

A clinical study of the management of hypertension through relaxation (*Shavasana*)

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Shavasana is a relaxation posture practice in Yoga philosophy. The main aim of this research was to study the effect of *shavasana* on high blood pressure. The study was carried out at Yoga Training Centre of National Ayurvedic Teaching Hospital. 30 Hypertensive patients were selected by simple random sampling method. Blood pressure, pulse and respiration rates were recorded before and after the therapy. They were subjected for 30 minutes pre-prepared relaxation program based on *shavasana*. Duration of the practice was 6 weeks. After the first visit, they were provided with audiocassette containing the verbal instruction of relaxation therapy to continue the daily practice at their residence in the morning hours. The therapy was able to reduce the systolic blood pressure, diastolic blood pressure markedly and the results were statistically highly significant. Decrease of pulse and respiration rates also has been recorded statistically highly significant. This research work has ensured the planned relaxation program based on *shavasana*, capable of reducing high blood pressure very effectively and could be used to maintaining hypertension of the society.

Key words: *Shavasana*, Relaxation posture, High blood pressure, Systolic, Diastolic

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