

# YOGA

FOR

## *HYPERTENSION and HEART DISEASES*



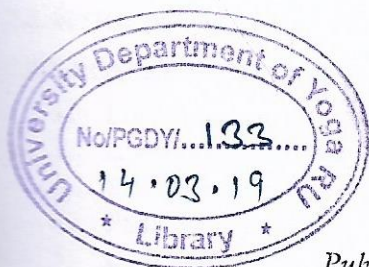
*Dr R Nagarathna  
Dr H R Nagendra*

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HEART DISEASES

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# Yoga for Hypertension and Heart Diseases

*This is one of the series of books on "Integrated approach of yoga therapy for modern ailments" published by Swami Vivekananda Yoga Prakashana. The authors of this book are both scientists who have carried out systematic research at the yoga research foundation and developed these integrated yoga therapy modules in tune with both the traditional yoga texts and the modern medical understanding of ailments. Research by these authors since 1980 has validated the efficacy of these techniques through scientific observations published in indexed medical journals.*

*In this book Yoga for Hypertension and Heart diseases the authors have addressed many questions such as :*

*How does stress increase blood pressure ?*

*How to manage CHD?*

*What is the relation between Diet, Cholesterol and Heart?*

*How does yoga provide the answer to this problem of stress?*

*What are the general recommendations and rules of life style for a rosy heart ?*

*What is life style change according to Yoga?*

*Why this speed and greed?*

*What is IAYT?*

*Illustrated description of Yoga practices for Heart.*

**Dr H R Nagendra, M.E., Ph.D.,**  
Director Indian Institute of Yoga

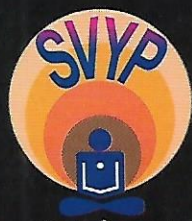
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