



Health Matters

High Blood Pressure and Relief



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High blood pressure or hypertension. It is a disease of the modern age. Before to see this, we will discuss about Blood Pressure.

What is Blood Pressure?

When your heart beats, it pumps blood round your body to give it the energy and oxygen it needs. As the blood moves, it pushes against the sides of the blood vessels. The blood which circulates through the arteries within the body, supplies every cell with oxygen

and nourishment. The strength of this pushing is called Blood Pressure. A certain level of blood pressure is thus essential to keep the blood circulating in the body.

But when the pressure becomes too high, it results in Hypertension / High Blood Pressure. If your blood pressure is too high, it puts extra strain on your arteries (and your heart) and this may lead to heart attacks and strokes. Hence, the pressure of the blood to get through rises in proportion to the pressure on the heart. The blood pressure is measured with the instrument called Sphygmomanometer in millimeters of mercury. The highest pressure reached during each heart beat is called Systolic pressure and the lowest between the two beats is known as Diastolic pressure. The first gives the pressure of the contraction of the heart, as it pushes the blood on its journey, through the body and indicates the activity of the heart. The second represents the pressure present in the artery, when the heart is relaxed and shows the condition of the blood vessels. A blood pressure reading has a top number (systolic) and bottom number (diastolic). The ranges are:

- Normal Blood Pressure: Systolic 90- 120 and Diastolic 60-80 (Green Color)
- Pre Hypertension: Systolic above 120-139 and Diastolic over 80-89 (Yellow Color)
- Stage 1 High BP: Systolic above 140-159 and Diastolic over 90-99(Red Color)
- Stage 2 High BP: Systolic



above 160 and Diastolic over 100 and above. (Red Color)

- High BP. people over Age 60: Systolic above 150 and Diastolic above 90.(Red Color)
- Low BP. Systolic less than 90 and Diastolic less than 60.. (Violet color)

Signs and Symptoms of High Blood Pressure:

Mild and moderate hypertension may not produce any symptoms for years. One of the most dangerous aspects of Hypertension is that you may not know that you have it. In fact, nearly one-third of people who have high blood pressure don't know it. The only way to know if your blood pressure is high is through regular checkups. This is especially important if you have a close relative who has high blood pressure. If your blood pressure is extremely high, there may be certain symptoms to look out for, including:

- A persistent severe headache
- Fatigue / confusion / Nervous tension
- Blurred or double vision
- Chest pain / Irregular heart beat
- Difficulty breathing / Palpitations
- Blood in the urine / Frequent urination

- Pounding in your chest, neck, or ears
- Anxiety / Fear
- Nosebleeds
- Pains in the arms, shoulder region, leg, back, etc.,

What Causes High Blood Pressure?

Several factors and conditions may play a role in its development, including:

- Smoking / Too much alcohol consumption
- Obesity
- Lack of physical activity / Irregular Life style
- Too much salt in the diet
- Stress
- Older age
- Genetics / Family history of high blood pressure
- Chronic kidney disease
- Adrenal and thyroid disorders
- Diabetes
- Calcium, Potassium, magnesium deficiency
- Excessive intake of intoxicants, tea, coffee, cola drinks, refined foods.
- Severe constipation.
- Food allergies and eating a high fat, low fiber diet.

Remedial Measures:

Natural remedial measures to get relief from High Blood Pressure are Home Remedies, Yoga, Mudra Exercise, and

Acupressure/Acupuncture treatment.

Yoga Exercise for High Blood Pressure:

HerewecanseetheYogicasanas such as vajrasana, supta vajra asana, shashank asana, bhujang asana, shavasana, shalabhasana, halasana and ustrasana are very much beneficial for High Blood Pressure. It will relieve all tensions and anxiety and will reduce blood pressure. All asanas should, however, be discontinued except shavasana if the blood pressure is above 200 millimeters. Asanas are simple to practice, which is followed by pranayama and meditation. When one does breathing exercises, or pranayama, the prana is regulated and the body is suffused with increased energy level. This enables the body to heal itself. Finally, bear in mind that asanas should be practiced with ease, devoid of any tension.

1. water. Add two tsp of lemon juice and two tsp honey mix it well and drink daily on an empty stomach in morning.
2. Take two tsp of cumin seed powder, mix it with one tsp of honey and ginger juice and make it a paste and eat twice a day.
3. Take basil juice and honey in equal amounts and have it daily in morning on an empty stomach.
4. Take two tsp fenugreek seeds and boil it in water for about 2-3 minutes and make it a paste and eat the paste twice a day morning and evening.
5. Eat raw onion small one or two pieces, or mix one tsp onion juice with one tsp of honey and take it twice a day morning and evening.
6. Eat one or two crushed raw garlic cloves daily in morning on empty stomach.
7. Eat one or two bananas daily.
8. Drink one glass coconut water or one glass orange juice,

14. Among all you have to maintain good diet habit with time schedule and should never skip morning breakfast. Acupressure treatment for High Blood Pressure:

Acupressure points are highlighted in these pictures. At the time of High Blood Pressure we need to give pressure in all the points individually for 20 seconds with our finger or any pointless pencil. We will get instant relief from stress and will get peace of mind and our blood pressure will reduce.

Depends upon the severity you can give pressure once in 3 hours in all the points individually. Acupressure should be made one hour before meals or 2 hours after meals. No doubt the acupressure treatment in the above points, definitely will ease your mind and relief from High Blood Pressure.



One must be conscious of the body movements during practice. The relaxed movements induce calmness and peace.

Mudras for High Blood Pressure:

Mudras practice will improve and enhance our physical and mental strength. Mudras are easy to perform at anytime, although sitting in the lotus position and focusing on the healing can be an advantage. Mudras mentioned below are very much effective to get relief from High Blood Pressure. Practice each mudras minimum 10-15 minutes to improve our healing process in efficient manner.

Home Remedies for High Blood Pressure:

1. Take one glass warm

or amla juice or blueberry juice daily one time.

9. Reduce sodium (salt) in your food and take more fruits and vegetables.

10. Drink 2-3 liters of water daily and avoid constipation.

11. Avoid alcohol, tobacco, fried junk food and limit the amount of coffee you drink.

12. Take one cup water add ½ tsp ginger powder, 1 tsp cardamom powder and cinnamon powder each and boil it for 5 minutes and add 1 tsp lemon juice and add 2-3 tsp honey mix it well and drink daily morning and evening.

13. Take one glass warm water add 2 tsp Apple Cider vinegar and one tsp honey mix it well and drink daily in morning on empty stomach.

We have discussed the Home remedies, Yoga exercise, Mudras and Acupressure treatment to get relief from High Blood Pressure. At least if you practice yoga and mudra one time in a day, you will get relief from stress and anxiety and this will reduce your blood pressure.

Depends upon your situation you can select some of the home remedies treatment, which is convenient to you. But definitely your activities and diet schedule should be changed as mentioned above and continue the Acupressure treatment daily, you will enjoy excellent relief from high blood pressure.

Enjoy good health without High Blood Pressure.

