





# Accepting the Amazing Alternative

Long ago when I first began treating ailments with yoga, my teacher warned me against taking heart patients. He had said, that should a patient have a heart attack after joining my class and before yoga could have its effects, yoga would be held responsible and I would acquire a negative reputation. Realising the sense behind his suggestion, I stayed away from heart patients for many years.

Then a close friend developed hypertension, with her blood pressure elevated she required immediate medication. Knowing fully well the ill effects of anti-hypertensive drugs, I could not allow her to take them for long. I therefore had no choice but to treat her.



I began by teaching her some prescribed yogic techniques in the usual manner, but that did not yield satisfactory results. Her blood pressure remained high. I took out all my books on yoga and other healing methods, studied them thoroughly again, and meditated intensely. At last I hit upon a yogic routine that normalised her blood pressure in just three days. Encouraged, I began treating others. Each patient had the same result, though not always in three days. However, the results never took longer than ten to fifteen days, and most patients normalised their blood pressure within a week.

Yoga's quick effect on such a serious problem as high blood pressure, which is branded by medical science as incurable, takes many of my patients by surprise. I remember a renowned journalist who came to me with this problem. On the third day of treatment, when his blood pressure measured normal for the first time in twenty five years, he could not believe the results and thought, it had to be a fluke. The next day his blood pressure was even lower and the gentleman was quite puzzled, but he still did not believe that yoga had not only stabilised his blood pressure but had normalised it. The next day, when his pressure dropped even lower, he had no choice but to accept yoga's efficacy.

On the other hand not believing in yoga's quick effects can land the practitioner in dire trouble. Mr. Singh, a former top bureaucrat, came to me for treatment. As usual, I explained that with yoga the blood pressure could drop quickly, so he should monitor his pressure every day during the treatment



period to avoid unpleasant consequences. He did not believe me and hence did not bother to check. On the third day, his wife called to cancel the class, saying her husband was feeling very low. I enquired about his blood pressure, which of course they had not checked. I advised her to do so immediately. The next day, when he was not feeling better, they sent for a doctor. When the doctor checked his blood pressure, it was 90/60. This man had continued to take his anti-hypertensive drugs and in the meantime his blood pressure had become normal. The drugs caused his pressure to drop below normal. If he had continued this for a few more days it could have been dangerous.

Normalising simple high blood pressure is faster and easier than normalising hypertension accompanied by other ailments, such as diabetes and asthma. One of my patients had asthma and high blood pressure. When she took medicine for asthma, her blood pressure rose to a dangerous level; yet she could not manage without the asthma medicines. This meant that unless her asthma was cured, her blood pressure would not normalise. And yogic treatment for asthma calls for practices that are contra-indicated for high blood pressure. The same is true with diabetes and cardiovascular problems. But I was amazed when this simple treatment for high blood pressure was enough to









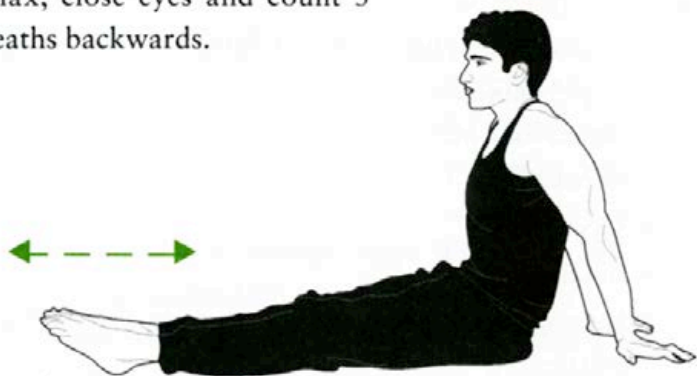
## High Blood Pressure and its Cure

The heart sends blood through blood vessels which, if joined lengthwise, would cover 75,000 miles. For blood to cruise through such long distances and in all possible directions, a pressure is required, which is created by the heart's contraction. This pressure is known as Blood Pressure. The pressure with which the blood leaves the heart is called the systolic, which is much higher than the pressure with which blood enters the heart on return and is known as diastolic. The systolic indicates how much force the heart is exerting to send the blood out into the blood vessels, while the diastolic shows how much the heart is relaxing. The ideal systolic pressure of a healthy adult is 120 and the diastolic should be 80, which is written as



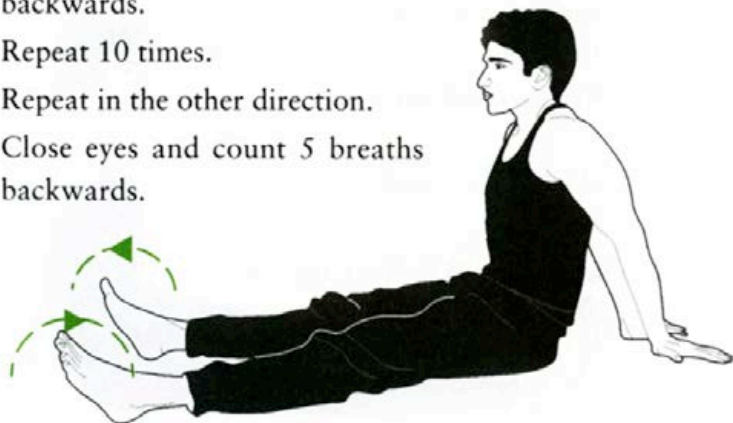
### EXERCISE 2

- Exhaling, bend feet forward. Inhaling, bend them backwards. Repeat 10 times.
- Relax, close eyes and count 5 breaths backwards.



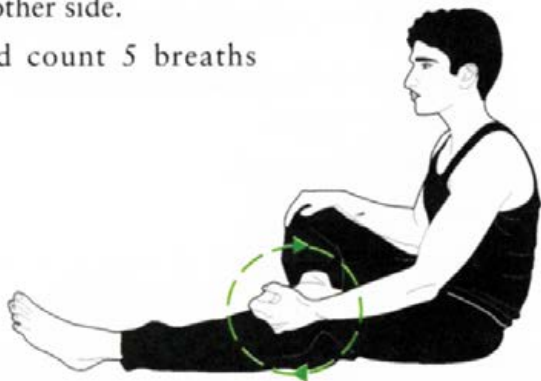
### EXERCISE 3

- Move legs apart.
- Exhaling, rotate feet forwards and, inhaling, rotate them backwards.
- Repeat 10 times.
- Repeat in the other direction.
- Close eyes and count 5 breaths backwards.



#### EXERCISE 4

- Bring the legs close together. Place the right foot on the left thigh and place the right hand on the right knee. Holding the right foot with the left hand, rotate it 10 times in one direction, then 10 times in the other direction.
- Repeat for the other side.
- Close eyes and count 5 breaths backwards.



#### EXERCISE 5

- Grasp the left thigh with both hands. Inhaling, bend the leg pulling the knee to the chest, toes pointing upward. Exhaling, straighten the leg with the toes stretched out.
- Repeat 10 times.



- Similar exercise should be repeated with the right leg.
- Close eyes and count 10 breaths backwards.

