

Effectiveness of Savasana on Patients with Hypertension: A Quasi Experimental Study

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Introduction

High blood pressure is quite widespread, making it a significant public health issue. By a conservative estimate, 972 million persons have high blood pressure worldwide. The forecast has it growing to approximately \$5.6 billion by 2025. How would we know? Both developed (333 million) and developing (639 million) countries had hypertension. In Europe, roughly 30-45% of the population has hypertension. Trusted consulting professional

A worldwide epidemic of hypertension exists. As hypertension prevalence in the US increases, reaching 34% in 2006, it is affecting an increasingly larger proportion of the African American population, which has among the highest prevalence rates of hypertension in the world, at 44%. Higher levels of hypertension are more prevalent in men, although menopause has the tendency to bring this disparity down. At the same time, (Ferroini, 2007) An estimated 10 percent of the Indian population has high blood pressure. Medicines that help control blood pressure may have adverse effects and are pricey. Many hypertensive individuals regularly go outside of their prescription because they have numerous causes. Even in the absence of additional treatment, hypertension cannot be controlled with antihypertensive medications alone. It is essential to have an adequate amount of physiological relaxation in order to maintain good blood pressure. India's fourth largest postal system (Indian Express, 2004) It assists blood circulation while also relaxing the body, and it is one of the crucial techniques for managing blood pressure. Based on the analysis of research, hypertension is found to be occurring in various places, as well as in the patient's practice in the field of community. because to the simplicity of its implementation in day-to-day life, and being without any known risk, the investigator selected this study and was able to establish it using an evidence-based approach

Methodology

The conceptual framework for this research was built on Daniel L. Stuffle Beams frames input, process, and product evaluation model. A quasi-experimental pre-test and post-test control group study design was used for the study. A portion of Kerala was selected for this research. The total sample size for the research was sixty, of these, thirty people were in the experimental group and the remaining thirty people were in the control group. Using purposive sampling, the samples were selected based on inclusive criteria and using inclusionary criterion To use descriptive and inferential statistics, the acquired data was examined and interpreted based on the objectives.

Findings

Among hypertensive patients in the experimental group, the results revealed that the majority (40 percent) of subjects were between the ages of 41-50 and 51-60. On the other side, among the control

group's hypertensive patients, the results revealed that the majority (46.67 percent) of subjects were between the ages of 51-60. With regard to sex, patients in the experimental group, which used a new method, were around 66.7% female, whereas patients in the control group, which used the standard method, were about 56.7% female. The majority of the patients in the experimental group (i.e., those who received the new treatment) had no formal education, whereas the majority of the subjects in the control group (i.e., those who did not receive the new treatment) had no formal education. A majority of patients in the experimental group (73.33 percent) were coolies, whereas the majority of patients in the control group (73.33 percent) were coolies. About monthly income, as seen in the graph above, 66.66% of the patients (in the experimental group) had a monthly income of \$3000 or less, whereas 50% of patients (in the control group) had a monthly income of \$3000 or less. Most of the 76.67% of the participants in the control group and 80% of the participants in the experimental group had no family history of hypertension. Of the 22 patients in the experimental group, 73.33% did not have any harmful habits. In the control group, more over half of the patients were not identified as having harmful habits. A majority of patients (83.33 percent) in the experimental group were not vegetarian, whereas the majority of patients (96.67 percent) in the control group were not vegetarian. Of the experimental group, 84.33% of patients had prehypertension while 90% of patients in the control group had prehypertension. The posttest blood pressure level among the experimental group, which consisted of people with normal blood pressure, was 83.33 percent; meanwhile, in the control group, which consisted of people with prehypertension, the posttest level was 83.33 percent. Overall, the results of the posttest blood pressure levels for the experimental group show that the majority of patients 25 (83.33 percent) had normal blood pressure. It was found that the mean blood pressure for the experimental group was 0.16 units lower than the control group, showing that blood pressure regulation is possible. The standard deviation of the group following intervention for the experimental group was 0.36, whereas for the control group it was 0.39, and the 't' value (the t-distribution with 15.625 degrees of freedom) was 15.625. In the experimental group, the blood pressure was shown to have been reduced. the post-test level of blood pressure was not associated with demographic characteristics such as age, sex, education, occupation, monthly income, family history of hypertension, and poor habits; however, eating habits did have an association. at a significance level of $p<0.05$, no relationship between demographic characteristics and blood pressure was found.

Conclusion

This study sought to find out if savasana helped patients with hypertension control their blood pressure. Study findings demonstrated that the level of blood pressure was higher in the experimental group following administration of savasana. The study found that savasana significantly influences blood pressure. Savasana is an effective, simple method, and poses minimal risk.

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