

“PSYCHO NEUROBIC MEDITATION ALONG WITH MEDICATION HAS FASTER HEALING EFFECT TO CONTROL HIGH BLOOD PRESSURE”

*Deepchand Dhankher **

Dr Ravi Kumariya

Dr Mamta Dhankher

1. Research Scholar & Asst. Professor Tolani Maritime Institute Induri Pune

2. Research Guide Yoga Samskrutham University Florida

3. Homeopathic Physician and Counselor

ABSTRACT

This research paper is centered around Effectiveness of Psycho -Neurobic Meditation research uncovering a positive effect of Psycho- Neurobic Mediation on bringing down the High Blood Pressure. A large portion of the research has focused on controlling the Blood Pressure by Practicing Love full Psycho Neurobic Meditation . Having run over positive advantages on bringing down the High Blood Pressures, the goal for the present study is set up.

KEY WORDS: PSYCHO NEUROBIC ,MEDITATION, MEDICATION, HIGH BLOOD PRESSURE.

1. INTRODUCTION

It may be restless to recognize what blood pressure is; in reality blood pressure is the proportion of the power of the blood on the dividers of conduits, as it goes from the heart through the body. The blood pressure of an individual doesn't stay consistent, it generally change with the each movement. Anyway the blood pressure can be estimated and it very well may be estimated by an instrument called sphygmomanometer. Blood pressure is estimated by looking at the pressure of the blood in the course generally in the arm-against segment of air or mercury in an aligned cylinder.

The ordinary blood individual of a solid individual is 120/90 mmhg. Anyway it might shift between 100/60 to 150/90 relying on the different exercises. Any deviation be it a higher or a lower, it generally represents a hazard to the person. Delayed high blood pressure, truly represents a genuine danger to all the people. Truth be told it might prompts stroke and respiratory failure. Cardiovascular breakdown, Eye harm and kidney infection may not be forestalled if the blood pressure stays high for a drawn out time. Aside from that on the off chance that the blood pressure stay high for a long while, at that point it might prompts affidavit of reality in the articles, which will prompts Atherosclerosis. Atherosclerosis will make all the essential courses limited confining the blood supply to the heart, mind and other significant organs and it might prompts the passing too.

The exploration proof assessed has recommended that the other intercession like Meditation has end up being successful for bringing down the High Blood Pressure. Regardless of the Meditation strategies received, the investigations evaluated have dubiously shown the adequacy of different types of Meditation.

2. METHODOLOGY

STUDY DESIGN

The procedure adopted for the selection of Subjects, selection of variables, collection of data & statistical techniques employed for analysis the data have been described The study was designed to explore the effect of Loveful Psychoneurobics practice on lowering High blood Pressure

- **Study Location** : Pimple Saudagar ,Pune Maharashtra, India

- **Sample Size** : Total 50

Controlled Group – 25 Nos

Uncontrolled Group – 25 Nos

- **Daily Duration of**

Meditation Practice : Total 45 Minutes

30 Minutes Explanation

15 Minutes Meditation Practice

- **Total Duration of**

Psycho neurobic Meditation Practice : For 4 weeks

- **Target Participants** : Middle Age Men (35-55 Yrs) Confirmed cases
Of Essential High B.P. under Antihypertensive
Medication

- **Sampling Technique** : Based on the Measurement of High BP by using
the Sphygmomanometer during Seminar

- **Meditation Technique** : Loveful Psychoneurobics Meditation

- **Selection of Variables** : The subjects will be tested on High Blood
Pressure Level at the beginning (pre-test) and at
the end of the Experimental period.

- **Equipment to Measure**

Blood Pressure : Sphygmomanometer (Mercury)

- **Administrators of**

Research

: 1. Dr . Ravindra Kumeriya -SIGFA Psycho

Neurobics Trainer.

PG Dip- Memory Development & Psychoneurobics

Msc – Memory Development & Psychoneurobics.

2. DeepChand Dhankher

Research Scholar of Yoga samskrutham University

M.sc Value Education, Post Graduate Diploma In Indian Positive

Psychology

Faculty at Tolani Maritime Institute Pune

- **Delimitations** :

- ❖ The study is delimited to the Middle Age Men

- ❖ The study is further delimited to 50 subjects

- ❖ The periodic of Loveful Neurobics Practices is delimited to 4 weeks.

- ❖ As far as Psychoneurobics practices is concerned, the present study is delimited to Loveful PsychoNeurobics Meditation.

- ❖ Two groups' namely experimental group & Control group were used in the present study. Each group consists of 25 subject

- **Limitation**

:Since the subjects were from different societies,

Factors like diet, physical & socio-economic status,

Lifestyle etc.might has an effect on the result of the

Study.

PHASES OF STUDY/PROCEDURE

Phase 1 -Selection of Subjects ,Participants:-

Study was intended to discover the impact of Loveful Meditation on High Blood Pressure among the middle age Males in Pimple Saudagar territory. To locate the out the patients of High Blood Pressure, a course and Free Blood Pressure estimation camp were sorted out in the various social orders in Pimple Saudagar territory. For the mindfulness and to rouse the individuals to go to the Seminar a Leaflet for familiarity with course was dispersed in various social orders in Pimple Saudagar territory. (Test Design of Leaflet/Brochure is joined in the Appendices). The Leaflets were circulated in Pimple Saudagar zone around in 2000 pads in various social orders in Pimple Saudagar territory.

Phase 2 – Training & Practice of Loveful Psychoneurobics Meditation

After selecting the Controlled and uncontrolled participants from Phase 1 activity, training program and Loveful PsychoNeurobics Meditation practice was planned as per below:-

Venue: Meditation hall at Runal's Deepmala, Pimple Saudagar, Pune.

Period: 4 Weeks

Dates: 16th April to 15th May

Duration: 1 Hour Daily , morning 7am to 8am

Equipment/Tools Used:-

- Laptop -Power Point Presentation
- Projector
- 7 Colour LED Light
- Sound System for Background music

Following activities were carried out in the 4 weeks of Training & Loveful Meditation Practice:-

- Review of Introductory Seminar
- Training on History of Psychoneurobics
- Detailed Explanation of Psychoneurobics
- Effectiveness of Psychoneurobics on Health
- Overview on function of Human body system
- Power of Thought
- Effect of Thoughts on Body
- Detailed Explanation on Loveful Psychoneurobics step by step

- Everyday Practice of Meditation in steps for first 1 week.
- Full Loveful Meditation practice for week 2, week 3 and week 4.
- Weekly High Blood Pressure measurement before Loveful Psychoneurobics Meditation
- Weekly High Blood Pressure measurement after Loveful Psychoneurobics Meditation.

Phase 3: Last phase of the Study

After the completion of daily -1hour Training and Loveful Psychoneurobics Meditation Practice, record of high Blood Pressure measurement before and after Meditation for controlled and Uncontrolled Group were formulated and studied.

Also the record of Medication (Allopathic Medicine) of each participant was documented.

Remarks and Testimonials were taken from each of the Controlled Group participants

Further following instruction were given to the Controlled Group participants to maintain/lowering the Blood Pressure:-

- ❖ To Practice regular 15 minute Loveful Psychoneurobics Meditation daily.
- ❖ To maintain the Proper Lifestyle like :-
 - Avoid Intake of Salt
 - Avoid Smoking
 - Avoid Excessive Consumption of Alcohol
 - Avoid Excessive intake of Coffee
 - Proper diet
- ❖ Regular Aerobic exercises
- ❖ Practice awareness of thoughts
- ❖ Create Positive and healthy thoughts.
- ❖ Recorded CD of Loveful Psychoneurobics Meditation were given to the controlled Group participants.

PROCESS/COMMENTARY OF LOVEFUL PSYCHONEUROBICS MEDITATION:-

Loveful Psychoneurobics Meditation is divided into following stages:-

- **Stage 1** :
 - Initiation (Relaxation).
 - Relaxing the whole body step by step by focusing on Breathing.
 - Entering Alpha state of mind by using Progressive Relaxation method.
- **Stage 2** :
 - Forgiveness – Forgiving the Person (Deleting the Negative Emotions)
 - Happy moment visualization (Activating Heart Chakra)
- **Stage 3** :
 - Energizing the Mind (Energy Body) with the blessings from Supreme GOD
 - INDIGO Colour Visualization
 - VIOLET Colour Visualization
 - GREEN Colour Visualization
 - (Activation of Throat, Ajna, Heart & Crown Chakra)
- **Stage 4** :
 - Visualization Process
 - Programming of Normalizing Blood Pressure & Healthy Body in Subconscious mind also energizing Root, Sex, Solar Plexus Chakra)
- **Stage 5** :
 - Thankful/Grateful to GOD
 - Thankful to Body, Family, Friends etc.
 - Closing the Meditation, Being aware

Instructions/ Commentary for Loving Psychoneurobics Meditation:-**Stage 1:- Initiation (Relaxation)-****Figure No 5: Apan Vayu Mudra**

Sit comfortably on chair in “Apan Vayu Mudra” and keep your spine straight.

Focus your attention on breathing

Breath Slowly, Inhale Slowly and Exhale Slowly.....

Inhale the Fresh Oxygen and Exhale Carbon Dioxide.....

Inhale Deeply and Exhale Slowly.....

Now Focus your attention on your Foot & slowly move your attention upward through your entire body.....

Stage 2:- Forgiveness & Happy moment visualization (Activating Heart Chakra)**Practicing Forgiveness:-**

Now, Think and Imagine about the person who has been troubling you, bothering you, because of whom you have been creating the Anger, hate, Unhappiness.

Visualize the Person in front of you.

Look lovingly into the eyes of the person and

Repeat Silently....

Atma Namaste....

I salute the Divinity in you.....

We are Child of GOD....

We all do MISTAKES...

We all are playing our ROLES.....

We all are EVOLVING....

You are FORGIVEN....

I Forgive you UNCONDITIONALLY.....

Please forgive me also.....

May you be blessed with Divine Love, Divine Power and Divine Light

Visualization of Happy Moment:-

Now, imagine a situation or the moment in your life when you were very happy, joyful, Loveful, peaceful.

The happiest moment of your life.....

Visualize the happiest moment and RE-experience the feeling of happiness, joy, peace and bliss.....

Stage 3: Energizing the Mind from Supreme GOD (Activation of Throat, Ajna, Heart & Crown Chakra)

Now Imagine a Divine Point of Light (SUPREME GOD) 1 foot above your head...

Repeat silently....

Dear GOD.....

Please bless me with

Divine LOVE.....

DIVINE POWER.....

DIVINE PEACE.....

And HEALING ENERGIES.....

(Indigo Colour Visualization & Chanting “O” Sound)

Now imagine that the GOD is showering the Rays of Indigo Colour on your head

Continues shower of Indigo Rays falling on your Head.....

INDIGO rays spreading and flowing in your entire body.....



Figure No 6: INDIGO Colour Visualization

INDIGO rays are continuously falling on your head and spreading in your body.....

Now make the “O” shape of your lips

And while exhaling the Chant the sound “O” 7 times

Note: After completing the “O” Chanting for 7 times , Be silent and focus between your eyebrows and feel the Inner Peace.

(VIOLET Colour Visualization & Chanting “Humm” Sound)

Now imagine that the GOD is showering the Rays of VIOLET Colour on your head

Continues shower of VIOLET Rays falling on your Head.....

VIOLET rays spreading and flowing in your entire body.....

VIOLET rays energizing each and every cell in your body.....



Figure No 7: Violet Colour Visualization

Note: After completing the “Humming” Chanting for 7 times , Be silent and focus between your eyebrows and feel the Inner Peace.

(GREEN Colour Visualization)

Now imagine that the GOD is showering the Rays of GREEN Colour on your head

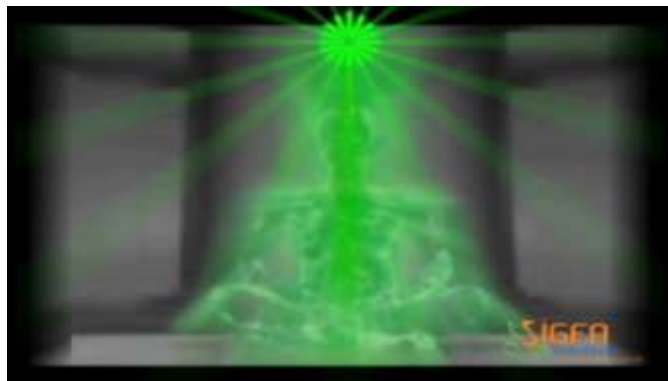


Figure No 8: Green Colour Visualization

Continues shower of GREEN Rays falling on your Head.....

GREEN rays spreading and flowing in your entire body.....

Stage 4: Visualization Technique (Programming of Normalizing Blood Pressure & Healthy Body in Subconscious mind also energizing Root, Sex, Solar Plexus Chakra)

Now gently focus your attention at your heart area.....

Your heart is functioning properly

Your Heart is pumping the Blood at normal Speed to the entire body ...

The Oxygenated Blood is flowing FREEEEELY...

The Oxygenated pure blood is flowing smoothly to each and every Cell of your Body.....

Your Blood Circulatory system is functioning properly and it is healthy.....

Your blood Pressure is normal ...normal...normal.....

Your blood pressure in maintained at normal level throughout the day.....

Now focus your attention on your Root Chakra.....

Your Bones and Muscle system is Healthy and functioning properly.....

Your Bones and Muscle system are Powerful.....

Now Focus your Attention Sex Chakra

Your sex chakra is healthy.....

3. RESULTS

▪ Data Analysis:

The focus of the present study is to examine the effect of Loveful Psychoneurobics Meditation on High Blood Pressure among middle age Males in Pimple Saudagar area, Pune. The data collected in phase's i.e. Before and after start of Meditation practice , described in detail in the previous chapter, was taken up for statistical analysis.

Blood Pressure was measured for samples in following phases:-

Phase 1: Blood Pressure Measurement Before start date of Meditation Practice

- Blood Pressure Measurement for Controlled Group
- Blood Pressure Measurement for Uncontrolled Group

Phase 2: Blood Pressure Measurement after End Date of Meditation Practice

- Blood Pressure Measurement for Controlled Group
- Blood Pressure Measurement for Uncontrolled Group

Table No 1:**Blood Pressure Numbers for Controlled Group****Before Loveful Psycho Neurobics Meditation Practice**

SN	Controlled Group-Samples	Age	Systolic in mm Hg	Diastolic in mm Hg
1	Controlled Group -Sample 1	53	142	91
2	Controlled Group -Sample 2	55	140	90
3	Controlled Group -Sample 3	50	150	95
4	Controlled Group -Sample 5	54	143	94
5	Controlled Group -Sample 5	45	156	100
6	Controlled Group -Sample 6	50	147	93
7	Controlled Group -Sample 7	40	156	96
8	Controlled Group -Sample 8	38	150	91
9	Controlled Group -Sample 9	42	157	100
10	Controlled Group -Sample 10	51	165	105
11	Controlled Group -Sample 11	49	161	104
12	Controlled Group -Sample 12	42	149	99
13	Controlled Group -Sample 13	36	153	101
14	Controlled Group -Sample 14	41	160	104
15	Controlled Group -Sample 15	53	144	93
16	Controlled Group -Sample 16	50	150	98
17	Controlled Group -Sample 17	40	159	103
18	Controlled Group -Sample 18	37	149	98
19	Controlled Group -Sample 19	49	140	90
20	Controlled Group -Sample 20	51	158	101
21	Controlled Group -Sample 21	48	153	102
22	Controlled Group -Sample 22	38	142	96
23	Controlled Group -Sample 23	45	155	100
24	Controlled Group -Sample 24	42	150	101
25	Controlled Group -Sample 25	35	148	98

Above Blood Pressure numbers is for the selected samples of Controlled Group, above samples from Controlled group who have been found as High Blood Pressure patients in Pimple Saudagar area from different societies. Above measurements were taken before the start of Loveful Psychoneurobics Meditation Practice.

The above data was selected based on the measurement taken for approximately 300 samples, during the Free Introductory Seminar and Blood Pressure Check up camp in different societies in Pimple Saudagar area in Pune.

Table No 2:**Blood Pressure Numbers for Controlled Group****After Loveful Psycho Neurobics Meditation Practice**

SN	Controlled Group Samples	Age	Systolic mm Hg	in	Diastolic mm Hg	in
1	Controlled Group -Sample 1	53	124		79	
2	Controlled Group -Sample 2	55	123		79	
3	Controlled Group -Sample 3	50	127		81	
4	Controlled Group -Sample 5	54	117		77	
5	Controlled Group -Sample 5	45	134		85	
6	Controlled Group -Sample 6	50	123		78	
7	Controlled Group -Sample 7	40	125		77	
8	Controlled Group -Sample 8	38	123		75	
9	Controlled Group -Sample 9	42	135		86	
10	Controlled Group -Sample 10	51	132		84	
11	Controlled Group -Sample 11	49	130		84	
12	Controlled Group -Sample 12	42	124		80	
13	Controlled Group -Sample 13	36	129		85	
14	Controlled Group -Sample 14	41	131		85	
15	Controlled Group -Sample 15	53	125		81	
16	Controlled Group -Sample 16	50	128		83	
17	Controlled Group -Sample 17	40	138		90	
18	Controlled Group -Sample 18	37	125		82	
19	Controlled Group -Sample 19	49	116		75	
20	Controlled Group -Sample 20	51	128		82	
21	Controlled Group -Sample 21	48	125		84	
22	Controlled Group -Sample 22	38	121		82	
23	Controlled Group -Sample 23	45	130		84	
24	Controlled Group -Sample 24	42	125		84	
25	Controlled Group -Sample 25	35	121		80	

Above Blood Pressure numbers is for the selected samples of Controlled Group, above samples from Controlled group who have been found as High Blood Pressure patients in Pimple Saudagar area from different societies. Above measurements were taken after the end of 4 weeks regular Loveful Psychoneurobics Meditation practice.

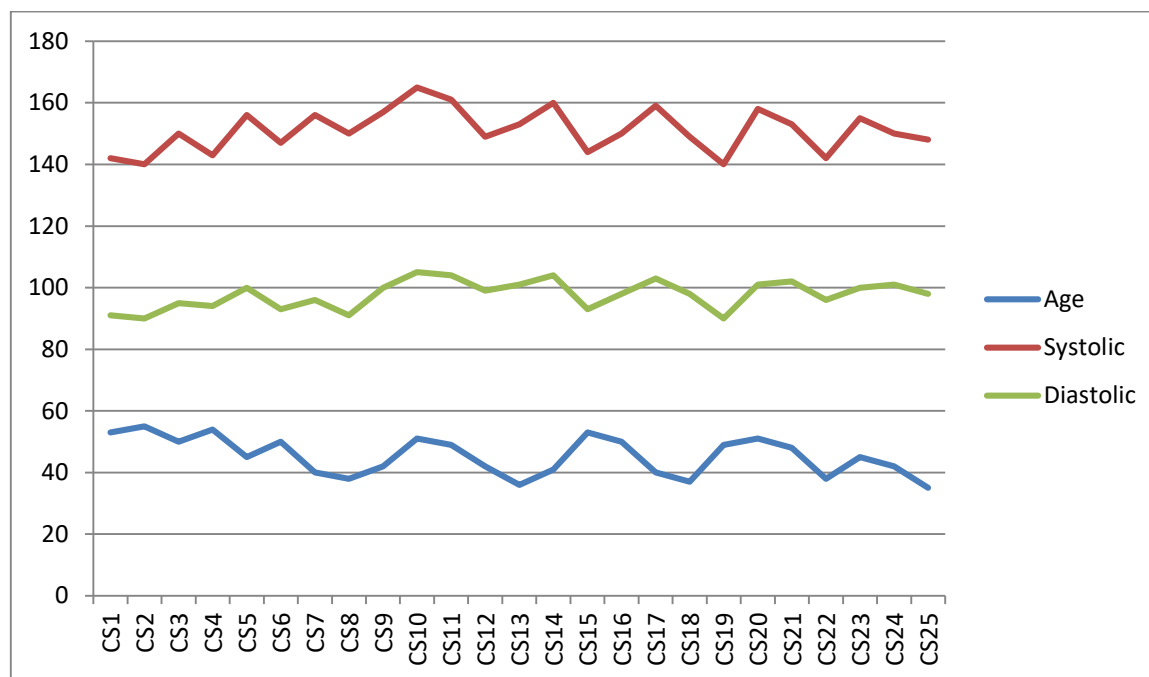
Above data shows the significant reduction in Systolic and Diastolic pressure compare to the before Loveful Psychoneurobics Meditation Practice.

Table No 3:**Comparison of Blood Pressure Numbers for Un-Controlled Group****(i.e Before and After Loveful Psycho Neurobics Meditation Practice of Controlled Group)**

SN.	Samples	Age	Before Study		After study	
			Systolic in mm Hg	Diastolic in mm Hg	Systolic in mm Hg	Diastolic in mm Hg
1	Un-Controlled Group -Sample 1	35	140	90	133	82
2	Un-Controlled Group -Sample 2	40	150	94	147	92
3	Un-Controlled Group -Sample 3	55	148	94	138	91
4	Un-Controlled Group -Sample 5	37	150	96	145	93
5	Un-Controlled Group -Sample 5	51	145	100	142	98
6	Un-Controlled Group -Sample 6	57	153	97	148	94
7	Un-Controlled Group -Sample 7	48	160	101	152	95
8	Un-Controlled Group -Sample 8	42	149	94	143	90
9	Un-Controlled Group -Sample 9	51	151	98	143	93
10	Un-Controlled Group -Sample 10	40	144	92	136	87
11	Un-Controlled Group -Sample 11	36	158	100	151	96
12	Un-Controlled Group -Sample 12	47	151	99	143	94
13	Un-Controlled Group -Sample 13	37	152	95	147	92
14	Un-Controlled Group -Sample 14	50	161	102	152	96
15	Un-Controlled Group -Sample 15	44	140	96	137	94
16	Un-Controlled Group -Sample 16	49	147	91	139	86
17	Un-Controlled Group -Sample 17	52	149	100	144	97
18	Un-Controlled Group -Sample 18	49	158	97	153	94
19	Un-Controlled Group -Sample 19	54	144	98	136	93
20	Un-Controlled Group -Sample 20	36	156	105	148	99
21	Un-Controlled Group -Sample 21	51	162	92	155	88
22	Un-Controlled Group -Sample 22	48	165	98	160	95
23	Un-Controlled Group -Sample 23	53	159	93	151	88
24	Un-Controlled Group -Sample 24	46	158	101	151	96
25	Un-Controlled Group -Sample 25	55	162	96	153	91

Above Blood Pressure numbers are the comparison between the before and after study of Uncontrolled Group. It is found that there is no significant reduction in Blood Pressure numbers compare to the before start of practice.(in compassion with controlled Group)

No Significant Blood Pressure reduction is found in both Systolic and Diastolic Numbers.

Graph 1:**Systolic & Diastolic High Blood Pressure Measurement****Before Loveful Psychoneurobics Meditation for Controlled Group**

Note: CS1 represents as Controlled sample i.e. from 1 to 25 samples

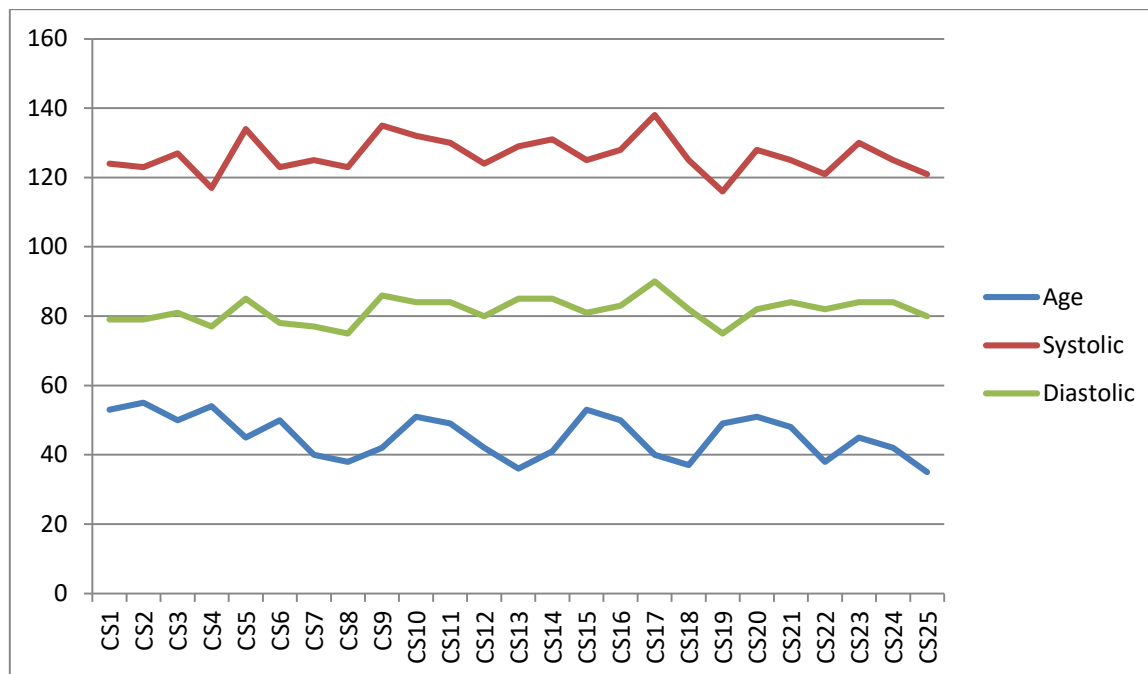
Above graph shows the Middle age Group details of the selected samples as controlled group.

Above graph shows Systolic and Diastolic Blood Pressure numbers for the selected Controlled Group samples before Practice of Loveful Psycho Neurobics Meditation.

The graph shows the selected samples of controlled group falls in the category of High Blood Pressure which is for all the samples are in the range of :-

Systolic Pressure as 140mm/Hg to 165 mm/Hg and

Diastolic Pressure as 90mm/Hg to 110 mm/Hg.

Graph 2:**Systolic & Diastolic High Blood Pressure Measurement****After Loveful Psychoneurobics Meditation for Controlled Group**

Note: CS1 represents as Controlled sample i.e. from 1 to 25 samples

Above graph shows Systolic and Diastolic Blood Pressure numbers for the selected Controlled Group samples after regular practice of Loveful Psycho Neurobics meditation.

The graph shows significant reduction in Systolic and Diastolic Blood pressure after the regular practice of Loveful Psychoneurobics Meditation.

Above Systolic and Diastolic Blood Pressure measurement were taken after 4 weeks of regular practice of Loveful Psychoneurobics Meditation

4. CONCLUSION

The primary goal of the present examination was to explore the adequacy of Loveful Psycho Neurobics Meditation on High Blood Pressure among moderately aged men at Pimple Saudagar zone in Pune.

So as to meet the target, directional positive speculations was set up as follows:-

- ❖ There might be noteworthy contrast in the "Bringing down High Blood Pressure among Middle Age Males in Pimple Saudagar region in Pune by rehearsing Loveful PsychoNeurobics Meditation"
- ❖ What is the impact on Blood Pressure level during when Regular Loveful Psychoneurobics Meditation practice for about a month?
- ❖ Does Loveful Meditation practice have quicker recuperating impact?
- ❖ To Observe that even little advance can improve personal satisfaction the same number of us essentially overlook some little instruments which could be successful

To test the above speculations, a when impact of Regular act of Loveful Psychoneurobics was picked.

The examination was done on an example of 50 nos, 25 nos as controlled Group and 25 nos as Uncontrolled at Pimple Saudagar region in Pune. The examples were chosen as Middle age men who have been found as High Blood Pressure.

Sphygmomanometer and stethoscope was utilized to gauge the Blood Pressure during:-

- ❖ Selection of tests
- ❖ Before beginning of Regular Loveful Psychoneurobics Meditation Practice

❖ End of Regular Loveful Psycho Neurobics Meditation Practice

Preparing and Regular Practice of Loveful Psycho Neurobics Meditation was completed for 4weeks for the span of 60 minutes. In 1 hour 40 minutes for Training and 15 minutes for the Meditation practice.

From the above ends,

The speculation that there might be huge impact in "Bringing down High Blood Pressure among Middle Age Males in Pimple Saudagar region in Pune by rehearsing Loveful PsychoNeurobics Meditation" is acknowledged and held.

Normal act of Loveful Psychoneurobics Meditation practice have quicker recuperating impact is acknowledged and held.

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