Limitations of Study and Suggestions
LIMITATIONS OF THE STUDY
AND SUGGESTIONS

The present investigation has been conducted adopting an adequate methodology, and accordingly the inferences are made. But every research has its own limitation due to time involvement, economy and some other factors. This project also suffers with following limitations.

1. This project covers only the essential hypertension, and it require a further study including secondary hypertension and malignant hypertension.

2. It attempted to assess the prevalent motivational factors associated with hypertension. This can be further investigate to examine the motivational determinants in relation to work-related jobs.

3. This investigation has adopted measures viz. motives and stress to see the relationship with hypertension. Now, there is need to make further study to establish the direct relationship between motives, stress and hypertension. It is possible, when longitudinal researches are done, and thus it will help the researcher to develop better therapeutic devices for hypertension.

4. The present study was limited to a group of hypertensives. It can be further studied by classifying hypertensive into mild, moderate and severe hypertensive patients.

5. The present project included hypertensive age ranging from 30-50 yrs. It can be studied including sample from below and above this age range.

On the basis of obtained results, the researchers suggest the following steps to be undertaken for reducing hypertension.
1. This has been found that hypertensive patients possess high achievement, power, aggression and security. As the persons having high achievement tends to develop high stress, anxiety, and tension. Therefore, hypertensives are suggested to lower their levels of aspiration and anger, so that they can minimise their work-related stress. This will gradually help them to manage their mental health and stress.

**Stress management:** Like all the physical disorders hypertension also associated with stress and anxiety. To overcome these problems following methods are suggested to reduce the level of stress and hypertension.

(a) *Trainup in stress management technique*

(b) *Yoga*

(c) *Avoidance of stress, anxiety and environmental stressors.*

(a) **Train up in stress management:** Hypertensive patients with high stress may undergo training of stress management which may help them to control the hypertension.

(b) **Yoga:** Certain yogasana and pranayamas are found to be most beneficial as non drug therapy to control the hypertension. Yoga should be practiced strictly under supervision of yoga experts.

Following yogasana and pranayamas are beneficial for controlling of hypertension.

1. **PAWANMUKTĀSANA** – 4 to 5 times in a day
2. **GUMUKHĀSANA** - 5+5= 10 times
3. **SAWĀSANA** – 1 minute/more
4. **BAJRĀSANA** – 10 minutes (after lunch and dinner)
5. **SAHĀJ PRĀNĀYAMAS** – 1 to 2 minutes
Apart from this, some household remedies are fond to be beneficial viz. taking garlic in raw form with food, taking fruits and fibrous vegetables, leafy jungle herbs namely NEPHAPHU (Clerodendron-Colebrookianum) has lowered the B.P. significantly, which is usually taken by most of the tribals in the North East area.

(c) Avoidance of stress, anxiety and environmental stressors: As much as possible, hypertensive patients should avoid stress, anxiety and environmental stressors.

Being, a physician, the researcher, observed in ample cases of hypertensives, found that morning walk is helpful to reduce the B.P. in mild and moderate cases of hypertensive. In case of persistant hypertensive morning walk is also fruitful along with other therapy. In case of mild hypertensive patients, the investigator found that those patients walking with bare foot on dewy grass in the morning time for a period of 20 minutes, along with moking walk for atleast three months, the B.P. significantly goes down. But grass should be clean, so that person can walk without hesitation. This non drug therapy should be tried for six months to one year.
Control diet  
(Less Cholesterol)

Sawasana (Morning + Evening)  
(Yoga Everyday)

If not controlled
administer antihypertensive
Reduce the B.P.

Morning Walk
at least 1 hour

To minimise the work load
1. Lower the Achievement
2. Minimise the power & Aggression
3. Encourage social relations

Hypertension  
(High B.P.)

Behavioural Model for Management of Hypertension

Continue the practice (1+2+3+4)
for 6 months to one year.

Normal B.P.  
as desired