



"ART OF AWARENESS LIVING" 108 CIRCULAR SERIES. CIRCULATE DAILY- MULTIPLY NEW FRIENDS

AWARENESS TIPS ON HYPERTENSION

High Blood Pressure or Hypertension (HBP) is one of the prime causes of cardiovascular disease, stroke as well as for kidney failure, High Blood Pressure is often known as 'Silent Killer', because its conditions can exist without identifiable symptoms, while they continue to damage prime organs such as heart, kidneys, eyes and brain.

Blood pressure helps in supplying oxygen and nutrients to the body organs. During each heart beat BP varies between a maximum (systolic) and Minimum (diastolic) pressure. At present BP of 120/80 mm of HG is considered normal. A consistent rise in blood pressure above the normal limit is considered as High Blood Pressure

CAUSES FOR HYPERTENSION: There are no clearly identifiable causes of High Blood Pressure. But, there are many risk factors; those can lead to development of high blood pressure, such as sedentary life style, lack of any sort of exercise, tobacco usage, alcohol abuse, pain killer's usage, weight gain, excess salt intake etc. Primary HBP is generally controlled for few years. Whereas, secondary HBP is controlled by treating the underlying diseases, such as problem related to blood, kidney, lungs etc.

SYMPTOMS OF HYPERTENSION: Generally no symptoms are visible in many people to identify whether they have high BP or not. But in some people, few symptoms appear which gives the warning signals of presence of high BP in them. Those symptoms are vomiting, chest discomfort, breathlessness, easy fatigue, excessive sweating, dizziness, giddiness, blurred vision etc occurs, in few people. But in unlucky, high BP presence indicates with heart attack, stroke or kidney failure.

HOW TO DIAGNISE HIGH BP: Presently there are several tests to diagnose high BP in clinics. For the initial diagnosis of HBP, blood sugar, serum lipid profile, urea potassium, detailed blood counts, calcium level and abdominal ultrasound charts are required. A person has been diagnosed with HBP, periodic blood sugar, urine, and lipid profile tests to be conducted to monitor BP levels.

AWARENESS TIPS TO PREVENT HBP: Prevention is better than cure. Awareness is only the sure prevention therapy. With little foresightedness, easily every one can protect themselves from HBP. Change your sedentary life style to active style. Do some exercise routinely for 40 minutes, such as jogging, walking, rope jumping, cycling, swimming etc. You can do small shopping, visit to vegetable market, to pay phone, electricity bills etc. If you have little open space around your house, develop a small garden. If you are over weight or obese person, put all efforts to reduce your weight to normal. Keep away from smoking and alcohol. As coffee enhances BP, instead of Coffee, take tea. Green tea is much better.

Reduce your salt intake to barest minimum. Avoid consuming high salt content ready foods like pickles, pappad, bread, ready foods. Potassium suppresses BP, controls it and will not allow it to rise further. So, see that more potassium containing fruits and vegetables are taken in food regularly such as Banana, Mango, Papaya, and Orange, vegetables like Green banana, potato, cabbage, cauliflower, spinach, onion and garlic. Avoid or reduce sweets and savories purchased from shops. Avoid or reduce consumption of cholesterol enhancing items like oils, ghee, butter, non-vegetarian foods. Do not add extra salt at our dining table.

AWARENESS TIPS TO CONTROL EXISTING HBP: Prnayama, Yoga and Meditation are wonderful natural proven remedies for HBP. BP patients on exercising these three methods will see a surprising natural downfall of their BP levels. Avoid stressful life style. Do not venture to do abnormal things, targets. Do not venture to do several jobs at a time. Plan your work thoroughly and implement it with sincere punctuality without any procrastination. To avoid stress, highly result oriented method is practicing regular meditation for 30 minutes. Rest is the best cure for HBP. BP patients are not supposed to neglect rest. They have to give high priority to sleep. 8 hours sound undisturbed sleep will definitely help to reduce their HBP. At the same time, they are advised to take rest, when ever they get such opportunity in day time too.

Consuming various medicines to control HBP, are more harmful with their various side effects, than they help us. Always awareness therapy, i.e. prevention therapy is always proved easy, simple, costless, side effect less, more worth and wise. Be aware and prevent from highly disastrous HBP.

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