CHAPTER- 7

COMPARING THE EFFECT OF HINDUSTANI CLASSICAL MUSIC (Instrumental) ON THE HYPERTENSIVE PEOPLE INVOLVED IN REGULAR YOGA PRACTICE
7.1 Introduction

The mind is powerful tool in treating the different physical and mental disorders. It is the mind to mind dialogue that helps in healing a person from the various types of illnesses- physical and psychological. Sometimes medicines do not work, especially if the illness is connected with the psychology of a person.

Perhaps the yoga was the first system in the world to recognize the body-mind connection and their interaction. Healthy body is always insisted upon as a basis for the mental health and hygiene.

Now a large number of thoughtful people, both in the East and the West, are genuinely interested in the subject of Yoga. This is natural because a man who has begun to question life and its deeper problems wants something more definite and vital for his spiritual needs than a mere promise of heavenly joys or ‘eternal life’ when he passes out of his brief and feverish life on this planet. Those who have lost faith in the ideals of orthodox religions and yet feel that their life is not a meaningless and passing phenomenon of Nature naturally turns to the philosophy of Yoga for the solution of problems connected with their ‘inner’ life.

The word Yoga in Sanskrit has a very large number of meanings. It is derived from the root Yuj which means ‘to join’ and the idea of joining runs through all
the meanings. What are the two things which are sought to be joined by the practice of Yoga? According to the highest conceptions of Hindu philosophy of which the Science of Yoga is an integral part, the human soul or the Jivatma is a facet or partial expression of the Over-Soul or Paramatma, the Divine Reality which is the source or substratum of the manifested Universe. Although in essence the two are the same and are indivisible, still, the Jivatma has become subjectively separated from Paramatma and is destined, after going through an evolutionary cycle in the manifested Universe, to become united with Him again in consciousness. This state of unification of the two in consciousness as well as the mental process and discipline through which this union is attained are both called Yoga.

In India the aim of all philosophical thought has been the quest of perfection. The yoga which is a complement of the Samkhya system of philosophy aims at the realization of the true self and the attainment of happiness. In the Samkhya the true bliss is attained when the principle of goodness (sattva) becomes dominant in the life of an individual and the other two principles- energy (rajas) and darkness (tamas) are excluded. Pain, suffering and ignorance are the result of the latter two principles. When these are eliminated from the life of the individual, the bright and blissful image of the purusa is reflected in the clear mirror of sattva.

This in essence is the goal of the life. Yoga accepts all these principles if the Samkhya but it further adds that for the attainment of Samadhi or Kaivalya the state of supreme bliss, contemplation on god is essential. It is now an established fact that
many of our diseases are due to mental and emotional conflicts. This must be a strong reason that as days pass a vast mass of thinking people, both in India and outside are taking keen interest in Yoga.

In this Chapter the researcher has made an attempt to compare the therapeutic effect of non pharmacological methods like yoga with an addition of Hindustani classical music (instrumental) sessions to the subjects who are hypertensive in nature.

7.2 Materials and Methods

Aim and Objective

- The aim and the objective of this study are to compare the reduction in the blood-pressure of the hypertensive subjects who are involved in regular yoga practice.

Sources of data

- Known cases of Essential Hypertension who are on a regular yoga routine at the Ramtatva Yog Mandir, Khanapur road, Belgaum
Sample

- A total number of 33 subjects satisfying all the inclusion and exclusion criteria according to the doctors will constitute the population.

Inclusion Criteria

- The subjects enrolled for the study will be adults of both the genders \( \geq 40 \) years.
- The subjects suffering from only essential hypertension will be included in the study.
- The subjects involved in regular yoga routine will be a part of the study.

Exclusion Criteria

- The subjects suffering from any other serious complications related to hypertension
- Pregnant ladies with hypertension.
- The subjects having hearing impairment.
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*Instruments Used*

- A CD player.
- A validated music CD (*sample music attached at the end of the thesis*).
- Calibrated Sphygmomanometer.

*Data Collection*

- A pre designed and pre tested questionnaire (*sample questionnaire attached at the end of the thesis*) will be used to collect the data from the subjects.
- Data collection will be done only after seeking the written permission from the concerned authority.
- The purpose of the study will be explained to the subjects in their local language.
- A written consent (*sample consent form attached at the end of the thesis*) will be obtained from the subjects before enrolling them in the study.
- The study will be conducted for a period of 30 days from 1st August 2012 to 30th August 2012.
- During the study all the subjects will perform their yoga as per the routine for the first 15 days and for the next 15 days along with their yoga practice the subjects will be exposed to Hindustani classical music (instrumental)
for duration of 20 minutes daily in the morning at the Ramtatva Yog Mandir, Belgaum, India.

- Only on every 2nd, 5th and the 7th day of the week i.e on every Monday, Thursday and Saturday their blood-pressure will be observed and documented.

**Data Analysis**

- Effect of Hindustani classical music (Instrumental) on Hypertensive subjects in the group will be analysed by mean reduction of the blood pressure.

- To compare the blood pressure before and after paired T test will be used.

**7.3 The study proper**

The study was conducted for a period of 30 days from 1st August 2012-30th August 2012. As there were only 33 hypertensive subjects ready to attend the study, all the subjects were taken for the study on the basis of *Case series*.

*On the day Zero-* all the subjects were asked to visit the Ramtatva Yog Mandir, Khanapur road, Belgaum at 8.00 am. The researcher along with the help of the two volunteers from the Ramtatva group gave the *consent forms* to all the 33
present subjects respectively. All the subjects were explained the rules and regulations of the study in their local language. All the quires of the subjects were satisfactorily answered by the researcher and with the help of the pre designed and pre tested Questionnaire all the details of the subjects were noted in order to avoid chaos.

On the day One- all the 33 subjects were requested to visit the Ramtatva Yog Mandir, Belgaum, India at 7.00 am to perform their regular yoga for one hour. Their regular yoga routine was observed by the researcher and documented.
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On the Day two- all the 33 subjects were requested to visit the Ramtatva Yog Mandir, Belgaum, India at 7.00 am to perform their regular yoga for one hour and the blood-pressure of these subjects after one hour of yoga was observed and documented by the researcher. For the first 15 days these subjects followed the same routine. Only on every 2nd, 5th and the 7th day of the week i.e. on every Monday, Thursday and Saturday their blood-pressure was observed and documented, rest of the days they just performed their regular yoga routine. The attendance of the subjects was noted down by the researcher on the questionnaire.

Photo No-13
Blood pressure check after 1 hr of yoga of the Hypertensive subjects at the Ramtatva Yog Mandir, Belgaum, India
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On the day Sixteen- all the 33 subjects were asked to perform their regular yoga for one hour and their blood-pressure after one hour of Yoga was observed and documented by the researcher. Then theses subjects were given 20 minutes of the Hindustani classical music (instrumental) session and again the blood-pressure after the session was observed and documented by the researcher. The next 15 days the subjects followed the same routine. Only on every 2nd, 5th and the 7th day of the week i.e., on every Monday, Thursday and Saturday their blood-pressure was observed and documented after 1 hour of yoga and after 20 minutes of the Hindustani classical music (instrumental) session, rest of the days they just performed their regular yoga routine and attended the music session.
All the subjects were requested to avoid any other special treatments (exclusive of any emergency) rather than their regular treatment. While the subjects were under the observation of the researcher and her team, the subjects were also requested to avoid listening to any kind of other music as a medication.

**7.4 Analysis and interpretation of the data**

Analysis of data involves a number of closely related operations that are performed with the purpose of collecting the data and organising these in such a manner that they will yield the right answers, to the research queries.

The Parameters for the study were-

a) **Systolic blood-pressure**

b) **Diastolic blood-pressure**

In the present research the effect of Hindustani classical music (instrumental) on the Hypertensive subjects involved in regular yoga practice was analysed by mean reduction of the blood-pressure. Further to compare the blood-pressure after 1 hour of yoga and after 20 minutes of the music session paired \( T \text{ test} \) was used.

Retrospectively after the study was over, all the details of the subjects were sorted out with a conclusion that there were 33 subjects in the Yoga centre who
were hypertensive and were on regular yoga routine. Accordingly the statistical results of the blood pressure were as below:

7.5 Results

TABLE NO: 43
SEX distribution amongst the subjects (n = 33)

<table>
<thead>
<tr>
<th>GROUP</th>
<th>MALE</th>
<th>FEMALE</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga subjects</td>
<td>30 (90.9%)</td>
<td>3 (9.1%)</td>
<td>33</td>
</tr>
</tbody>
</table>

TABLE NO: 44
Distribution of AGE (mean± SD) amongst the subjects (n = 33)

<table>
<thead>
<tr>
<th>GROUP</th>
<th>AGE (mean± SD)</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga subjects</td>
<td>54.2±9.90 (40-75yrs)</td>
<td>33</td>
</tr>
</tbody>
</table>

TABLE NO: 45
Distribution of the DURATION of the disease amongst the subjects (n = 33)

<table>
<thead>
<tr>
<th>GROUP</th>
<th>DURATION OF THE DISEASE</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga subjects</td>
<td>&lt;5 years</td>
<td>5-6 years</td>
</tr>
<tr>
<td></td>
<td>17 (51.5%)</td>
<td>6 (18.2%)</td>
</tr>
</tbody>
</table>
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**TABLE NO: 46**
Distribution of the MEDICINES received or not amongst subjects (n= 33)

<table>
<thead>
<tr>
<th>GROUP</th>
<th>MEDICINES RECEIVED</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Yoga subjects</td>
<td>29 (87.9%)</td>
<td>4 (12.1%)</td>
</tr>
</tbody>
</table>

**TABLE NO: 47**
Distribution of the history of the Yoga routine amongst the subjects (n= 33)

<table>
<thead>
<tr>
<th>GROUP</th>
<th>HISTORY OF YOGA</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>&lt;5 years</td>
<td>5-6 years</td>
</tr>
<tr>
<td>Yoga subjects</td>
<td>17 (51.5%)</td>
<td>5 (15.2%)</td>
</tr>
</tbody>
</table>

**TABLE NO: 48**
Distribution of the history of COMPLAINTS amongst subjects (n= 33)

<table>
<thead>
<tr>
<th>GROUP</th>
<th>COMPLAINTS HISTORY</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>HEADACHE</td>
<td>GIDDINESS</td>
</tr>
<tr>
<td>Yoga subjects</td>
<td>5 (15.1%)</td>
<td>5 (15.1%)</td>
</tr>
</tbody>
</table>
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TABLE NO: 49

Distribution of the Blood Pressure readings thrice a week after performing 1 hour of yoga for the first 15 days amongst the subjects

<table>
<thead>
<tr>
<th>DAYS</th>
<th>TOTAL SUBJECTS</th>
<th>BLOOD PRESSURE READINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>SYSTOLIC</td>
</tr>
<tr>
<td>2nd</td>
<td>32</td>
<td>139.3 ±9.12</td>
</tr>
<tr>
<td>4th</td>
<td>33</td>
<td>138.4 ±9.49</td>
</tr>
<tr>
<td>6th</td>
<td>32</td>
<td>138 ±9.09</td>
</tr>
<tr>
<td>9th</td>
<td>32</td>
<td>139.3 ±9.54</td>
</tr>
<tr>
<td>11th</td>
<td>33</td>
<td>138.7 ±10.19</td>
</tr>
<tr>
<td>13th</td>
<td>31</td>
<td>138.7 ±10.66</td>
</tr>
</tbody>
</table>
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GRAPH NO: 4
Blood pressure readings after 1 hour of yoga for the first 15 days.

BLOOD PRESSURE READINGS AFTER 1 HOUR OF YOGA

<table>
<thead>
<tr>
<th>Day</th>
<th>2nd day</th>
<th>4th day</th>
<th>6th day</th>
<th>9th day</th>
<th>11th day</th>
<th>13th day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patients</td>
<td>32</td>
<td>33</td>
<td>32</td>
<td>32</td>
<td>33</td>
<td>31</td>
</tr>
<tr>
<td>Systolic</td>
<td>139</td>
<td>138</td>
<td>138</td>
<td>139</td>
<td>139</td>
<td>138</td>
</tr>
<tr>
<td>Diastolic</td>
<td>82</td>
<td>83</td>
<td>85</td>
<td>86</td>
<td>85</td>
<td>86</td>
</tr>
</tbody>
</table>
**TABLE NO: 50**  
The mean and the standard deviation of the Blood Pressure readings thrice a week after performing 1 hour of yoga and 20 minutes of Hindustani classical music session amongst the subjects

<table>
<thead>
<tr>
<th>DAYS</th>
<th>TOTAL SUBJECTS</th>
<th>SYSTOLIC BLOOD PRESSURE</th>
<th>DIASTOLIC BLOOD PRESSURE</th>
<th>VALUE</th>
<th>VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>After 1 hour of yoga</td>
<td>After 20 mins of music session</td>
<td></td>
<td></td>
</tr>
<tr>
<td>After 1 hour of yoga</td>
<td></td>
<td>After 20 mins of music session</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>After 1 hour of yoga</td>
<td>After 20 mins of music session</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16th</td>
<td>32</td>
<td>137.2±6.81</td>
<td>129.9±7.92</td>
<td>Paired t test = 11.121 P&lt;.001</td>
<td>84.1±7.86</td>
</tr>
<tr>
<td></td>
<td></td>
<td>129.9±7.92</td>
<td>83.8±7.91</td>
<td>Paired t test = .309 P=.760</td>
<td></td>
</tr>
<tr>
<td>18th</td>
<td>31</td>
<td>136.3±6.93</td>
<td>128.7±6.56</td>
<td>Paired t test =8.274 P&lt;.001</td>
<td>82.9±6.08</td>
</tr>
<tr>
<td></td>
<td></td>
<td>128.7±6.56</td>
<td>81.7±5.07</td>
<td>Paired t test =1.583 P=.124</td>
<td></td>
</tr>
<tr>
<td>20th</td>
<td>33</td>
<td>135.4±7.62</td>
<td>127.7±7.10</td>
<td>Paired t test =10.237 P&lt;.001</td>
<td>83.4±5.92</td>
</tr>
<tr>
<td></td>
<td></td>
<td>127.7±7.10</td>
<td>80.1±5.17</td>
<td>Paired t test =4.209 P&lt;.001</td>
<td></td>
</tr>
<tr>
<td>23rd</td>
<td>31</td>
<td>132.6±5.51</td>
<td>126.2±6.17</td>
<td>Paired t test =7.005 P&lt;.001</td>
<td>81±5.21</td>
</tr>
<tr>
<td></td>
<td></td>
<td>126.2±6.17</td>
<td>78.8±5.26</td>
<td>Paired t test =2.953 P=.006</td>
<td></td>
</tr>
<tr>
<td>25th</td>
<td>32</td>
<td>131.6±6.30</td>
<td>125.9±5.59</td>
<td>Paired t test =6.776 P&lt;.001</td>
<td>79.3±5.62</td>
</tr>
<tr>
<td></td>
<td></td>
<td>125.9±5.59</td>
<td>78.1±5.35</td>
<td>Paired t test =1.974 P=.057</td>
<td></td>
</tr>
<tr>
<td>27th</td>
<td>31</td>
<td>131±5.97</td>
<td>123.4±5.09</td>
<td>Paired t test =8.232 P&lt;.001</td>
<td>79.9±5.27</td>
</tr>
<tr>
<td></td>
<td></td>
<td>123.4±5.09</td>
<td>78.1±4.63</td>
<td>Paired t test =1.988 P=.056</td>
<td></td>
</tr>
</tbody>
</table>
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GRAPH NO: 05
Distribution of the Blood Pressure readings after performing 1 hour of yoga and after 20 minutes of Hindustani classical music (instrumental) sessions on the 16th, 18th and 20th day respectively.

Blood-pressure record after 1 hour of yoga and after 20 minutes of music session on the 16th, 18th and th 20th day
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**GRAPH NO: 06**
Distribution of the Blood Pressure readings after performing 1 hour of yoga and after 20 minutes of Hindustani classical music (instrumental) sessions on the 23rd, 25th, and 29th day respectively.
7.6 Observations and Discussions

1. Totally 33 subjects consented to participate in the study. These subjects were performing non pharmacological methods like yoga. After the enrollment of these subjects into the study the researcher documented the systolic and the diastolic blood-pressure of these subjects for 15 days after one hour of their Yoga practice. For the next 15 days these subjects continued with their yoga routine and were followed up with 20 minutes of the Hindustani classical music (instrumental) session. The researcher documented the systolic and the diastolic blood-pressure of these subjects after 1 hour of yoga and after 20 minutes of Hindustani classical music (instrumental) session for the next 15 days. Out of 33 subjects only 31 subjects had completed the study. Remaining 2 subjects were loss of follow up.

2. In the Table no: 43 it was observed that-

Amongst the 33 Essential Hypertensive subjects who were on regular Yoga routine 30 (90.9%) of them were male subjects and 3 (9.1%) of them were female subjects who attended the study of the comparison of the yoga and the Hindustani classical music (instrumental) sessions.

3. In the Table no: 44 it was observed that-

The Mean and the Standard Deviation of the age amongst the 33 subjects who attended the study of the comparison of the yoga and the Hindustani classical music (instrumental) sessions was 54.2 ±9.90
4. **In the Table no: 45 it was observed that**-
   
   Amongst the 33 Essential Hypertensive subjects who attended the study of the comparison of the yoga and the Hindustani classical music (instrumental) sessions - 17 (51.5%) of them were affected by Essential Hypertension for <5 years, 6 (18.2%) of the subjects were affected in between 5-6 years, 2 (6.1%) of the subjects were affected in between 6-7 years and 8 (24.2%) of the subjects were affected for > 7 years.

5. **In the Table no: 46 it was observed that**-
   
   Amongst the 33 Essential Hypertensive subjects who attended the study of the comparison of the yoga and the Hindustani classical music (instrumental) sessions - 29 (87.9%) of them received proper medication whereas 4 (12.1%) of the subjects did not receive any kind of medication.

6. **In the Table no: 47 it was observed that**-
   
   Amongst the 33 Essential Hypertensive subjects who attended the study of the comparison of the yoga and the Hindustani classical music (instrumental) sessions - 17 (51.5%) of them were on Yoga routine for <5 years. 5 (15.2%) subjects were on yoga routine in between 5-6 years. 2 (6.1%) of the subjects were on yoga routine in between 6-7 years and 9 (27.3%) of the subjects were on yoga routine for > 7 years.

7. **In the Table no: 48 it was observed that**-
   
   Out of the 33 Essential Hypertensive subjects who attended the study of the comparison of the yoga and the Hindustani classical music (instrumental) sessions -
10 (30.2%) of the subjects had complaints of headache and giddiness whereas 23 (69.8%) of the subjects did not have any kind of complaints

8. **In the Table no: 49 it was observed that**-

On the 2\(^{nd}\) day the mean and the standard deviation of the blood-pressure of the 32 subjects after one hour of yoga was - The Systolic Blood-Pressure was **139.3 ±9.12** and The Diastolic Blood-Pressure was **81.8 ±10.33**.

On the 4\(^{th}\) day the mean and the standard deviation of the blood-pressure of the 33 subjects after one hour of yoga was - The Systolic Blood-Pressure was **138.4 ±9.49** and The Diastolic Blood-Pressure was **83.2 ±8.73**.

On the 6\(^{th}\) day the mean and the standard deviation of the blood-pressure of the 32 subjects after one hour of yoga was - The Systolic Blood-Pressure was **138 ±9.09** and The Diastolic Blood-Pressure was **85.6 ±9.48**.

On the 9\(^{th}\) day the mean and the standard deviation of the blood-pressure of the 32 subjects after one hour of yoga was - The Systolic Blood-Pressure was **139.3 ±9.54** and The Diastolic Blood-Pressure was **86.8 ±7.94**.

On the 11\(^{th}\) day the mean and the standard deviation of the blood-pressure of the 33 subjects after one hour of yoga was - The Systolic Blood-Pressure was **138.7 ±10.19** and The Diastolic Blood-Pressure was **85.6 ±7.35**.

On the 13\(^{th}\) day the mean and the standard deviation of the blood-pressure of the 31 subjects after one hour of yoga was - The Systolic Blood-Pressure was **138.7 ±10.66** and The Diastolic Blood-Pressure was **86.4 ±7.10**.
9. **In the Graph no: 4 it was observed that**-

The Systolic Blood-pressure of the hypertensive subjects after one hour of yoga and the Diastolic Blood-Pressure of the hypertensive subjects after one hour of yoga is shown in this graph.

10. **In the Table no: 50 it was observed that**-

On the 16\textsuperscript{th} day the mean and the standard deviation of the blood-pressure of the 32 subjects after one hour of yoga was - The Systolic Blood-Pressure was \(137.2 \pm 10.66\) and The Diastolic Blood-Pressure was \(84.1 \pm 7.86\). And the mean and the standard deviation of the blood-pressure of the 32 subjects after 20 minutes of Hindustani classical music (instrumental) session was - The Systolic Blood-Pressure was \(129.9 \pm 7.92\) and The Diastolic Blood-Pressure was \(83.8 \pm 7.91\). The difference in the systolic blood-pressure was statistically significant \(P<.001\). Whereas the difference in the diastolic blood-pressure was not statistically significant \(P=.760\)

On the 18\textsuperscript{th} day the mean and the standard deviation of the blood-pressure of the 31 subjects after one hour of yoga was - The Systolic Blood-Pressure was \(136.3 \pm 6.93\) and The Diastolic Blood-Pressure was \(82.9 \pm 6.08\). And the mean and the standard deviation of the blood-pressure of the 31 subjects after 20 minutes of Hindustani classical music (instrumental) session was - The Systolic Blood-Pressure was \(128.7 \pm 6.56\) and The Diastolic Blood-Pressure was \(81.7 \pm 5.07\). The difference in the systolic blood-pressure was statistically significant \(P<.001\). Whereas the difference in the diastolic blood-pressure was not statistically significant \(P=.124\)
On the 20th day the mean and the standard deviation of the blood-pressure of the 33 subjects after one hour of yoga was - The Systolic Blood-Pressure was 135.4 ±7.62 and The Diastolic Blood-Pressure was 83.4 ±5.92. And the mean and the standard deviation of the blood-pressure of the 33 subjects after 20 minutes of Hindustani classical music (instrumental) session was - The Systolic Blood-Pressure was 127.7 ±7.10 and The Diastolic Blood-Pressure was 80.1 ±5.17. The difference in the systolic blood-pressure was statistically significant P<.001. Whereas the difference in the diastolic blood-pressure was also was statistically significant P<.001

On the 23rd day the mean and the standard deviation of the blood-pressure of the 31 subjects after one hour of yoga was - The Systolic Blood-Pressure was 132.6 ±7.62 and The Diastolic Blood-Pressure was 81 ±5.21. And the mean and the standard deviation of the blood-pressure of the 31 subjects after 20 minutes of Hindustani classical music (instrumental) session was - The Systolic Blood-Pressure was 126.2 ±6.17 and The Diastolic Blood-Pressure was 78.8 ±5.26. The difference in the systolic blood-pressure was statistically significant P<.001. Whereas the difference in the diastolic blood-pressure was also was statistically significant P=.006

On the 25th day the mean and the standard deviation of the blood-pressure of the 32 subjects after one hour of yoga was - The Systolic Blood-Pressure was 131.6 ±6.30 and The Diastolic Blood-Pressure was 79.3 ±5.62. And the mean and the standard deviation of the blood-pressure of the 32 subjects after 20 minutes of Hindustani classical music (instrumental) session was - The Systolic Blood-Pressure was 125.9 ±5.59 and The Diastolic Blood-Pressure was 78.1 ±5.35. The difference in the
systolic blood-pressure was statistically significant $P<.001$. Whereas the difference in the diastolic blood-pressure was not statistically significant $P=.057$

On the 29$^{th}$ day the mean and the standard deviation of the blood-pressure of the 31 subjects after one hour of yoga was - The Systolic Blood-Pressure was $131 \pm 5.97$ and The Diastolic Blood-Pressure was $79.9 \pm 5.27$. And the mean and the standard deviation of the blood-pressure of the 31 subjects after 20 minutes of Hindustani classical music (instrumental) session was - The Systolic Blood-Pressure was $123.4 \pm 5.09$ and The Diastolic Blood-Pressure was $78.1 \pm 4.63$. The difference in the systolic blood-pressure was statistically significant $P<.001$. Whereas the difference in the diastolic blood-pressure was not statistically significant $P=.056$

11. **In the Graph no: 5 it was observed that-**

   The difference in the Systolic Blood-Pressure and the Diastolic Blood-Pressure of the hypertensive subjects after one of hour yoga and after 20 minutes of Hindustani classical music (instrumental) session on the Day 16$^{th}$, Day 18$^{th}$ and Day 20$^{th}$ is shown in this graph.

12. **In the Graph no: 6 it was observed that-**

   The difference in the Systolic Blood-Pressure and the Diastolic Blood-Pressure of the hypertensive subjects after one of hour yoga and after 20 minutes of Hindustani classical music (instrumental) session on the Day 23$^{rd}$, Day 25$^{th}$ and Day 29$^{th}$ is shown in this graph.
7.7 Summary conclusion
The conclusion of the study according to the Parameters is:

a) **SYSTOLIC BLOOD-PRESSURE**: The comparative study showed that non-pharmacological methods like Yoga therapy had a positive influence on the Systolic Blood Pressure in the Hypertensive patients but the Hindustani classical music (instrumental) also had an independent effect on the Systolic Blood Pressure in the Hypertensive patients involved in the regular Yoga Practice. This difference of the systolic blood-pressure was also found to be statistically significant.

b) **DIASTOLIC BLOOD-PRESSURE**: The comparative study showed that there was not much reduction seen in the Diastolic blood-pressure of the subjects.