

15. Yogic Practices for Management of High Blood Pressure (Hypertension)

S.No.	Name of the Practice	Duration
1	Yogic Prayer	1 min
2	Shodhana-Kriyas <ul style="list-style-type: none"> ✓ Jal Neti (Twice a week) ✓ Sutra Neti (Twice a week) ✓ Kunjal (Plain Water) (weekly once) 	10 mins
3	Sukshma Vyayama (5 rounds each) <ul style="list-style-type: none"> ✓ Buddhi tatha Dharti Shakti Vikasaka ✓ Smarna Shakti Vikasaka ✓ Kapola Shakti Vikasaka ✓ Karna Shakti Vikasaka 	5 mins
4	Yogasanas <ul style="list-style-type: none"> ✓ Tadasana ✓ Ardha Chakrasana ✓ Kati chakrasana ✓ Bhadrasana ✓ Sasakasana ✓ Makarasana ✓ Bhujangasana ✓ Ardha halasana ✓ Pawana Muktasana ✓ Baddha Konasana ✓ Shavasana (2 mins) 	12 mins
5	Pranayama <ul style="list-style-type: none"> ✓ Nadi Shodhana (5 rounds) ✓ Bhramari (5 rounds) ✓ Sheetali (5 rounds) ✓ Sitkari (5 rounds) 	7 minutes
6	Relaxation <ul style="list-style-type: none"> ✓ Deep relaxation technique 	5 mins
7	Dhyana (Meditation) <ul style="list-style-type: none"> ✓ Om Meditation 	5 mins
TOTAL DURATION		45 MINUTES