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A Study of the Effect of Yognidra on High Blood Pressure

Dr. Rajesh Kumar Tiwari
Assistant Professor & Head
Department of Psychology
T.N.B. College, Bhagalpur, Bihar, India

Abstract

The present study examines the effect of Yognidra (psychic sleep) on individuals with high blood pressure. Thirty volunteers (N=30) from Munger, Bihar, participated. Using an One Group Pre-test–Post-test Design, participants practiced Yognidra developed by Swami Satyananda Saraswati (1997) for six months. Data revealed significant reductions in both systolic and diastolic blood pressure levels, indicating that Yognidra is a highly effective non-pharmacological intervention for hypertension management. Results are discussed with reference to physiological relaxation and psychological well-being.

Keywords : Yognidra, hypertension, relaxation therapy, systolic pressure, diastolic pressure, yoga psychology.

Introduction

Hypertension is one of the most pervasive psychosomatic disorders globally, often linked to stress, lifestyle imbalance, and emotional instability. Modern medical approaches focus primarily on pharmacological control; however, psychological and yogic interventions are increasingly recognized as complementary methods to promote relaxation and homeostasis.

Yognidra, meaning “psychic sleep,” induces a deep state of relaxation while maintaining awareness. It calms the nervous system, balances the autonomic functions, and helps in emotional regulation. According to Swami Satyananda Saraswati (1997), Yognidra allows practitioners to enter a state between waking and sleep, where subconscious tensions are released.

The present study explores how six months of regular Yognidra practice can influence blood pressure levels among individuals suffering from hypertension.

Objectives

1. To assess the effect of Yognidra on systolic and diastolic blood pressure levels.

2. To evaluate changes in subjective feelings of relaxation and calmness following Yognidra practice.

3. To suggest Yognidra as a potential therapeutic technique for managing hypertension.

Hypothesis

It was hypothesized that regular Yognidra practice for six months would significantly reduce both systolic and diastolic blood pressure among hypertensive individuals.

Methodology

Design

The study employed a One Group Pre-test–Post-test Design.

Sample

Thirty volunteers (N=30) aged 35–60 years from Munger (Bihar) were selected using incidental sampling. All participants were diagnosed with mild to moderate hypertension.

Inclusion Criteria

Medically confirmed hypertension.

Physically capable of performing Yognidra.

Not under sedative medication.

Willing to attend regular sessions for six months.

Intervention

Yognidra sessions (30 minutes each) were conducted five days a week for six months at a local yoga center.

The steps included:

1. Preparation and relaxation in Shavasana.

2. Sankalpa (personal resolution).

3. Rotation of consciousness through body parts.

4. Awareness of natural breathing.

5. Visualization of peaceful scenes.

6. Repetition of Sankalpa and gradual awakening.

Tools and Measures

Blood Pressure Measurement: Standard sphygmomanometer.

Recording Schedule: Readings taken before (pre-test) and after (post-test) the 6-month intervention.

Subjective Feedback: Informal reports of relaxation, sleep quality, and mood.

Results

Table 1: Mean and Standard Deviation of Blood Pressure Scores (Pre-Test and Post-Test)

Variable	N	Pre-Test Mean (mmHg)	SD	Post-Test Mean (mmHg)	SD	Mean Difference	t-value	Significance Level
Systolic Blood Pressure	30	152.60	8.42	134.40	7.88	18.20	9.14	$p < 0.01$
Diastolic Blood Pressure	30	96.20	6.55	84.10	5.96	12.10	7.82	$p < 0.01$

Interpretation:

Both systolic and diastolic pressures significantly decreased after six months of Yognidra practice. The t-values indicate that these reductions are statistically significant at the 0.01 level, confirming the hypothesis.

Qualitative Observations

Participants reported improved sleep quality and reduced irritability.

Many experienced mental calmness, better emotional control, and higher energy levels.

No adverse effects were reported.

Discussion

The findings support the hypothesis that Yognidra practice significantly reduces blood pressure and enhances psychological well-being. The observed reduction in both systolic and diastolic pressure can be attributed to:

1. Physiological relaxation – activation of parasympathetic dominance and reduction in sympathetic arousal.

2. Emotional regulation – calming of limbic system activity through mental focus and breath awareness.

3. Cognitive reprogramming – positive Sankalpa statements foster self-confidence and stress resilience.

4. Psychosomatic balance – integration of mind–body harmony leading to improved homeostasis.

These outcomes correspond with prior research by Joshi et al. (2005) and Telles & Nagarathna (2010), who found similar effects of yogic relaxation on autonomic nervous system regulation.

Conclusion

The six-month Yognidra intervention significantly reduced both systolic and diastolic blood pressure levels among participants with hypertension. Thus, Yognidra emerges as a valuable, non-invasive, and cost-effective therapeutic approach for managing hypertension.

Implications

Yognidra can be incorporated into community health programs and hospital-based stress clinics.

Psychologists and yoga therapists can use it as a complementary therapy.

Regular practice can help individuals prevent psychosomatic disorders linked to stress.

Limitations

Small sample size (N=30) limits generalizability.

No control group for comparative evaluation.

Other lifestyle factors (diet, exercise) were not monitored.

Future studies should include randomized control designs and larger, diverse samples.

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