

Role of Psycho Neurobics, Exercise and Diet Management in the Reversal of Hypertension (High Blood Pressure)

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ABSTRACT

BACKGROUND: When we think in terms of Health, It consider “A healthy Mind and Body” or ‘A healthy mind sounds in a healthy body’, is a saying we’ve heard very often in our lives. Hypertension is one major concern behind a number one cause of the death in the world, which is Heart Attack. Three causes behind Hypertension, which are Stress, Blockages/ Stiffening in the blood vessels and Increased Blood Density. It is not only an illness in itself, but also comes with a set of separate life threatening symptoms also. Dealing with this illness is a struggle in itself and with this paper, we aim towards finding a natural, non chemical pills based, solutions to the same. In this study we aim to find out a Holistic way as “Vibration as Medicine”, “Exercise as Medicine” and “Food as medicine” to deal with Hypertension (High Blood Pressure).

INTERVENTION: This research paper is an empirical study analysis on various methods of curing Hypertension. An experiment was conducted with participants of all age groups and the results were tabulated and analysed. The methods used are Psycho Neurobics, Exercises (High Intensity Interval Training, HIIT) and a strict control of Diet based on ‘The China Study’. These methods were implemented on a study group, and results were obtained.

CONCLUSION: The experiment was performed daily over a period of 30 days and proved to be successful. The combined approach consisting of Psycho Neurobics, Exercise and Diet narrates a strong impact on Mental and Physical Health. All the three hypothesis assumed have been verified by the paired T and paired Wilcoxon test and clearly indicate that Psycho Neurobics, Exercise and Diet are very effective to reverse Hypertension. These are very easy to perform regimes and cause long terms benefits, if done regularly.

Keywords — High Blood Pressure, Nitric Oxide, Melatonin, Hypertension, Stress, Cardiac Health, Holistic cure of Hypertension

1. INTRODUCTION

1.1 WHAT IS HYPERTENSION?

- Hypertension (High Blood Pressure) is the ‘ill health of the blood vessels’ (Vascular System of The Body).
- Our body consists of a vast network of blood vessels long enough to stretch from the earth to the moon.
- Our health primarily depends on the health of our blood vessels and the health of blood vessels is majorly controlled and reflected by the health of the innermost layer of the blood vessel known as endothelium.
- When we talk of coronary artery diseases it is mostly the ‘Plaque’ deposits on endothelium (inner

- layer). In case of high cholesterol the endothelial layer becomes sticky and attracts cholesterol and fatty substances to stick to it.
- In case of high blood pressure the endothelial layer becomes stiff (Hard) as result rise of blood pressure.
 - In case of diabetes the endothelial layer near the pancreatic region becomes inflamed triggering various reactions including the condition of insulin resistance.
 - If you protect your endothelial layers of "blood vessels" from **Inflammation, Plaque Deposit and Stiffening**, you can protect yourself from majority of lifestyle diseases including heart disease, diabetes, high cholesterol and High Blood Pressure.
 - Maintaining a good endothelial layer health can help you maintain optimum body weight and shed excess fat also.

Blood pressure is written as two numbers. The first (systolic) number represents the pressure in blood vessels when the heart contracts or beats. The second (diastolic) number represents the pressure in the vessels when the heart rests between beats.

Hypertension is diagnosed if, when it is measured on two different days, the systolic blood pressure readings on both days is ≥ 140 mmHg and/or the diastolic blood pressure readings on both days is ≥ 90 mmHg.

1.2 HOW TO MAINTAIN GOOD HEALTH OF ENDOTHELIAL LAYER ?

To explain this I will take the help of 1998 Noble Prize Winning Science of Dr. Louis J. Ignarro.

- *To maintain good* health the endothelial layer of the blood vessels produce **Nitric Oxide (NO)** which is absolutely essential to maintain one's health.
- Below is the function of **NO (Nitric Oxide)** in our body :
- 1) It relaxes blood vessels, selectively boosting blood flow to the organ that needs it. Therefore regulates the blood pressure and keeps it to the optimum level.
- 2) It prevents white blood cells and platelets from becoming sticky, and thus stopping the building of plaque deposits and stopping the progress of heart attacks .
- 3) It keeps the smooth muscles cells of arteries from developing plaque also resulting in keeping the cholesterol level to optimum.

- 4) It helps heal inflammation at various locations in the inner lining (endothelial) of the blood vessels including the inner lining of the blood vessels in pancreatic region resulting in proper functioning of insulin, thus reversing diabetes.
- 5) It increases the metabolic rate of the body resulting in burning of the excess fat thus helping to shed excess body weight.
- (6) It is a powerful antioxidant, anti-inflammatory and antithrombotic actions are antiatherogenic with antiatherothrombotic impact.
- (7) Nitric oxide is an essential molecule required for overall health. As a vasodilator, nitric oxide signals the blood vessels to relax, allowing them to expand.
- This effect allows blood, nutrients, and oxygen to flow freely to every part of your body. But when nitric oxide production is decreased, your health can become compromised.
- Therefore, it's important to achieve and maintain optimal levels of nitric oxide in your body.
- Nitric oxide is an important signaling molecule in the human body. It is very important in supporting mind-body wellness. Nitric oxide is a signaling molecule that helps all the cells communicate with each other in the body. It also regulates blood flow, aids in blood pressure regulation and activates the immune system.
- Nitric oxide functions as a neurotransmitter. It is also a bactericide or antimicrobial and can destroy dangerous microbes in the body.
- It can act as an anti-inflammatory and inhibits the white blood cells from adhering to blood vessels.
- It also functions as a reparative gas and has an antithrombotic, that is it can thin the blood and keep platelets from clumping together so arteries do not close down.
- Nitric oxide has also been shown to promote blood vessel growth. Importantly, nitric oxide function as an antioxidant inhibits the bad LDL cholesterol from being oxidized in forming foam cells which are precursors to the atherosclerotic plaque.
- Nitric oxide is known to regulate the immune system by enhancing T cell function. It also promotes sexual health in both males and females by increasing blood flow. It promotes better cerebral circulation and may prevent the "so called brain fog" or cognitive difficulties one may encounter when they have dysfunction of the autonomic nervous system.

- Nitric oxide increases the vagal tone in the body and this, therefore, protects the autonomic nervous system. It decreases sympathetic tone and activates parasympathetic pathways. Balances vagal and sympathetic tone.
- Other benefits of nitric oxide is that it promotes bone remodeling and possibly may improve bone density and reduce joint pain and may minimize further cartilage damage by increasing blood flow to the joints.
- When one is deficient in nitric oxide, blood pressure may be elevated as nitric oxide insufficiency causes vasoconstriction. Also, it is believed that nitric oxide insufficiency promotes atherosclerosis, cognitive dysfunction, autoimmune dysfunction, immune dysfunction and most importantly mitochondrial dysfunction, and these can lead to negative symptoms. The mitochondria are the powerhouse of the cells, which produce ATP, the energy molecule, and nitric oxide deficiency by adversely affecting mitochondria can produce a fatigue.
- Nitric oxide can keep your blood vessels healthy by increasing blood flow Nitric oxide confirms that the all parts of the body receives the normal amount of blood, oxygen that required Interfere with the blood clotting process Prevent unwanted blood clotting People getting heart attack due to the blood clot.
- Memory and Learning : Many chemicals are releasing from the brain Major chemical is the nitric oxide. It helps to facilitate the memory and learning Memory disorders happens because of the little deficiency in the nitric oxide If you boost your nitric oxide, you can restore memory and learning
- Nitric Oxide and Cholesterol : One of the common causes of heart attack or stroke is the development of atherosclerosis Inflammatory disease of the arteries Nitric Oxide functions to keep the balance of various fluids in the arterial system Helps to maintain cholesterol and bad cholesterol levels.
- For the above reason Nitric Oxide is sometimes known as a **Miracle Molecule**.
- **Nitric Oxide** plays a very important role in maintaining Flexibility and Healthiness of the inner most layer of the arteries and veins called Endothelium Layer.
- **Nitric oxide is a very important molecule. It is, in fact, so important that it was named "Molecule of the Year" by the prestigious journal Science back in 1992.**

1.3 TYPES OF HYPERTENSION ?

Majorly 2 types of Hypertension

- 1. **Primary Hypertension** : also called essential hypertension.
- 2. **Secondary Hypertension** : This is when high blood pressure is as a result of other medical problems (like kidney or liver problem) or medication.
- 3. White Coat Syndrome.
- 4. **Pulmonary Hypertension** : Increased Blood Pressure within the arteries of the lungs.

1.4 COMMON SYMPTOMS OF HYPERTENSION

Blood pressure is a measure of the force it takes to move blood through the vessels. The higher the pressure, the harder the heart must work. Just as the muscles in your arms build up when you lift weights, the heart muscle thickens in response to pumping against extra resistance. Instead of strengthening the heart, however, this bulking up does just the opposite. The thickened muscle consumes more oxygen. It also can't fully relax between contractions. The net effect is that the heart muscle gradually stops beating as forcefully as it should. High blood pressure precedes heart failure in 75% of cases.

Hypertension is called a "silent killer". Most people with hypertension are unaware of the problem because it may have no warning signs or symptoms. For this reason, it is essential that blood pressure is measured regularly.

When symptoms do occur, they can include early morning headaches, nosebleeds, irregular heart rhythms, vision changes, and buzzing in the ears. Severe hypertension can cause fatigue, nausea, vomiting, confusion, anxiety, chest pain, and muscle tremors.

The only way to detect hypertension is to have a health professional measure blood pressure. Having blood pressure measured is quick and painless. Although individuals can measure their own blood pressure using automated devices, an evaluation by a health professional is important for assessment of risk and associated conditions.

Common Symptoms of Blood Pressure Medications :

- Frequent Urination
- Fatigue

- Dizziness
- Uncontrollable Cough
- Exercise Limitations
- Sexual Dysfunction
- Depression

1.5 CAUSES OF HYPERTENSION

PSYCHOGENIC CAUSE :

There are two mechanisms inside the body which controls overall health. Central Nervous System is a main controlling system of the body, which further divides into Sympathetic Nervous System and Parasympathetic Nervous System. Sympathetic Nervous System activates as a stress response also called “ FIGHT AND FLIGHT” Response. Other side Parasympathetic Nervous System activates as a “HEALING” Response.

Amygdala is a part of the brain also called emotional center. It receives information from 5 senses. Amygdala behaves very innocently, it doesn't able to differentiate between Real or Unreal. When there is danger in real, the activation of sympathetic response is very essential for survival. But when we watch news on media or read news paper or talking or experiencing negative continuously, amygdala continues to perceive danger and activates danger response continuously as a response to stress and depression.

HEMODYNAMIC CAUSE:

Damage of inner most layer of blood vessels cause inflammation, plaque deposition and stiffening. As result blood vessels get narrowed and blood pressure increased.

Because of oily, fatty and fast food, blood becomes thicker. As result heart need to create more pressure to mobilise the thicker blood.

1.6 DEALING WITH HYPERTENSION

PSYCHO NEUROBICS

VIBRATION AS MEDICINE

Psycho-neurobics is actually the science and method of producing the right vibrations in the body based on specific

concepts and technology. By actualizing some intercession techniques and activities utilizing explicit styles, colours, sounds, and mudras, we can create the recurrence of the subliminal of our own and draw in divine energy. Subsequently Psycho-neurobics encourages us to improve our psychological quality and resolve. It is a method of taking cosmic powers, that is known to mankind by the force of brain and after that trading it to intellectual capacities and neuro framework.

The human body consists of Chakras which are the sources of energy in our body. These chakras often get blocked and fail to perform their functions, hence leading to stress. Psycho Neurobic exercises focus towards unblocking these chakras and converting passive energy to more active forms of energy. This not only restores the human body balance, but also maintains it further. This also regulates metabolism and helps in staying healthier.

- “In more than half of the cases related to heart diseases, It has been found that factors like high cholesterol, smoking or sedentary life style have not been found responsible.”

-Integrative Physiological and Behavioural Science

- We suddenly hear of a healthy person dying due to heart problem. There were no risk factors in his life. These happened due to the incompatibility of the heart and brain. Due to this lack of harmony life seems empty and burden some.

According to a report by the **University of London**, a person who is highly tense and has negative thoughts is six times more at the risk of dying due to cancer and heart diseases as compared to a person who smokes ten cigarettes a day.

-Dr. Hans Isaac University of London

“The result of a ten year study shows that when compared to smoking, death due to cancer and heart diseases due to stress and tension has been more. A person who does not take considerable steps to reduce tension has a 40% greater chance of dying when compared to a person who is not tense.”

-British Journal of Medical Psychology

IN a report published in the British Medical Journal about a research on approximately ten thousand Government officials. These were the employees who were in constant fear of losing their job and they were compared with those employees who were living with safe jobs and it was found

that in comparison with those who held a secure post, the rate of coronary heart problems was double in these people.

-British Medical Journal (1988)

The Harvard Medical School conducted a research on 1623 such people who had survived a heart attack. It was found

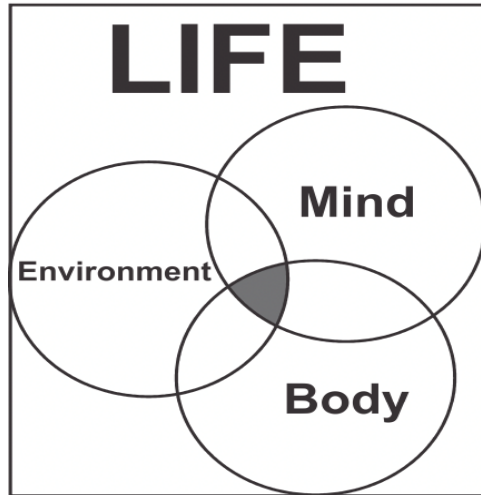


Fig. 1

that when these people lost their temper in an emotional situation, they were at a double risk of having a heart attack when compa

red to those who remained calm.

What is our life? The shaded region in the picture depicts our life. Our life is made up of a mixture of our mind, environment and body. When a doctor treats a person he only works on the body. We have to work on all the three—mind, body and environment. Let's assume that we have to appear for an examination. At this time if we have a good relationship between our heart and brain, giving the examination will be easy. I am not saying that you will know the answers to the questions that you have not learnt, but it is sure you will be able to give the answers to the questions you have learnt in the correct manner. On coming out of the examination hall you will not have the grievance that despite preparing well you were able to answer only a few questions.

On achieving a proper connection between the heart and brain, or mind and brain, we will be able to have a proper balance of the mind, body and environment. In the absence of a balance no work can be completed properly. Harmony provides speed to our work. When we do a job which we like, the brain and heart beat rhythmically. The outcome of such a work is always good, but we don't get to do the work of our choice often. In such a case what stance should we take? Before commencing any work, we should bring about coordination between our heart and brain. Now,

through a picture we would like to show what role is played by the immune system of the body. It has been shown in this picture that when a person loses his temper his immunity towards diseases increases suddenly and then drops to the lowest point. On the other hand when there is someone to take care of or to shower love, the capacity to fight diseases increases little, then drops little and then slowly begins to increase. It is clear from this that our immunity also changes with each beat of the heart. Here too everything is dependent on the coordination between the heart and brain.

You have learnt about the electromagnetic waves that are released from the heart. With these waves as a medium an electromagnetic region is formed. Just as there is magnetic energy between two magnets, so is there an electromagnetic region between two people. Let us assume that you go to meet a known person, but after meeting him you feel there was something wrong in his behaviour. He had not behaved in the manner he should have. If we go to the root of this we may tell that there is some mistake on your part too. When you stepped into his office you were not convinced about his behaviour. Due to the electromagnetic waves that came from your heart, he had started to feel restless and did not behave in the manner he should have behaved with you.

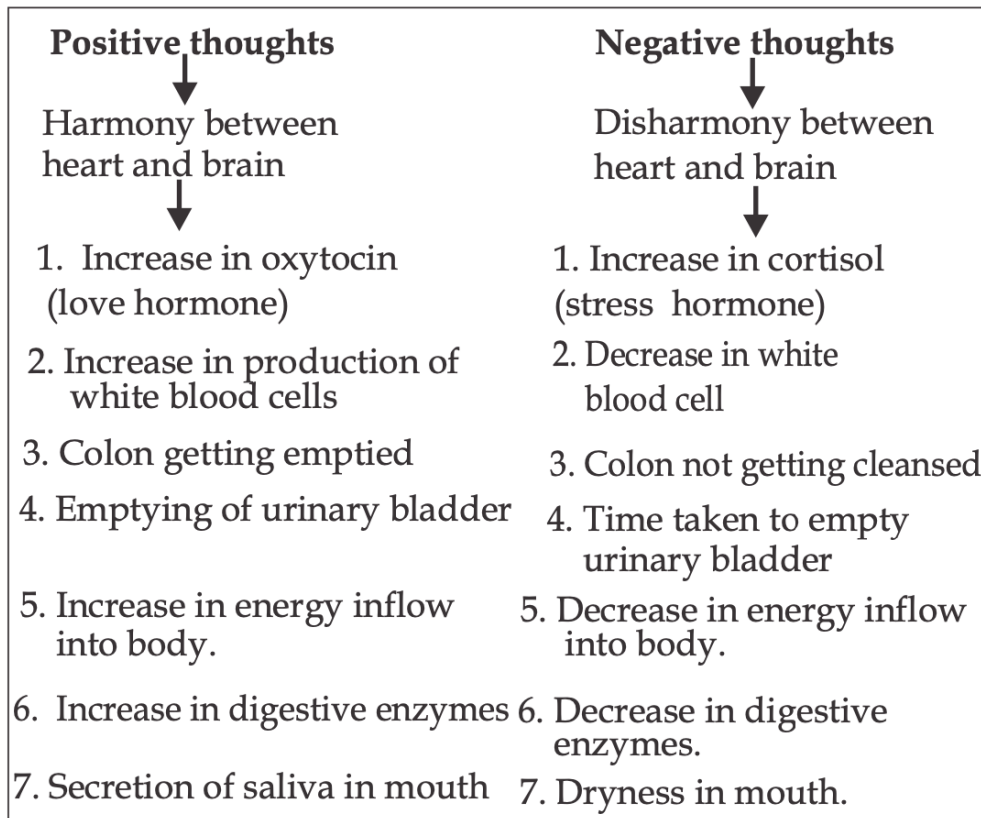
Let me also tell you that when we meet a person for the first time the touch of our hands are also of importance. You can understand this well with the help of the graph shown in next page.:

It has been shown that when two people meet their electromagnetic waves get attracted mutually. In the second part of the graph we have shown what happened after the two people shook hands after meeting. The EEG of a person's brain and the ECG of the other person's heart were taken and the presence of equality in their model was noted. Both had attracted each other to some extent.

To substantiate this, the article published in the **New England Journal of Medicine**, February 1996 can be taken into account, in which it has been mentioned that after the earthquake at the Northridge, Los Angeles, there was a sudden increase in deaths due to heart attack. Even though the people in the neighbouring areas were safe from the earthquake, but their hearts were affected by the news of the deaths taking place due to the earthquake in their surrounding areas.

"During the first Gulf war, it has been found in the Israeli hospitals that there has been a sudden increase in deaths owing to heart attacks."

-September 1991- The Lancet



Caption

"As a result of post traumatic stress disorder after the September 11, 2001 terrorist attack, many people have lost their lives."

-March 2002, New England Journal of Medicine

Many of those who died due to this, included people who neither were involved directly in the attack nor were their families involved, but were mere witness to the event. The dreadfulness of the incident caused severe stress thus resulting in death.

I want to mention here that due to our negative thoughts and attitude, the harmony between the heart and brain is disrupted, while positive thoughts create harmony between the heart and brain. We can understand the difference between the two from the following picture:

Thought process of the brain

Our brain often shows us only what we want to see. Prior to the commencement of a job we form an opinion about

the job which is based on our previous experiences. After that all our work rests on these thoughts.

Our brain always brings our past experiences into work. For instance, if a patient's hand is cut off, even after a while after the surgery, he complains of itching in the part which has been cut off. This is considered a psychological problem, but our brain

also has a part to play in it. The patient's brain has not yet accepted the fact that a part has been cut off, hence by creating a desire to scratch the part, it consoles itself that the part is still in the body. Due to its past experiences it keeps making such commiserations.

Our heart ensures that there is proper blood supply throughout the body. God has provided a few hidden arteries to keep this machine working. These arteries are known as collateral arteries. When the original arteries stop working, the brain and heart together get these hidden arteries to work. To understand this let us take the example of a vehicle which has a stepney. If the vehicle gets punctured, the help of the stepney can be taken. But to get this done, the vehicle has to be stopped and someone's help

is to be taken as we cannot fix the puncture of a tyre in a moving vehicle. Similarly, a proper harmony between the brain and heart has to be made in order to activate the hidden arteries when it is needed.

There are more than 1.5 crore heart patients in India. Among the heart patients in the world, sixty percent are Indians. The remaining forty percent are from the rest of the world. One third of the deaths in the entire world are due to heart diseases. The option of activating the collateral arteries is available with the brain, but this is possible only if there is perfect harmony between the heart and the brain. This is not an imagination or a mere thought. In actuality, we can bring about this change in our brain within two days.

We can see these arteries in our heart but cannot bring them into use. The technique to do so has a great connection with our heart and brain. It often happens that during times of emergency we have a good connection between the heart and brain and are able to achieve good results.

Recollect the incident of the itching in the cut off part. When the patient repeatedly talks of the itching in the cut off part the doctor takes the help of the past experiences of the brain. He asks the patient to close his eyes and imagine that he is scratching the part that has been cut off. The patient scratches the part in his imagination and then he gets satisfaction.

These examples show us that man is not just the body and in any disease it is not enough to just get the body treated. We have to go beyond the body and treat the mind and heart as well. The surprising fact is that medical education does not teach this relationship between the body and the mind. There is no place for this topic in their curriculum.

DIET (PLANT BASED)

FOOD AS MEDICINE

Our food is a very essential component of our lives. By monitoring our food and diet, replacing small portions with healthier alternatives, we can keep diabetes at bay for prolonged durations of time. Dieting is the phenomenon of consuming special kinds of food and supplements to monitor body sugar content and even lose weight under some instances.

EXERCISE (HIIT, High Intensity Interval Training)

MOVEMENT AS MEDICINE

High Intensity Interval Training (HIIT) is a kind of exercise protocol, which gives the benefit of 1 hr. Exercise in 11 minutes proved in The Journal of Physiology in 2016.

2. LITERATURE REVIEW

- Human entire body is composed of an arrangement of Nadis and chakras. Chakras are actually the substantial areas which have concentrated vitality. You will find 7 noteworthy Chakras. Notwithstanding Chakras, we've many sided systems of 72,000 Nadis. The cross purpose of Nadis can make up the Chakra. Both Chakras and Nadis framework are securely identified with our Endocrine framework which directs every single hormonal activity in the human body. Vibrational vitality moves through these Chakras and Nadis to make human life. The lop sidedness of this vibrational vitality is actually the essential reason behind various ailments. Neurobic mending, utilizes the standard of Law of Attraction, to prepare the human brain and draw in the infinite vitality. (Peeyush Jain, 2018)
- "THE CHINA STUDY" The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-term Health BY T.Colin Campbell and Thomas M. Campbell.
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3. METHODOLOGY

- A sample group was considered to conduct the following study research. A combined Three different schedules were followed over a period of 30 days. Each schedule consisted of all three variables together, and its corresponding techniques to observe change in hypertension of the sample population considered. All variables combines was tested using the following methodology to obtain results:
- A daily schedule was provided by the researcher to the sample population, which was to be strictly followed over a course of 30 days.
- This research is an empirical form of research, hence, the response from the sample population was taken in the form of a questionnaire.

- The questionnaire was filled by all participants once in the beginning of the experimental study, and once at the end of it.
- Each questionnaire consisted of approximately 48 questions which monitored all aspects and variables of an individual's life and lifestyle.
- The responses were collected from all the participants and categorized further for proper data analysis.
- The data of both, before the study and after the study have been clubbed together to obtain results.

o **Psycho Neurobics**

- **Step 1** : Concentration on Psycho Neurobic Stereographic Image Board of Spiritual Emotional Colour of Enlightenment & Truth (INDIGO) **For Melatonin Release**
- (A) Process of Concentration to be done for 5 minutes followed by Visualisation of Colour for 15 minutes.
- (B) Along with Visualisation, practice PRAN MUDRA accompanied by 'O' sound for 15 minutes to trigger Melatonin from Pineal Gland.
- (C) (1) It should be done on Empty Stomach before consuming Breakfast.
- (2) It can also be done 4 hours after taking lunch.
- **Step 2** : Concentration on Psycho Neurobic Stereographic Image Board of Spiritual Emotional Colour of Love (GREEN) **For Nitric Oxide Release**
- (A) Process of Concentration to be done for 5 minutes followed by Visualisation of colour for 15 minutes.
- (B) (1) Along with Visualisation practice APAN VAYU MUDRA for 15 minutes in each sitting accompanied by 'Humming Sound' to trigger Nitric Oxide by stimulating Nasal cavity.
- (2) Complete Process to be practiced thrice a day.
- (C) (1) Must feel emotion of Love for all.
- (2) Must forgive all and ask for forgiveness by research proven 'Ho'oponopono' Prayer.
- (3) Rejuvenating as well as Relaxation Breathing Process was done every day along with session.

o **Nutrition (Diet Management)**

o **Diet to follow daily for one month for Reversal of High Blood Pressure by taking Melatonin and Nitric Oxide through food (Plant Based) :**

- **Morning** – 1. “ Oil pulling “ with extra virgin cold pressed coconut Oil (2 tspn.) for 5-7 min. 2 . 1 Glass Green Juice – Alternate : Green coriander (Dhaniya) Juice : For 1 week Lauki Juice : For 1 week , Ashgourd Juice : 1 week | 3. 2 tspn Sprouted methi seeds + 4 tspn Moong sproutes
- **Breakfast** : Plate : 1 : Body weight $\times 10 = _ \text{ gms.}$ (Fruits – Apple, Guava, Banana, Papaya, Orange, Grapes etc.) | Plate : 2 : Home made breakfast with less oil.
- **Midday** : 1 glass coconut water (12:00)
- **Lunch** : Plate :1: Body Weight $\times 5 = _ \text{ gms.}$ Salad – Cucumber, Gajar, Beetroot, Radish Cabbage etc. (no Added salt) | Plate :2 : Option 1 : { Millet Roti / Millet Khichadi } + Sabji + green chutney | Option 2 : Rice (Brown/Red/Black) + Sabji +Dal.
- **Description of Millet** : (Jowar/ Bajra / Amaranth (Rajgira) / Barnyard /Kodo /Foxtail /BrownTop /Little / Makka etc.)
- **Snacks** : 1. Turmeric Tea 2. Green Tea
- **Dinner** : Plate :1 : Salad. (Body weight $\times 5 = _ \text{ gms}$) | 2. Veg. Soup | Plate : 2 : Millet Roti + Sabji. | (Dinner should finish before sunset or atleast till 7p.m.)
- Things to be Strictly Avoided : Industrial Food, Animal Food, Refined /Packed Food, Fast Food
- **Important Instructions** :
- Drink warm water while sitting, sip by sip. | Chew your food 32 times each bite. | Gratitude before you have anything. | Before Breakfast - Lunch - Dinner, keep both hands in Agni Mudra till you take 12 deep breaths with Gratitude to god. | 3000 steps daily ..This week target is 3000 steps with both hands in Apan Vayu mudra (No phone while walking) | Tooth paste , which does not contain Fluoride | Drink non fluoridated water

o **Exercise (HIIT)**

Daily High Intensity Interval Training Exercise to be done empty stomach in the morning for 10 minutes daily.

4. DATA ANALYSIS

A Statistical experimental study is being performed for 50 participants, their pre and post intervention blood pressure parameters were collected and statistical analysed.

After performing paired parametric T test and paired nonparametric Wilcoxon test it has been found that there is a significant difference between pre-intervention blood parameters and post intervention blood parameters.

The null hypothesis was considered as the pre intervention and post intervention data will not have any significant difference.

The value of p is found to be less than 0.05 which implies that the null hypothesis is rejected. Hence it can be statistically stated that the intervention has produced significant results and can be authenticated as science.

5. RESULT AND CONCLUSION

CONCLUSION: COMBINED ROLE OF PSYCHO NEUROBICS, EXERCISE (HIIT) AND DIET MANAGEMENT HAVE BEEN PROVEN SUCCESSFUL IN THE REVERSAL OF HYPERTENSION.

6. LIMITATIONS OF THE STUDY

- i. The main drawback of the study is that there are chances that the respondents will not be able to continue with the daily practices of diet management, exercise and psycho-neurobic strictly, which may have a insignificant impact on the reversal of hypertension.
- ii. The sample size will be selected on random basis, which will not help in generalizing the results of the study.
- iii. The role of intervening variables, which may even influence the dependent variables, apart from the independent variables are not taken into consideration.
- iv. There is no guarantee that the subjects may continue practicing different therapies lifelong, hence the results (even if achieved successfully) may revert over a long duration.

The experiment was performed daily over a period of 30 days and proved to be successful. All the three hypotheses assumed have been verified by the paired T test and paired Wilcoxon test, which clearly indicate that Psycho

Neurobics, Diet and Exercise are very effective in dealing Hypertension Reversal. These are very easy to perform regimes and cause long terms benefits, if done regularly.

7. SCOPE OF FUTURE STUDIES

Given the promising evidence that combined psycho neurobics, dietary control and exercise have shown, these are effective in reversal of hypertension and minimising other health risks also. The scope of study was very limited in this condition due to time constraints, number of participants and many other reasons. There is insufficient data and research done to prove this method as a more effective approach, we suggest that a longitudinal study must be carried out with random controlled interventions and follow up periods of at least two years.

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