspective towards self and society.

This Newsletter Will Help You:

Understand the causes of high blood pressure and how high blood pressure affects your body and health.

Know how to measure your own blood pressure.

Be aware of the risk factors associated with high blood pressure.

Know how to control and reduce your blood pressure.

Know how to incorporate lifestyle changes that can lower your blood pressure.

Know how to treat high blood pressure once you have been diagnosed.

Be able to develop a nutritious and balanced diet plan.

Be able to develop an exercise program, lose weight and stay healthy.

Know how to practice relaxation and manage stress healthily.

Know what substances and medications to avoid.

Be able to reduce your blood pressure and improve your health and wellbeing for the long-term!

High Blood pressure is treatable and can be managed through Naturopathy & Yoga which ultimately prevents complications leading to cardiac arrests and Brain strokes.

With Best Wishes

Truly yours

Dr. M. A. Rama Murthy
Chief Medical Officer



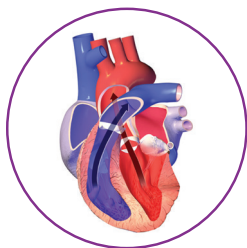
HIGH BLOOD PRESSURE

High blood pressure (Hypertension) is when the force of the blood pushing against the artery walls is consistently too high. The heart has to work harder to pump blood.

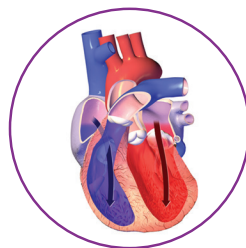
Blood pressure is measured using two numbers:

The top number, is the systolic blood pressure, measures the pressure in your artery walls when your heart beats or contracts.

The bottom number, is the diastolic blood pressure, measures the pressure in your arteries when your heart is relaxing between beats.



Systolic Blood Pressure



Diastolic Blood Pressure

If the measurement reads 120 systolic and 80 diastolic, you would say, "120 over 80," or write, "120/80 mmHg."

Classification of blood pressure (Age 18 & above) Indian guidelines 2013

Category	SBP (mmHg)	DBP (mmHg)
Optimal	<120	<80
Normal	<130	<85
High normal	130–139	85–89
Stage 1	140–159	90–99
Stage 2	160–179	100–109
Stage 3	>180	>110

How common is high blood pressure in India?

In India, more than 1 in 4 people have hypertension and cumulatively, more than 90% of adults with hypertension are either undiagnosed, untreated, or treated but with uncontrolled hypertension.



HYPERTENSION

Common causes :

Hypertension doesn't have a single, clear cause. Usually, many factors come together to cause it.

- Unhealthy eating patterns (including a diet high in sodium)
- Lack of physical activity
- Smoking
- Alcohol consumption
- Fast and stressful lifestyle



Unhealthy eating



Lack of physical activity



Smoking



Alcohol consumption



Stressful lifestyle



Unhealthy food

Secondary hypertension Common causes :

- Certain medications, including immunosuppressants,
- NSAIDs and oral contraceptives
- Kidney disease
- Obstructive sleep apnea
- Recreational drug use
- Tobacco use (including smoking, vaping)



Certain medications



NSAIDs and Oral contraceptives



Kidney disease



Obstructive sleep apnea



Recreational drug use



Tobacco use (including smoking, vaping)

Is high blood pressure genetic?

Researchers believe genes play a role in high blood pressure. If one or more of your close biological family members have high blood pressure, you have an increased risk of developing it too.

RISK



What are the risk factors for high blood pressure?

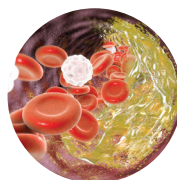
- ▶ Having biological family members with high blood pressure
- ▶ Being over age 55
- ▶ Having certain medical conditions, including chronic kidney disease, metabolic syndrome
- ▶ Obstructive sleep apnoea
- ▶ Having overweight or obesity
- ▶ Not getting enough exercise
- ▶ Eating foods high in sodium
- ▶ Smoking or using tobacco products
- ▶ Alcohol consumption

Complications

Untreated hypertension can lead to complications like:

- Coronary artery disease
- Stroke
- Heart attack

- Kidney disease
- Eye damage
- Complications during pregnancy



Coronary artery disease



Stroke



Heart attack



Kidney disease



Eye damage



Complications During pregnancy

Diagnosis and Tests

Healthcare providers diagnose high blood pressure by measuring with a BP apparatus.

If you have high blood pressure readings at two or more appointments, your doctor may tell you that you have high blood pressure. They will talk to you about your medical history and lifestyle to identify possible causes.



PREVENTION

Can I prevent high blood pressure?

Fortunately there are things you can do to reduce your risk of developing high blood pressure. These include:

- ▶ Follow a healthy diet plan (adding more fruits, vegetables and limiting grains in your diet.
- ▶ Cut down on sodium, Try to keep it below 1500mg/day.
- ▶ Keep a healthy weight.
- ▶ Keep active – Even simple physical activities such as walking, can lower your blood pressure levels.
- ▶ Quit alcohol and smoking.





Lifestyle changes to bring **BLOOD PRESSURE** to normal levels:

Stress management

Stress and sympathetic nervous system over stimulation appear to play a role in hypertension, it is important to keep stress under control. High levels of stress can result in high blood pressure by stimulation of the sympathetic nervous system, which then leads to a cascade of physiological effects that cause the blood vessels to constrict.

Naturopathy focuses on stress management and relaxation techniques, including meditation, to help alleviate stress and its impact on the body.

Getting regular physical activity

Get at least:

- ▶ 150 minutes per week of moderate - intensity aerobic activity.
- ▶ 75 minutes per week of vigorous aerobic activity

- ▶ Spend less time sitting. Light-intensity activity can offset some risks of being sedentary.
- ▶ Gain even more benefits by being active at least 300 minutes (5 hours) per week.
- ▶ Increase amount and intensity gradually over time.

Taking Fruits and Vegetables:

A diet rich in fruits and vegetables is encouraged, as they are high in potassium and fiber. Raw consumption of fruits and vegetables is associated with the lowest risk of high blood pressure. Limit the intake of foods that are high in saturated fat - including red meat, full fat dairy and refined oils. Include beans, nuts in moderation.





Reduce the consumption of Processed Food:

Reducing the intake of refined flour and high-glycemic foods like sugar can also lower blood pressure. Added sugars, desserts, soda should be eliminated, and whole grains should replace refined grains with limited consumption.

Maintaining a healthy weight or losing weight :

People who are overweight or have obesity can see significant reductions in blood pressure with even modest weight loss. On average, every kilogram of weight loss is associated with a 1 mmHg reduction in systolic blood pressure.

Reduce the salt and sodium intake.

Excess salt in our everyday meal causes the body to retain water which raises the blood

pressure. We also need to check the intake of sodium through processed foods like chips, cheese, sauce and soups and bread and cake. Even a small reduction in sodium intake can reduce blood pressure.

Reducing/Quitting Alcohol Consumption:

Alcohol consumption should be moderated, as it can raise blood pressure to unhealthy levels. Alcohol is also high in calories, contributing to obesity and elevated cholesterol levels.

Quit Tobacco:

Quitting tobacco is strongly advised, as smoking not only raises blood pressure but also poses various health risks to cardiovascular health. It significantly increases the chances of heart attacks and strokes.





NATUROPATHIC MANAGEMENT

Diet Therapy

Naturopathy leads to healing from within only when a chance is given to the body to heal itself. A very important element of Naturopathic treatment is a well regulated and monitored diet. Dietary risk factors for high blood pressure include being obese and having a diet with a high sodium-to-potassium ratio or one that is low in fibre and high in sugar and saturated fats.



Fasting(Liquid diet)/ Eliminative diet

Preparing to go on liquid diet with avoiding grains on day 1 and go on a liquid diet later as long as 1 to 3 days on fluids like fruit juices, Vegetable juices, Soups.

Soothing diet

Consumption of fruits and vegetables only and avoiding grains for a certain period(under medical supervision) can show good results in Hypertension as it is easy to follow and calorie is restricted.

Fruits contain high antioxidants, fiber and produce maximum ORAC(Oxygen radical absorbance capacity) which may protect cells and their components from oxidative damage, improvement of endothelial function producing an anti-hypertensive effect.





Constructive Diet :

During periods of eating, choose foods that will provide substantial nutrition. Diet should consist of cooked/steamed vegetables, whole grains, salads, sprouts low fat products, foods low in sodium and high in potassium. Avoid simple deep fried items, caffeine, milk & milk products sugars (sweets, sugary soft drinks) opt for a combination of complex carbohydrates, low fat, and protein to prevent muscle wasting and to manage Hypertension.

How Fasting Affects Blood Pressure

Firstly, caloric restriction has been shown to lower blood pressure. Fasting is often associated with an overall lower calorie intake, which can help explain some of its effects.

Studies suggest that while fasting, the nervous system is in a more relaxed state, known as parasympathetic tone.

Fasting may even affect blood pressure through the gut microbiome the population of bacteria living in the gastrointestinal system that has effects ranging from digestion to the immune system.





Hydrotherapy

To reduce high blood pressure, we need to

- ▶ Reduce overdrive from the sympathetic nervous system
- ▶ Improve the ability of the blood vessels to dilate
- ▶ Increase sodium and water excretion

Hydrotherapy treatments can restore the elasticity of the arteries and capillaries causing vasodilation or by making blood vessels relax and wide, stimulating the baroreceptors.

Giving warm water foot bath is effective in lowering blood pressure by dilating blood vessels, so blood flow will be smoother.

Neutral tub bath is soaking in water whose temperature ranges from 94 to 97 °F degrees .

A neutral tub bath can induce relaxation and lower elevated blood pressure by calming the overactive sympathetic nervous system.

Mud baths reduces the sympathetic tone contributing to a decrease in BP.

Massage Therapy

- ▶ Reduction of stress hormones

Massage helps in the production of natural happy hormones and promotes overall relaxation. By lowering the body's production of stress hormones like cortisol and adrenaline, massage can indirectly help to lower blood pressure. In short, relaxation reduces the heart's workload, allowing it to pump blood to the rest of the body more efficiently, which in turn may lead to a decrease in blood pressure.





► Enhanced blood circulation

Another way massage and high blood pressure interact positively is through enhanced blood circulation. Massage encourages the smooth flow of blood throughout the body, which can help reduce the force that blood exerts on the arteries. Additionally, massage helps in the release of nitric oxide in the blood vessels, a natural vasodilator, which widens the blood vessels and further aids in lowering blood pressure.

► Improvement of vagal activity

The Vagus Nerve plays a vital role in controlling heart rate and blood pressure, and massage therapy can help contribute to a decrease in heart rate, and potentially, a reduction in blood pressure.



massage therapy for Vagus Nerve

► Better sleep quality

Good sleep is essential for the body's ability to regulate stress hormones and maintain a healthy blood pressure, and chronic sleep deprivation. Massage therapy has been proven to aid in improving sleep quality primarily due to its ability to reduce muscle tension and promote overall relaxation.

YOGA THERAPY

Yoga practices have been shown to be effective in reducing BP in hypertensive population. The probable mechanism by which yoga reduces BP is by reduction in sympathetic activity, facilitating autonomic balance, which reduces chemoreceptor responses, and enhancing baroreflex sensitivity. Yoga is also effective as an adjunct therapy in reducing antihypertensive medication use.



YOGA, ASANAS & PRANAYAMA



Asanas to be practised :

- ▶ Tadasana
- ▶ Katichakrasana
- ▶ Hastottanasana
- ▶ Pavanmuktasana
- ▶ Vajrasana
- ▶ Ustrasana
- ▶ Gomukhasana
- ▶ Shasankasana
- ▶ Vakrasana
- ▶ Bhujangasana
- ▶ Makarasana
- ▶ Shavasana
- ▶ Jal neti(kriya) & Meditation
(Ref: MDNIY)



Pranayama to avoid:

Kapalbhati and bhasrika pranayama is not safe for high blood pressure because in these pranayamas exhalations are short and rapid. It means more carbon dioxide is expelled from the body which results in more oxygen in the system. When we inhale more air than exhale, it can narrow the blood vessels and decrease blood circulation.

Yoga and meditation are effective ways to manage high blood pressure by reducing stress levels. Promoting relaxation response, Increasing Mindfulness, Improving Sleep Quality, Enhancing Emotional Well-being. Regular practice of these techniques can significantly improve cardiovascular health and overall well-being.



Pranayama for high blood pressure:

1. **Bhramari Pranayama**
(Humming Bee Breath)
2. **Nadi Shodhana**
(Alternate Nostril Breathing)
3. **Chandra Bhedana Pranayama**
(Left Nostril Breathing)
4. **Sitali Pranayama**
(Cooling Breath)



CONCLUSION

Hypertension is a serious lifestyle disease that can lead to serious repercussions while also being fatal at times. The best way to avoid it is to rethink your diet, get active and find ways to reduce your stress levels. Seeking the solution in nature is what will get you there. Naturopathy addresses simple causes to check the disease, like a change in diet and life style modifications to help maintain normal blood pressure levels.



ASH GOURD JUICE

Preperation For Ash Gourd Juice Recipe

Ingredients

A piece of Ash Gourd (4-5 inch sized) - 1

Lemon juice

Black pepper powder



Method of preparation:



Cut ash gourd, remove skin and seeds.

Blend to a smooth puree.

Strain & add lemon juice, black pepper powder (optional)

Ash gourd juice exerts a hypotensive effect via endothelium-dependent vasodilation. The main endothelium-derived relaxing factor involved might be Nitric oxide.



SINGHARA ATTA KA CHILLA

Preparation For Singhara atta ka chilla Recipe

Ingredients

Singhara Atta - 3/4 Cup

Ginger (grated)-1tsp

Oil - To Cook

Cumin powder- 1/2 tsp

Sendha Namak - To Taste

Chopped Coriander Leaves- 1 tbsp

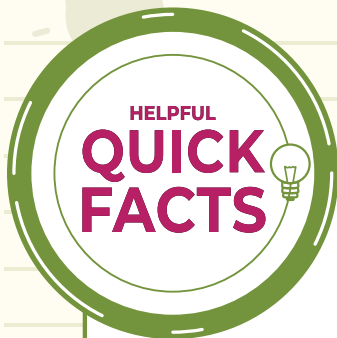
Water - 1 Cup or as needed



Method of preparation:

Finely chop coriander leaves and add in a bowl along singhara atta (Water chestnut Flour), cumin powder, grated ginger, sendha namak and mix. Add water to make thin pouring consistency batter. Heat a tawa and pour one laddle of batter, spread it. Drizzle very little oil over edges and cook until edges become brown. Flip and cook another side for 1 minute or until cheela gets cooked and brown. Repeat for rest.

Serve warm with raita, chutney or sabzi.

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Indians are consuming more than the WHO-recommended amount of salt every day, 8 gm instead of 5 grams across all categories of people, according to a recent survey by the Indian Council of Medical Research (ICMR). Reducing salt intake to 5 grams can reduce your high blood pressure by 25 per cent.

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TIPS

“ Testimonial

Guestspeak

Mehal Dokania Bagaria

I like this place. Its neat and clean and efficient. They have a set routine which keeps you engaged throughout the day. The staff is friendly and helpful. The food is also healthy and tasty. They try and personalize as much as possible. Set amongst nature, its very calming and soul nourishing.



“ Testimonial

Guestspeak

Manish Shah

Excellent experience and even on my 3 days stay I could experience an amazing difference in my metabolism. Also my problems reduced to a great extent. Wish I could have stayed for more. I would recommend this therapy for everyone young and old.





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