**EFFECT OF PRANIC HEALING ON HYPERTENSION**

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**Introduction:** Hypertension is one of the leading causes of death all over the world. The morbidity and mortality of a person suffering from cardiovascular disease may be predicted by knowing the duration and level of his blood pressure. Persistent hypertension damages the blood vessels resulting in the narrowing of the vessel walls. The most devastating changes occur in the coronary vessels, cerebral blood vessels, vessels of the retina or  the renal glomerulus. So hypertension is vigorously treated once it has been diagnosed.

Most people use anti-hypertensive drugs prescribed by their physicians. This is quite effective in most of the cases. Some patients use alternative forms of treatment and go to Ayurvedic, Homeopathy, Unani or Siddha practitioners depending on their personal preferences. In addition to this, either Physiotherapy or some form of Yoga is also taught or prescribed to many patients to improve their life-style.The present study was undertaken to elucidate the effects of Pranic Healing, a non-invasive energy based therapy on the effect of hypertension.

**Materials And Methods:** Two groups were compared to find the effect of Pranic Healing on blood pressure. Group I consisted of 19 normal elderly people. Group II consisted of hypertensive patients already on treatment. Both groups were made to undergo Pranic Healing on alternate days. The blood pressure and pulse rate of both the groups were recorded before the commencement of healing and immediately at the end of the last session of healing.

**Results:** The average blood pressure of Group I was found to be 149/85 mmHg before healing whereas that of Group II was found to be 156/95 mmHg. The pulse rates were found to be 77 and 74 in groups I and II respectively before healing. After healing, the blood pressures were 139/84 mmHg and 123/75 mmHg and the mean pulse rate was 74 and 75 per minute respectively in Group I and II.(Tables 1 to 6).

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**Table 1 – Changes in systolic pressure in the elderly due to Pranic Healing**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **GROUP IELDERLY** | **NO.OF SUBJECTS.** | | **MEANSYS.B.P.** | | **S.D.** | | **t** | **P** |
| **Before** | **19** | **149.53** | | **22.73** | | **3.175** | | **<0.05** |
| **After** | **19** | **139.53** | | **19.22** | |  | | |
|  |  |  |  |  |  |  |  |  |

**Table 2 – Changes in diastolic pressure in the elderly due to Pranic Healing**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **GROUP IELDERLY** | **NO.OF SUBJECTS.** | **MEANDIAS. B.P.** | **S.D.** | **t** | **P** |
| **Before** | **19** | **84.99** | **11.81** | **1.072** | **>0.05** |
| **After** | **19** | **83.00** | **13.77** |  | |

**Table 3 – Changes in the mean pulse rate in the elderly due to Pranic Healing.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **GROUP IELDERLY** | **NO.OF SUBJECTS.** | **MEANPULSE RATE** | **S.D.** | **t** | **P** |
| **Before** | **19** | **75.58** | **13.76** | **1.852** | **>0.05** |
| **After** | **19** | **74.71** | **11.69** |  | |

**Table 4 – Changes in systolic pressure in hypertensive patients due to Pranic Healing.**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **GROUP IIELDERLY** | **NO.OF SUBJECTS.** | | **MEANSYS.B.P.** | | **S.D.** | | **t** | **P** |
| **Before** | **8** | **156.00** | | **21.0** | | **4.532** | | **<0.05** |
| **After** | **8** | **123.5** | | **8.68** | |  | | |
|  |  |  |  |  |  |  |  |  |

**Table 5 – Changes in diastolic pressure in hypertensive patients due to Pranic Healing.**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **GROUP IIELDERLY** | **NO.OF SUBJECTS.** | | **MEANDIAS.B.P.** | | **S.D.** | | **t** | **P** |
| **Before** | **8** | **95.5** | | **9.56** | | **3.662** | | **<0.05** |
| **After** | **8** | **75.38** | | **7.54** | |  | | |
|  |  |  |  |  |  |  |  |  |

**Table 6 – Changes in mean pulse rate in hypertensive patients due to Pranic Healing.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **GROUP IELDERLY** | **NO.OF SUBJECTS.** | **MEANSYS.B.P.** | **S.D.** | **t** | **P** |
| **Before** | **8** | **74.00** | **9.91** | **0.568** | **>0.05** |
| **After** | **8** | **75.75** | **6.80** |  |  |

**Discussion:** A multitude of factors play a role both in the maintenance of blood pressure and also in the production of hypertension. The main factors which determine the systolic pressure is the cardiac output. The main factor which affects the diastolic pressure is peripheral resistance. Venous pressure also contributes to the arterial pressure. This can be expressed by means of the following equation

**Pa = (CO. RT) + PV**

Pa-Arterial pressure, CO – Cardiac Output, RT – Peripheral resistance, PV-Venous pressure.  Cardiac output is nothing but the product of stroke volume and heart rate. So the above equation can be rewritten as

**Pa = (SV.HR.RT) + PV**

SV- Stroke volume, HR- Heart rate.

Anything which alters any one of these factors will alter the blood pressure. Some of the well-known factors are the baro-receptor reflex, sympathetic tone, parasympathetic tone, Renin-Angiotensin – Aldosterone system. Most of the patients in the study group were suffering from essential hypertension. Essential or idiopathic hypertension is a collection of many diseases where one or more of the factors regulating blood pressure could be affected. Other factors which could lead to the manifestation of hypertension are increased vascular reactivity, psychogenic factors, genetic factors, shift in the renal functioning, salt intake decreased calcium intake etc.

*Pranic healing induces a relaxed state. This in turn will reduce the sympathetic tone. So any vasoconstriction produced due to an increase in sympathetic tone would be abolished due to Pranic Healing. In addition to this, proper balance between the sympathetic and parasympathetic tone could be brought about, resulting in the reduction in blood pressure. The significant reduction in both the systolic and diastolic blood pressures in the hypertensive patients is a very encouraging result. All the patients were already on anti-hypertensive drugs. The further reduction observed could mean that* ***Pranic Healing can be used as an effective adjuvant to conventional therapy in the treatment of hypertension.***