



## **REGULATING HYPERTENSION WITH EXERCISES AND WITHOUT MEDICATION**

**Bhagat Singh\***



Hypertension is one of the major diseases that one develops because of a sedentary lifestyle. Hypertension refers to the increase in the blood pressure level. When the doctor says you are suffering from blood pressure (BP) or that you are Hypertensive, the next step is medication. Medication is considered the only means to bring down the blood pressure levels or hypertension. I would say, no to medication. There are other ways to bring down the BP levels.

First let us understand hyper tension.

What is Hypertension?

Abnormally high blood pressure and a combination of high psychological stress are known as Hypertension. These patients suffering from this disorder will have their blood pressure reading greater than 140 over 90 mm.

Hypertension is diagnosed by measuring blood pressure. The Systolic pressure would be the first readings viz. a pressure by which the heart pumps blood through the body,



and second readings would be the Diastolic pressure, meaning a pressure at which the heart relaxes and refills the blood.

causes for the Hypertension.

- The major cause of Hypertension is a sedentary lifestyle or no physical activities at all.
- Overweight and obesity also result in Hypertension
- Having excessive amount of salt results in high blood pressure.
- If the stress level is higher it also leads to Hypertension.
- Aging or getting older is also cause for hypertension.
- High level of alcohol consumption as well as smoking result in hypertension.
- High intakes of tea or caffeine result in Hypertension.
- Dehydration also causes hypertension
- Lack of sleep results in increase in Blood pressure levels.

#### Symptoms of Hypertension

High blood pressure is itself asymptomatic, that means there is no indication or any clear symptoms. This is the reason why high blood pressure is also referred to as 'the silent killer' since it could cause damage to the Cardiovascular system.

High blood pressure could also create problems in certain organs. A prolonged illness may lead to complications such as arteriosclerosis, where the production of plaques narrows the blood vessels.

A systolic blood pressure readings of 180 mmHg or above and a diastolic blood pressure readings of 110 mmHg or above could indicate the signs of hypertensive crisis that requires immediate medical attention.



## Diagnosis of Hypertension

The process of diagnosis is usually carried out by measuring the patient's blood pressure using a sphygmomanometer. At least 3 different elevated readings are required to diagnose this condition. This examination along with additional tests help to identify the causes of high blood pressure and any other complications.

Additional diagnosis might include

1. Kidney ultrasound imaging,
2. Urine tests,
3. Blood tests
4. Electrocardiogram

Following are the ways to reduce Hypertension

- Do exercise or indulge in physical activity of a kind regularly. Regular exercise will help to drop down blood pressure. The exercise must consist of targeting more cardiovascular and strength training activities. Isometric contractions (Contracting holding movements) must be avoided in strength training.
- Healthy food habit. Eating healthy food will result in dropping your hypertension levels. The whole day in take consists of targeting all macronutrients (Protein, Carbs and Fats) and micronutrients (Vitamins, Minerals).
- Increase in water intake will also result in bringing down Hypertension. Minimum ten to twelve glass of water are recommended daily
- Cut down on your Tea and Caffeine intake which will help to reduce blood pressure. Instead of tea or coffee go for green tea
- Stop smoking as well as tobacco consumption. It help to reduce blood pressure
- Avoid consuming alcohol
- Cut down on your salt intake if you are consuming excessively.



- Reduce your bodyweight in fats. If you have more fat chances of hypertension is higher. Therefore it is important to maintain your BMI and fat percentage in normal range.
- Avoid taking excessive stress. Reduce your stress by meditating daily for few minutes

## CONCLUSION.

In a short, it all boils down to your food habits, physical activity, and stress levels and rest. If we are living a healthy lifestyle there is absolutely no need to take medications for Hypertension gradually increasing the doze of exercise will help to regulate the blood pressure completely.

+Bhagat Singh is a faculty member in the Dept. of physical-Education, M.D.University Rohtak.

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