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| 4 | Guided relaxation YogaNidra (10 minutes at the end of Asanas and Pranayamas) |
| 5 | Meditations Om Meditation (15 min Twice a day) |

Measurements: The effect of yoga therapy was studied using the following parameters:

| Variable | Before yoga (BY) | After yoga (AY) | % change |
|--------------------------------|------------------|-----------------|----------|
| Pulse (Beats/min) | 76 | 68 | 11.76 |
| Respiratory Rate (breath /min) | 18 | 12 | 50 |
| Sys. Blood Pressure (mm Hg) | 178 | 152 | 17.10 |
| Dia. Blood Pressure (mm Hg) | 96 | 80 | 20 |
| Breath Holding Time (Sec) | 9 | 13 | -30.76 |
| Weight (Kg) | 78.08 | 76.05 | 2.66 |

Conclusion:

Data analysis was done and the results showed decrease in heart rate, systolic and diastolic B.P. and other parameters also. Thus it can be concluded that yoga technique can be used as adjunctive treatment with drug therapy on mild and moderate hypertensives. Yoganidra, a kind of meditation and muscle relaxation technique can be used to treat mild hypertensives before beginning of drug therapy. It can be practiced as one of lifestyle modification therapy in pre hypertensive and those with strong family history.

References:

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