

## Introduction<sup>1</sup>

Hypertension, or high blood pressure, happens when the force of blood against the walls of your arteries is too strong.

This makes the heart work harder to pump blood around the body. Over time, high blood pressure can lead to serious health problems like heart disease, stroke, and kidney issues.



## Know your number<sup>2</sup>

Blood pressure category	Systolic mm hg (upper number)	And/or	Diastolic mm hg (lower number)
Normal	Less than 120	And	Less than 80
Elevated	120 – 129	And	Less than 80
High blood pressure (hypertension) stage 1	130 – 139	Or	80 – 89
High blood pressure (hypertension) stage 2	140 or higher	Or	90 or higher
Hypertensive Crisis (consult your doctor immediately)	Higher than 180	And/or	Higher than 120



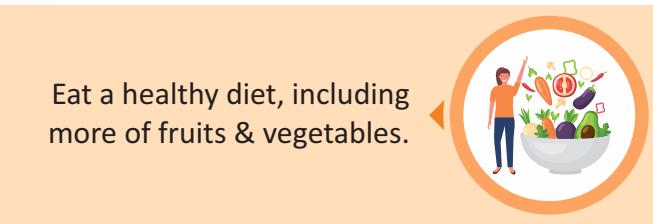
## Do's and Don'ts<sup>3</sup>



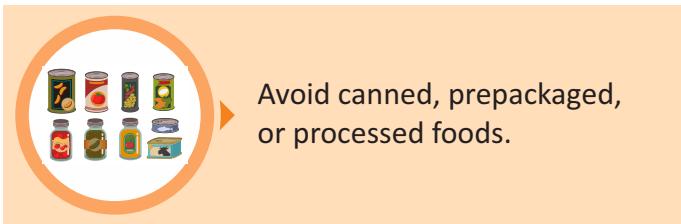
Lose weight if you are overweight or obese.



Reduce the salt intake.



Eat a healthy diet, including more of fruits & vegetables.



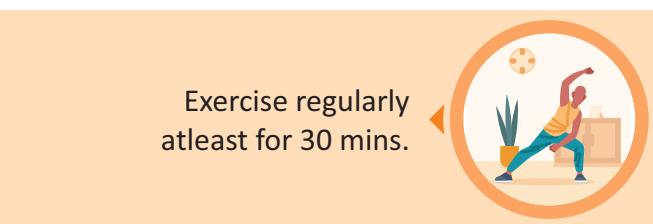
Avoid canned, prepackaged, or processed foods.



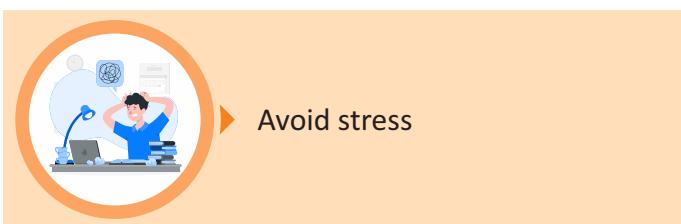
Potassium rich food  
e.g coconut water, banana etc.



Avoid smoking and alcohol



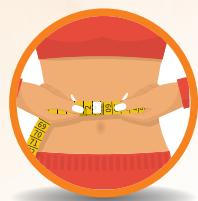
Exercise regularly atleast for 30 mins.



Avoid stress



## BP management chart @home<sup>4</sup>



Lose extra weight



Exercise regularly



Healthy diet



Reduce salt intake



Limit alcohol



Quit smoking



Get a good sleep



Ease stress



Regular checkups



Control your cholesterol and blood sugar



# The Hypertension Diet: Nourishing Choices for Lower Blood Pressure<sup>4</sup>

## High Blood Pressure Diet Chart<sup>5</sup>

This high blood pressure diet chart emphasizes heart-healthy foods, the plan promotes balanced nutrition while keeping sodium intake low.

Meal	Item	Portion
Breakfast	Roasted flax seeds and sunflower seeds	A handful
	Carrot or spinach paratha with curd	1 paratha + curd
	Egg omelet and brown bread (alternative)	2 eggs + 1 slice bread
Mid-morning Snack	Apples, Kiwis, Bananas, Guavas, Grapefruits, Oranges	1 fresh fruit
Lunch	Vegetable brown rice pulav or vegetable oats upma	1 serving
	Cucumber, carrot, beetroot, onion raita	1 cup
	Roti/Phulka	1-2 roti
	Bhindi/Parval/Bottle Gourd sabzi	1 serving
	Dal (moong dal preferred)	1 serving
Evening Snack	Tomato, onion, cucumber salad	1 serving
	Green tea, tea, coffee (no sugar) or beetroot juice	1 cup
	Unsalted puffed rice	1 serving
	Watermelon	1 serving
Dinner	Roti/Phulka	1-2 roti
	Mixed vegetables/drumsticks/palak	1 serving
	Dal or curd (dahi)	1 serving

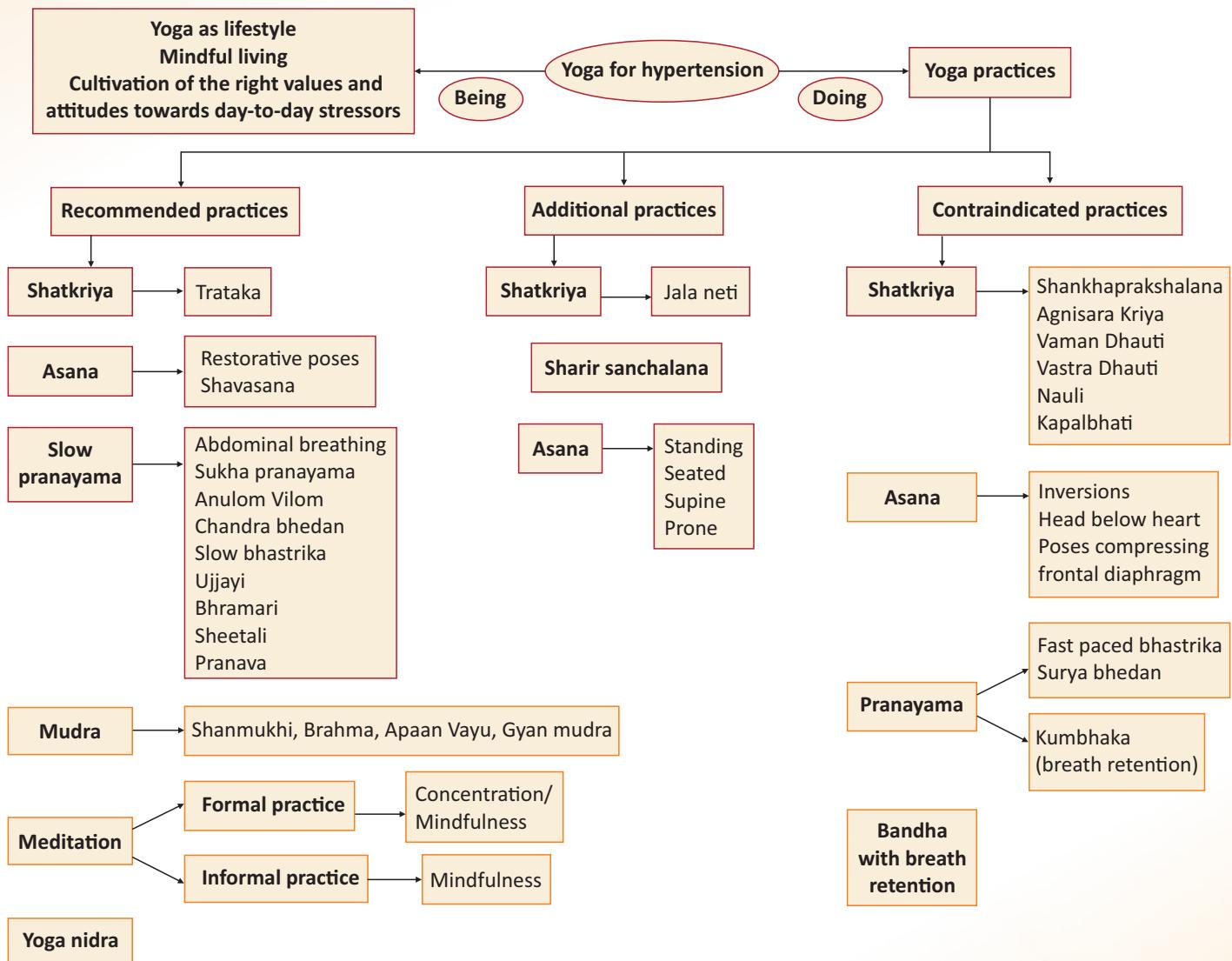
## DASH Diet<sup>6</sup>

DASH diet plan doesn't specifically list what to eat in the diet. Instead, it specifies the serving sizes that you should adhere to.

Meal	Item	Portion
Pre-Breakfast	Lukewarm water with jeera seeds and lemon	1 glass
Breakfast	Besan cheelas with homemade curds and green chutney	2 cheelas + 1 cup curds + 1 tsp chutney
Mid-morning Snack	Coconut water or buttermilk with flaxseed powder, walnuts, and almonds	1 yield coconut water/1 glass buttermilk + 1 tsp flaxseed + 2 walnuts + 2 almonds
Lunch	Red rice or parboiled rice, rajma curry, cucumber-tomato salad, and curds	1 katori rice + 1 katori rajma + 1 bowl salad + 1/2 bowl curds
Mid-evening Snack	Sprouts salad and herbal tea	1 small bowl salad + 1 cup tea
Dinner	Whole wheat chapathis, mixed vegetable and paneer sabzi, salad	2 chapathis + 1 medium katori sabzi + 1 bowl salad
Bedtime Snack	Chamomile tea	1 cup



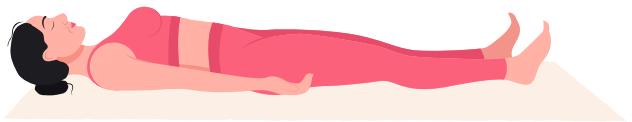
## Know Which Yoga-asans / Exercise is Good for You (Yoga for Hypertension)<sup>7</sup>



## **Yoga for High BP<sup>8</sup>**

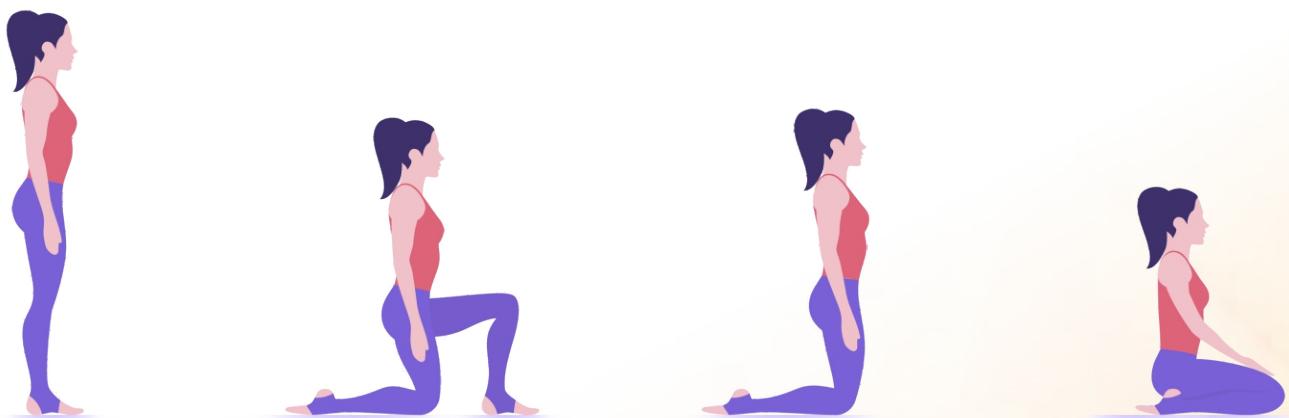
### **Shavasana (corpse pose) with breath awareness**

- Lie flat on your back with your legs together but not touching and arms close to your body, palms up.
- Keep your eyes gently closed, facial muscles relaxed, and breathe deeply through your nostrils.
- Starting at the top of your head, focus on each body part, consciously relaxing it before moving on.
- Remain in Shavasana for 3 to 5 minutes or longer. If you feel sleepy, start breathing a bit faster and deeper.



### **Vajrasana (Diamond Pose)**

- In Vajra Asana, sit back on your heels with your knees, legs, and feet together.
- Keep your back straight and place your palms on your thighs.
- Breathe gently through your nostrils and hold this position for at least three minutes.



## Paschimottanasana (Forward Bend Pose)

- Sit with legs straight, spine erect, and toes flexed.
- Inhale, raise arms overhead. Exhale, bend forward to reach legs or toes.
- Inhale to lengthen spine, exhale to move navel toward knees, repeating two or three times.
- Breathe deeply for 20-60 seconds. Stretch arms out, inhale to sit up, exhale to lower arms.



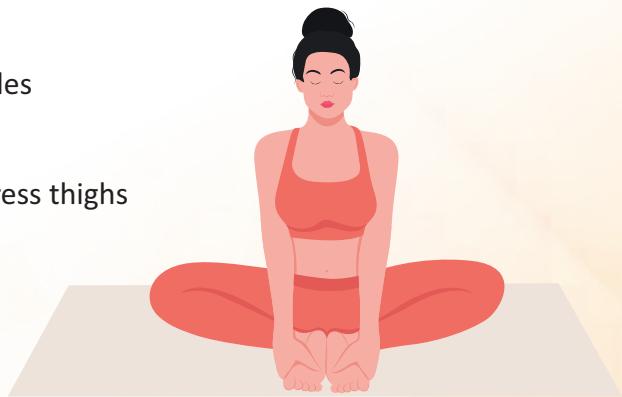
## Ardha Matsyendrasana (Sitting Half Spinal Twist)



- Sit cross-legged, bend your right knee with the heel near your left hip.
- Inhale, place your left foot flat on the floor beside your right leg.
- Turn left, extend your right arm to hold the left knee, and turn your head left, with the left arm behind your back.
- Keep spine aligned and repeat on the other side.

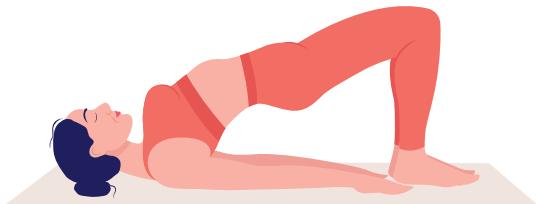
## Badhakonasana (Butterfly Pose)

- Sit with legs extended and back straight. Place hands on thighs, inhale deeply.
- Exhale, bend knees, and bring feet toward your torso, soles together.
- Clasp hands over feet, lower knees, and use elbows to press thighs if needed.
- Hold for 30 seconds to 2 minutes, breathing gently.
- Release and extend legs, repeating 2-3 times.



## **Janusirsasana (One-legged Forward Bend)**

- Sit with legs straight and spine erect. Bend your left knee, placing the foot against your right thigh.
- Inhale, raise arms overhead, and twist slightly to the right.
- Exhale, bend forward from the hips, reaching for your toes.
- Hold and breathe. Inhale to rise, exhale to lower arms. Repeat on the other side.



## **Setu Bandhasana (Bridge Pose)**

- Lie on your back with knees bent, feet hip-width apart, and arms by your sides, palms down.
- Inhale and lift your lower, middle, and upper back off the floor, rolling shoulders in and bringing your chest toward your chin without lowering your chin.
- Keep thighs parallel.
- Optionally, interlace fingers or support your back with palms.
- Breathe easily, holding for 1-2 minutes. Exhale and gently release.

## **Why Yoga for High BP?**



Helps to prevent and control hypertension.



Modulates the physiological response to stress via neurohumoral activation. It optimally balances the sympatho-vagal stress response.

Cultivates psychosomatic harmony, induces relaxation, and reduces stress

emotional stability

somatization symptoms are relieved

systolic and diastolic BP is reduced

Effective, time-honored, and promising approach to the management of hypertension. It is a safe intervention if practiced according to prescribed safety guidelines.



## Postures to avoid in high BP<sup>7</sup>

Shirshasana (Headstand pose); Sarvangasana (Shoulderstand pose); Chakrasana (Wheel pose); Halasana (Plough pose); Adhomukh shvanasana (Downward facing dog pose); Prasarit Padottanasana (Wide-Legged standing forward bend), Mayurasana (peacock pose); Dhanurasana (bow pose)



Cause a significant rise in both the systolic and diastolic arterial pressures



Increase intrathoracic pressure and strain the cardiovascular system



Pooling of the blood in the head and neck region resulting in the rise of BP

### References:

1. [https://www.who.int/health-topics/hypertension#tab=tab\\_1](https://www.who.int/health-topics/hypertension#tab=tab_1)
2. <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>
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4. <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974>
5. <https://bpincontrol.in/stress-busters-for-high-blood-pressure/an-indian-diet-plan-for-high-blood-pressure#>
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7. Joshi AM, Raveendran AV, Arumugam M. Therapeutic role of yoga in hypertension. World Journal of Methodology. 2024 Mar 3;14(1).
8. Art of living. Avaiable from <https://www.artofliving.org/in-en/yoga/yoga-sequences-for/yoga-for-high-blood-pressure>. Accessed on 14 November 2024.