



STUDYING ABOUT THE DIFFERENT TYPES OF BLOOD PRESSURE IN TERMS OF: HEALTH CARE

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ABSTRACT

Because of its prevalence and status as the most frequent risk factor in industrialised and in the developed world, hypertension is a significant public-health issue in all nations. Hypertension-related morbidity in India has risen over the last 25 years primarily due to changes in the socio-economic environment and living patterns of individuals. The current lifestyle is a risk factor for high blood pressure since it leads to stress. Stress is based on solid evidence of high blood pressure and cardiovascular disease (CVD). Furthermore, the American Heart Association (AHA), NIHs and other experts were strongly urged to change non-drug lifestyles for those with high blood pressure and coronary heart diseases diagnostic (CHD). Relaxation, meditation and biofeedback include stress treatments that may assist people to reduce their blood presion. Think about creating a peaceful self-aware mind As a stress management therapy, Transcendental Meditation shows potential to reduce stress and blood pressure without causing any significant side effects in hypertension patients. Mental, physical and emotional health is also said to be enhanced by relaxing the inner mind and stopping the stress cycle.

Keywords:Healthcare, Blood pressure, Medication, Hypertension, Yoga

I. INTRODUCTION

Throughout the 20th century there were developed science, space, military, nuclear, computers and the Internet, etc. We can gather in a split second with the innovation on the Internet the information we need from all over the globe. The advanced scientific advancement of technology has limited human physical activity. There has been heightened tension and competitive feeling. Stress, hypokinetic and psychosomatic illnesses were reported in people. Consequently, people have not ignored the significance of physical exercise. Everyone wants excellent health and everyone who wants life is the ultimate goal. In their everyday lives, everyone must build excellent health practises. With modest health problems, everyone is very common. There are numerous safeguards in the event of severe health issues. Some individuals need medication for blood pressure, diabetes, acidity, and asthma. This approach, however, does not remove health issues entirely; instead it results in many additional negative consequences.



Good conduct, health must be promoted. In the last 20 years, a significant collection of data has been gathered to demonstrate the link between health and lifestyles. Lifestyle illnesses define diseases that concentrate on the job of the people and the surroundings, most of them on a daily basis. Low eating habits, physical inactivity, poor body posture and issues biological times are the major elements which contribute to lifestyle illnesses. The combined World Health Organization, World Health Organization and World Economic Forum have shown that India is expected to suffer overall losses of \$236.6 billion in 2015 because of poor lifestyle and nutrition. In 2005, the study showed that 60% of global deaths from non-communicable illnesses accounted for 44%. In addition, in countries with low and medium-sized entries, such as India, more than 80 percent of these fatalities are reporting a rising burden of infectious illnesses, poor mothers and perinatal and nutritional abnormalities. An Associate Chamber of Commerce and Industry study showed that 68% of working women aged 21 - 52 had obesity, depression, chronic back pain, diabetes and blood pressure (ASSOC-HAM).

Yoga is the knowledge of life and life. It responds to the well-being of the body and the mind. Yoga is essentially a technique that liberates individuals for thousands of years for their physical and mental development. Yoga was born to the Vedas and the Upanishads. It is the oldest scientific and spiritual practise in India. Yoga is a way to educate and enhance senses so that people may find religion, faith and moral values. This is our hidden intelligence. She replied, "If you have enormous conceptions of God, it is beneficial for yourself and for the world. Swami Shivananda. Yoga provides us with simple, fast and cheap therapies and techniques to decrease the time needed to achieve physical and psychological health. Yoga is so essential that the famous JainacharyaMahaprajnaPrekhaDhyan may be easily learned.

Yoga is one of the oldest disciplines in the world. It analyses the heart and, through discipline, awakes the superconscious mind of a man and links moral being with the eternal superior mind. The real joy of life consists in bringing together nature and culture, richness and poverty, action and quiet, connection and isolation. Yoga helps balance and provides philosophy and religion. The person and the community can do anything. Yoga is a physical and mental practise, not a philosophy or a religion. It offers us an increased understanding of our natural qualities, enhances the body's ability to cure diseases and damages and teaches us how to function. It has three main effects in general. Yoga teaches us reality via the mind and body and brings about a deep transformation of perspective rather than theory. The aim of all our lives is to devote all our work and faith to God's might.



II. HEALTH CARE MANAGEMENT DEFINITION

Health management involves attempts to plan, organise and coordinate activities by non-clinical systems, organisations and networks. This is a highly focused management sector which requires skills in the healthcare, software, such as the ability to motivate team members, deal with different players and proactive changes.

- **Health Management through Naturopathy**

Diabetes Due to the malfunctioning pancreas, a very old disease is a common feature of high blood sugar. The basic procedure used to treat the diabetic patient is to inject insulin to counteract what may be produced by the pancreas. The Yogic Therapy gives back its normal function to the pancreas and other endocrine glands. The chemistry of the body is characteristic of a healthy organism.

- **Health and Wellness**

Health is one of the fundamental human requirements and the quality of life of people is significantly increased by excellent health. Additional ancient Vedic texts have shown that the fitness of the body described is good health. Sharir Madhyam Khalu Dharma Sadhanam. These objectives are known in Indian literature as purusharthachaturvidha. In this Charakasamhita sutra, we may understand the essence of health. KamMokshanamDharmarthArogyamMolamuttamamRogastasyasreyasojevitasya cha, reiterating the importance of disease and developmental disorders for health purposes in order to reach the dharma, Artha, Kama and Moksha. Such ideas are vital to the productivity of people and professionals that rely significantly on physical efficiency and mental focus as regards their health status.

- **Role of Hatha Yoga and its curriculum in health and wellness**

Hatha Yoga knowledge purifies the mind and body and Hatha symbolises the balance of physical and mental energies. Energy is channelled through subtle energy canals called Nadis, which in the form of energy centres called chakras contribute to energy flow. These are the basic energies of the whole human spectrum, from the vast to the sensitive in our organisms. The concept of a disease is profoundly embedded in nadi energy barriers, primarily due to many of the imbalances caused by psychosomatic disturbances in an individual's daily life and to the numerous stress factors in his personal and professional environment. The Hatha Yoga Curriculum is very helpful in attaining this equilibrium of excellent health in mind and body. Ancient traditional literature explains various methods and Hatha pradeepika deals with the practise of famous texts.



III. SYSTOLIC BLOOD PRESSURE

It is not a steady, but dynamic, blood pressure which flows through your arteries, and it always reflects what the heart is performing at a certain time. When the heart beats vigorously, it is throwing out blood into the arteries, an action termed "systole." The dynamic blood discharge into the arteries is responsible for increasing pressure within the arteries. During vigorous heart contraction, the highest blood pressure achieved is termed systemic blood pressure.

- **Substantial Blood Pressure**

If a person exercises, under emotional stress, or at any other moment, when the heart is pushed to beat harder than at rest, the force of heart contraction rises and systematic pressure increases. It is completely natural to raise systolic blood pressure in such cardiac stress situations. That is why measuring blood pressure during calm times preceding hypertension is so essential.

- **Significant Low Blood Pressure**

It is stated that systolic hypotension is present if the systemic blood pressure is less than normal. It may lead to lightheadedness, dizziness, or syncope (if enough) or organ failure if systolic hypotension is severe enough. Systocorrigation may develop if your heart muscle becomes too weak to regularly expel blood volume (a disease called Cardiomyopathy) or if your blood vessels become excessively dilated (or if you have a severe dehydration or a significant bleeding episode) (as in vasovagal syncope).

IV. DIASTOLIC BLOOD PRESSURE

Blood pressure is the blood pressure that exerts within the arteries between heartbeats when the heart does not actively discharge blood into the arteries. The heart ventricles remain for a brief period after they cease beating, so that in preparation for the next contraction, they may be refilled with blood. This phase is called diastolic ventricular relaxation and diastolic blood pressure. Diastolic "normal" blood pressure during tranquil rest is 80 mmHg or less. Blood pressure during peaceful repose with high blood pressure is often increased. Diastolic hypotension is seen either with dehydrated blood pressure or with irregularly spanded arteries (where the diastolic blood pressure is low).

Understanding Systolic and Diastolic Blood Pressure

Blood pressure measurement by a person is measured in two different values by systemic and diastolic blood pressure. These are two different components that pulsate through your arteries of your blood pressure. It will force your blood under a pressure head as your heart pumps blood to



your arteries. Doctors measure your blood pressure to calculate the force that this blood flows on the walls of your arteries. The flow of blood via the arteries is not stable (as in the case of the fire), as the heart beats, but palatial and the blood flow is varied from moment to moment.

The Blood Pressure Reading

- Your blood pressure reading is written as 120/80.
- It is spoken like this: “120 over 80.”
- The systolic blood pressure reading is the higher number.
- The diastolic blood pressure reading is the lower number.
- The units are millimeters of mercury (mmHg).
- Both the systolic and diastolic pressures are important. If the readings are too high, hypertension may be present. If the blood pressure readings are too low, there may be insufficient blood flow to critical organs, such as the brain.

Natural Ways to Treat High Blood Pressure

"I would love to take more prescription medicines, Geez." I never met anyone who was thinking. Approximately 29% of the US population has significant blood pressure effects. However, many individuals don't even take the medicine as recommended during instruction. Research has shown that about half of all non-regulated individuals still use the drugs. The danger of cardiovascular condition, however, growing and "bringing cardiovascular disease" I have never encountered someone who thinks. Then, you're stuck with medication for the rest of your life if you have high blood pressure? Not with strength. Not forcibly. Blood pressure reduction and medication prevention are natural methods. Important note: You should take blood pressure medicine if your doctor has recommended you. Do not leave your medicines without the consent of your healthcare practitioner. Whether you require hypertension medicines or wish to prevent issues before they start, these natural therapies assist you to manage your level.

V. CONCLUSION

In 2008, an estimated 25 percent of cardiovascular mortality is in India alone and will be a home for cardiovascular patients worldwide for more than 50 percent over the next 15 years. 150 The current severity of the problem may be evaluated by the fact that in India the majority of CVD individuals are of a productive age, which might impose huge socio-economic costs and



disastrous consequences in future years. India has also experienced the biggest loss worldwide in productive years. Thus, the most serious public health problem in emerging countries is managing chronic non-communicable disease epidemics, especially heart disease, which in India have caused almost double the number of deaths compared with other communicable illnesses. Current study suggests that the time demand not only improves existing cardiac care and surgical methods, but also widespread preventive measures such as stress management, corporate health initiatives and spa programmes. Changes in nutrition and lifestility would help to prevent or postpone cardiovascular health risk factors, including healthy eating habits, frequent physical activity and de-stress methods.

Applying a new, lower BP threshold increased hypertension prevalence significantly among both males and females aged 20 to 79. While Canadians in general had high levels of awareness, treatment and control of hypertension^{140/90}, this analysis highlighted that younger males are less likely to be aware of their hyper-tension^{140/90} and less likely to be treated and controlled. Ongoing surveillance of blood pressure in Canada is necessary to accurately quantify the population burden of hypertension and to identify population groups that may be at higher risk of adverse outcomes.

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