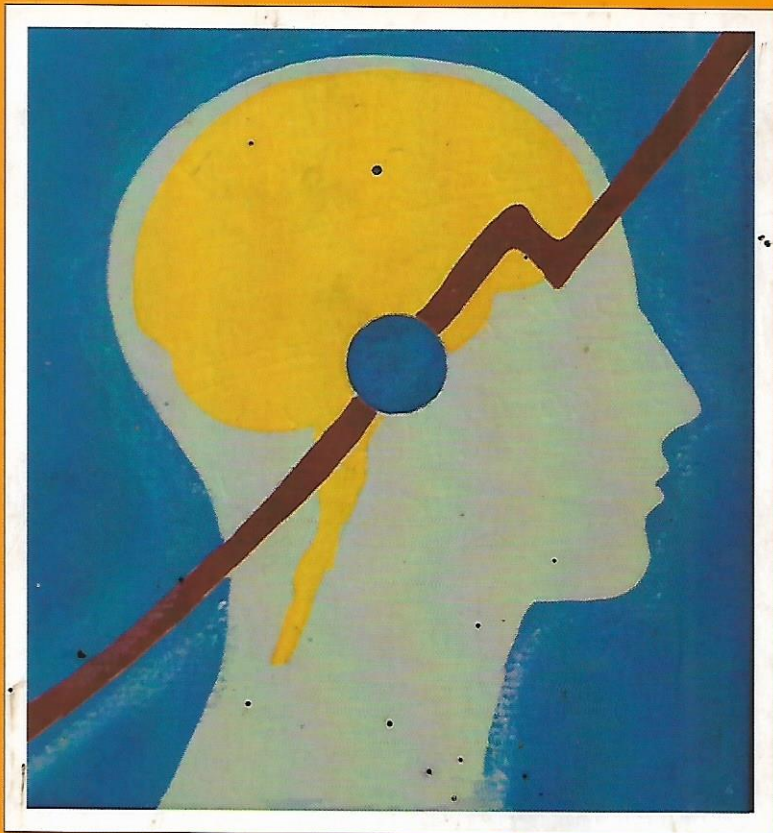


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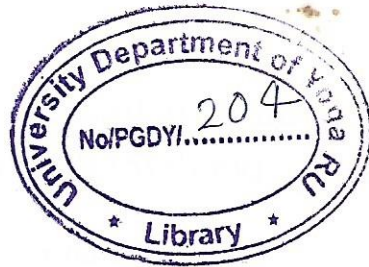
THE EFFECTS OF
**Yoga on
Hypertension**

Dr Swami Shankardevananda



Yoga Publications Trust, Munger, Bihar, India

THE EFFECTS OF
Yoga on
Hypertension



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Contents

Foreword	<i>vii</i>
Preface	<i>xiii</i>
Preface to the Second Edition	<i>xiv</i>
Introduction	<i>xvii</i>
Cause	
Circulatory System	3
Hypertension	17
The Medical View	26
The Yogic View	32
Mental Cause	35
The Pranic Cause	40
Stress and the Personality	45
Lifestyle	53
Heredity and Ageing	57
The Total View	61
Cure	
Yogic Cure	65
Eliminating Mental Problems	71
Asana and Pranayama	79
Yogic Way of Life	94
Relaxation and Awareness	101
Meditation	110
Holistic Healing	123
Practices	
Complete Training Program	135
Asana	141

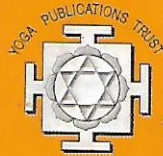
Surya Namaskara	148
Pawanmuktasana	159
Pranayama	170
Meditation Practice	179
Yoga Nidra	185
Appendices	
Low Blood Pressure	195
Suggestions for Diet	199
The Pillars of Life	203
Glossary	207
References	215
<i>List of Illustrations</i>	
The Circulatory System	4
The Heart and the Seat of the Soul	10
The Pranic Body	43
The Endocrine Glands	49
Chakra-Endocrine Complex	51
The Brain	113
The Autonomic Nervous System	116
Shavasana (corpse pose)	143
Vajrasana (thunderbolt pose)	144
Shashankasana (pose of the moon or hare pose)	145
Padmasana (lotus pose)	146
Jnana mudra	147
Surya namaskara (salute to the sun)	150-6
Pawanmuktasana	160-9
Yogic Breath	171
Bhramari Pranayama (humming bee breath)	172
Nadi Shodhan Pranayama (psychic network purification)	173
Sheetali Pranayama (cooling breath)	176
Sheetkari Pranayama (hissing breath)	177
Internal Organs	206



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The Effects of Yoga on Hypertension offers advice on the yogic management of hypertension. The first section explores the various causes of hypertension from both the medical and yogic viewpoints, including psychological and pranic influences, lifestyle, stress and heredity. The second section looks at the management and cure of hypertension through yogic means, including lifestyle, relaxation and meditation. The third section offers a structured practice program of specific yogic techniques to normalize blood pressure and provide ongoing health management.

Line drawings and diagrams are included.



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