

OBSERVED CHANGES IN THE ATTITUDE OF ESSENTIAL HYPERTENSIVE PATIENTS AFTER JOINING NATUROPATHY CENTRES

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ABSTRACT

Alternative therapies used regularly at naturopathy centers for treating hypertensive subjects. Alternative therapies are having the synergistic effect in reducing hypertension like Exercise (Imperceptible exercises, Breathing Exercise, Pranayam, Yogasanas Massage, Music therapy, Meditation, Vipassana, Hydro therapy, Mud therapy, Color therapy, Acupressure etc. hypertension is a common disease affecting masses. Most of the people are educated enough to understand their health pursuits. So, the patients suffering from hypertension are nowadays preferred to get themselves treated from naturopathy centers. The present study is an effort to assess the changes in nutritional and health status experienced by the patients after joining naturopathy centers.

In naturopathy center patient were doing meditation, yoga, sun, air, water and mud therapy and were given hypo-caloric diet. For the purpose of study 30 hypertensive male and the equal number of the female were selected from naturopathy center namely Prakritik Jeevan Kendra, Pattikalyana, G.T. Road, Panipat and Navneet Prabhakar Yog Chikitsa Dham, Bassi, Jaipur, Rajasthan. Weight, height as well as BMI, WHR and nutrient intake was calculated before and after getting the treatment from naturopathy center. Treatment from naturopathy center was effective in reducing the weight (male 8.79 ; female 10.84 per cent) and BMI(from 25.16 to 22.95 in male and 28.07 to 25.065 in female). After joining naturopathy center the consumption of salad, fruits, lemon, boiled vegetables, and water has increased whereas consumption of fried snacks, sugar, cold drink and full cream have been stopped completely. All the patients have reported a positive feeling of mental and physical fitness after joining naturopathic treatment.

KEYWORDS: *Pranayam, Yogasanas Massage, Music Therapy, Meditation, Vipassana, Hydro Therapy, Mud Therapy, Color Therapy, Acupressure*