# CONTENTS

<table>
<thead>
<tr>
<th>CHAPTERS</th>
<th>PAGE No.s</th>
</tr>
</thead>
<tbody>
<tr>
<td>Declaration</td>
<td></td>
</tr>
<tr>
<td>Acknowledgement</td>
<td></td>
</tr>
<tr>
<td>Preface</td>
<td></td>
</tr>
<tr>
<td>List of tables</td>
<td></td>
</tr>
<tr>
<td>List of figures</td>
<td></td>
</tr>
</tbody>
</table>

## CHAPTER-1

1. **INTRODUCTION**  
   1.1 Hypertension & Indian Scenario  
   1.2 Hypertension an alarming disease  
   1.3 Prevalence of Hypertension in Indian Population  
   1.4 Causes of hypertension  
   1.5 Effects of Hypertension  
   1.6 How effective is the existing treatment of Hypertension  

2. **YOGA**  
   2.1 The Brief History of Evolution of Yoga  
   2.2 Scientific Basis of Yoga  
   2.3 Basic Rules of Yoga Practice  
   2.4 Yoga for Healthy life  
   2.5 Eight Limbs of Yoga  
   2.6 Yoga for Hypertension  
   2.7 Concept of Chakras and Yoga  

3. **PRANAYAMA**  
   3.1. Scientific Basis of Pranayama  
   3.2. Types of Pranayama
3.3. Preparation for Pranayama
3.4. Why do we breathe at all
3.5. Types of Breathing
3.6. Tribandha & Pranayam
3.7. Nadi Shuddi Pranayam
3.8. Ujjayi

4. NATUROPATHY

4.1 Brief History
4.2 Evolution of Naturopathy in India
4.3 Philosophy of Naturopathy
4.4 Ten Basic Principles of Nature Cure
4.5 Naturopathic Treatment Modalities
1.6 Naturopathic Treatment by Food
1.7 Balanced Diet
1.8 Acidity and Alkalinity of Food
1.9 Diet for Hypertension
1.10 Therapeutic significance of various food items prescribed in Naturopathy

CHAPTER-II

REVIEW OF RELATED LITERATURE 44-57
Chapter-III

METHODS AND PROCEDURES 58

1. Design of the study 58
2. Selection of subjects 58
3. Selection of the variables 60
4. Training Program me 62
5. Orientation of subjects 74
6. Collection of Data 75
7. Statistical Procedure 75

Chapter-IV

ANALYSIS OF DATA AND RESULTS OF THE STUDY 76-94

CHAPTER-V

SUMMARY, CONCLUSION AND RECOMMENDATION 95-101

REFERENCES 102-110

APPENDICES