



**CALIFORNIA STATE SCIENCE FAIR
2002 PROJECT SUMMARY**

Name(s) Ashish Gupta	Project Number S0310
Project Title Stress, Stress . . . Got the Solution!	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals To compare the degree of relaxation through Yoga, Music, and a Nap. Hypothesis-Yoga would work the best because it relaxes your mind and your body.</p> <p>Methods/Materials Informed consent was received from a 100 people. These 100 people were regular subjects, hypertension patients, or regular yoga practitioners. A 12 minute, nap, musical relaxation with a music cassette or a Yoga technique was administered to the hypertension patients and regular subjects. Only nap or yoga was administered to the regular Yoga practitioners. Blood pressure (bp)and heart rate was measured before and after each technique.</p> <p>Results In all three groups the most significant results came with the reduction of bp in yoga. In the regular yoga practitioner group while doing yoga the sbp went down by 12 points and dbp by 2 points while the p reduced by 3 points. In the normal subjects for yoga, the sbp went down by 6 points, dbp down by 3 points and pulse by .5 points. In the hypertension patients group for yoga, sbp went down by 10 points, dbp by 4 points, and p by 3 points. More extensive results are given on the board.</p> <p>Conclusions/Discussion Yoga has led to the most significant changes in blood pressure (bp) in all of the groups. The regular yoga practitioner group has the best reduction rates from yoga. So, practicing yoga regularly leads to a less chance of suffering from hypertension problems. Yoga has been proven helpful to remain healthy. It will help patients and even normal people who carry the load of distress and anxiety with them. The mechanism of stress reduction through yoga has been proven through the autonomic nervous sytem, deeply explained in the project.</p>	
Summary Statement To find out the best method of stress reduction.	
Help Received Uncle Dr.VK supervised going to his office (The Heart Center) and performing my project on patients there.	