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## NURSING CARE

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**Rhythmic inversion exercise techniques: A healthier approach to beat hypertension****Madhusudan B Jani**

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Inversion therapy has been around and talked about since 400 BC when “Hippocrates-The Father of Modern Medicine”, monitored patients being hung from a ladder in the interests of their health. According to Dr. Martin, practicing uncommon postures offset the spine compressing forces of gravity. Gravity’s relentless pressure deforms us and contributes to a wide variety of physical ailments. Intelligent use of inverted brachiating and other compensatory postures and rhythmic inversion exercise can employ gravity to our benefit. Benefits of inverted decompression, mobilization and oscillation are commonly achieved through the ‘Head Downward Position’. According to David Coulter, PhD, who taught anatomy at the University of Minnesota for 18 years, when one inverts, tissue fluids of the lower extremities drain—far more effectively than when one is asleep. Area of congestion clears. There are four major systems in the body where the practice of inversions is said have positively influence: cardiovascular, lymphatic, nervous and endocrine. Turning yourself upside down encourages venous return. Inversions where your legs are raised above head, including the shoulder stand, help your blood drain back towards the heart and reduce the pressure on your leg veins and lead to fall in total peripheral vascular resistance. My lecture is based on the experimental evidences of rhythmic inverted cycling of lower limbs (not head stand) in which body rests upon back and shoulder on the floor or under water (for swimmers). The principle of rhythmic inversion exercise of lower limbs at 60% to 80% inclination had been applied for 20 to 30 seconds during each inversion. Pre and post rhythmic inversion exercise on the floor and under water, blood pressures were registered and concluded as healthier approach to beat hypertension.

**Biography**

Madhusudan B Jani has obtained his graduate degree from Medical College Baroda and MSc (Medical) and PhD (Physiology) degrees from Maharaja Sayajirao University of Baroda. He has total teaching experience of 34 years. His current research field focuses on obesity, COPD, hypertension, PAD and medical therapeutic exercises.

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