



## RESEARCH ARTICLE

### PATHOLOGICAL STUDY OF BLOOD SAMPLE, BP AND HEART RATE OF NAGA SADHU WEARING RUDRAKSHA AND PRACTICING YOGA MEDITATION

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#### ARTICLE INFO

##### Article History:

Received 06<sup>th</sup> May, 2016

Received in revised form

25<sup>th</sup> June, 2016

Accepted 06<sup>th</sup> July, 2016

Published online 31<sup>st</sup> August, 2016

##### Key words:

Rudraksha, Antiageing property,  
BP, Heart Rate, WBC, Hemoglobin,  
Naga Sadhu.

#### ABSTRACT

Elaeocarpus Ganitrus Seed (Rudraksha) has been claim by Ayurveda and various scientific literatures for giving Antiageing property to human body giving better harmony to our body and mind. When practice with yoga and meditation, Rudraksha generate piezoelectric effects on our body and it has the ability of to generate an electric charge in response to applied mechanical stress. If Rudraksha is claim to possesses such kind of amazing medicinal property one should check the wearer blood sample for immune system and wearer BP, Diabetics, heart rate ,hemoglobin for physical fitness. If a person claims to be healthy that means his immune system WBC should be optimum level along with heart bit, BP and blood sugar. In the present pathological experiment an attempt has been made to congregate the Antiageing property of Rudraksha with Blood sample and BP heart rate of Naga Sadhu who practice yoga and meditation and regular wearer of Rudraksha.

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Citation: Subhashish Tripathy, Anil Middha and Sudhansu Ranjan Swain, 2016. "Pathological study of blood sample, BP and heart rate of Naga sadhu wearing Rudraksha and practicing yoga meditation", *International Journal of Current Research*, 8, (08), 37553-37555.

## INTRODUCTION

The history of Naga Sadhu is very old In India these are the people who possess lack of concern to the human materialistic world and constantly striving hard to get Moksha go above life and death cycle. They use to wear five face Rudraksha Mala and practice yoga and meditation. On the other hand Elaeocarpus Ganitrus Seed (Rudraksha) is famous in Ayurveda, Hinduism and Buddhism for Antiageing property, mental concentration, activating body seven energy wheel ([https://en.wikipedia.org/wiki/Dashanami\\_Sampradaya#Naga\\_Sadhus](https://en.wikipedia.org/wiki/Dashanami_Sampradaya#Naga_Sadhus); Pandey and Bhattacharya, 1985; Parulkar, 1974). Naga Sadhu used to wear Rudraksha beads for mediation and opening the third eye of human. This Plant beads possesses electromagnetic property and gives medicinal value due to its electromagnetic impulse. Wearing it affects the body and performs healing of various diseases due to its electromagnetic impulse. As per Ayurvedic system of medicine, wearing *Rudraksha* beads relieves strain, insomnia, anxiety, lack of concentration, depression, palpitation, hypertension, rheumatism, infertility and asthma and has also anti-aging

effect (Jain, 1991). According to mukhi or natural grooves present in Elaeocarpus beads it possesses different type of pharmacological effects in our body. In most biological studies undertaken, extracts of Elaeocarpus *ganitrus* exhibited wide range of pharmacological activities and are identified as active against specific biological targets during large scale screening of multiple plant extracts. Literature reports are available on various pharmacological activities which include analgesic and anti-inflammatory, CNS activities, typical behavioral actions, sedative, tranquillizing, hypnosis potentiating, antidepressant, antiasthmatic, anti-diabetic, cardio stimulation, antihypertensive, anticonvulsant (Chauhan, 1999; Kirtikar and Basu, 2002; Joyce Diamanti, 2001), etc. In every human being heart bit and body structure is different from other. Our body metabolism depends on our anabolism and catabolism. When body catabolism dominates over body anabolism then toxins and harmful metabolite accumulate in cell and aging start which weaken our body defense mechanism. Our immune system can be determine by WBC or leukocyte count. Leukocyte cells involved in protecting our body against infectious disease and foreign invader. There is several type of WBC like Lymphocytes, monocytes, Granulocytes, neutrophils, eosinophils, basophils etc use for different type of body defense mechanism. Due to diabetic's human heart, blood vessels, eyes, kidney, gum and teeth

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degrade rapidly leading to various body complacency similarly high Blood pressure force our heart to work harder and weaken our heart blood vessel due to excessive stress on the sudden drop of BP can be life threatening (Gulati and Hyun, 1994; [http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/Blood-Pressure-vs-Heart-Rate\\_UCM\\_301804\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/Blood-Pressure-vs-Heart-Rate_UCM_301804_Article.jsp)). Therefore the objective of present study is to check the Antiageing property of Rudraksha on Naga Sadhu by study their Blood sample, heart rate and BP.

**MATERIALS AND METHODS**

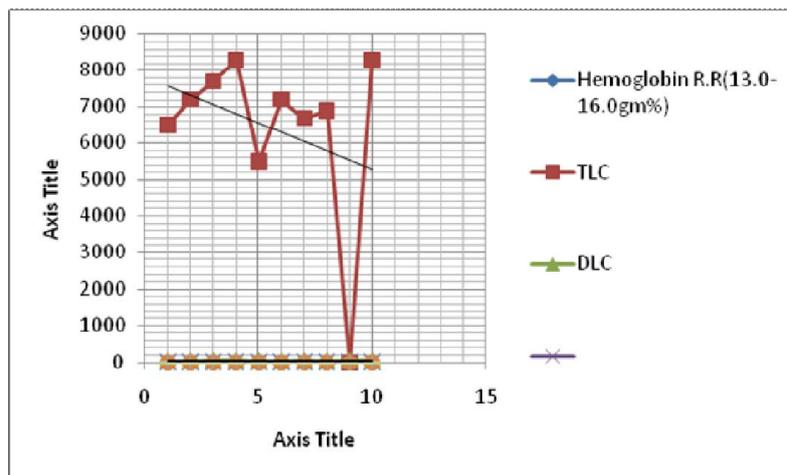
Blood sample was collected from randomly selected ten male Naga Sadhu age 35-55 come for Ganga Mela Religious and sacred festival. Specimen was collected by puncturing vein of arm and EDTA blood sample was store in refrigerator for pathological study on M.P.G.I Hospital pathological lab for further study. BP and heart rate of these ten Naga Sadhu was measured by CITIZON Blood pulse monitor CH 432 (<https://www.youtube.com/watch?v=fnw80Pfqja8>).

**RESULTS**

**Table 1. Complete Blood Count (CBC)**

Gr-4.S.P	Hemoglobin R.R(13.0-16.0gm%)	TLC R.R(4000-10000Cells/cumm)	DLC					Platelet counts R.R(1.5-4.5 Lac/cub.m.m.)	Total RBCS Counts R.R(3.50-5.50 milion/cub.m.m)
			PolymorphsR.R (50.00-70.00)%	Lymphocyte R.R(25.00-40.00)%	Monocyte R.R(02.00-10.00)%	Eosinophils R.R(01.00-06.00)%	Basophils upto 0.6%		
1	13.8	6500	54	31	11	04	00	1.23	3.92
2	14.5	7200	59	31	07	03	00	1.72	3.67
3	14.3	7700	62	25	08	05	00	2.21	3.61
4	14.5	8300	65	23	09	03	00	2.11	4.32
5	15.1	5500	60	32	05	03	00	1.93	4.14
6	13.7	7200	55	32	08	05	00	2.15	4.31
7	14.2	6700	61	28	08	03	00	2.67	4.47
8	14.8	6900	57	35	05	03	00	3.89	4.18
9	13.7	68 00	68	20	09	03	00	3.71	3.92
10	14.6	8300	66	25	06	03	00	3.88	4.76

NSS=Naga Sadhu sample, R.R= Ref.Range, TLC=Total leukocyte count, DLC=Diff. Leukocyte Count



**Table 2. Monitoring BP and Heart Rate of NSS**

NSS	SYSmmHg	DIAMmHg	Pulse/min
1	113	67	61
2	105	71	52
3	117	82	65
4	107	71	56
5	122	85	70
6	112	77	64
7	105	74	61
8	113	82	73
9	107	69	60
10	113	74	67

NSS=Naga Sadhu Sample, DIA =Diastolic blood pressure, SYS=Systolic blood pressure

This digital automatic Citizen BP monitor displays a measurement range from 0 to 280 mmHg for pressure and 40 to 180 beats/ minute for pulse.. Similarly sample blood sugar level was studied by Dr. Morepen Gluco one Blood glucose monitoring system Model: BG-03 ([https://www.youtube.com/watch?v=SQ\\_h3 EVhqfw](https://www.youtube.com/watch?v=SQ_h3 EVhqfw)). When blood drop to the sample channel at the end of the strip the blood is drawn into the test strip automatically after the beeper sound the sample blood test result (Bates and Mendelow, 2006).

**DISCUSSION**

Since the ancient time mankind have been striving hard for sound health and peace of mind, but due to modern life style polluted fruits and vegetables, stress and anxiety, lack of physical exercise and environment pollution we are far from achieving our ultimate goal of sound health. Despite such type of health problems Mother Nature has the potential to provide us all type of foolproof solutions for our health problems.

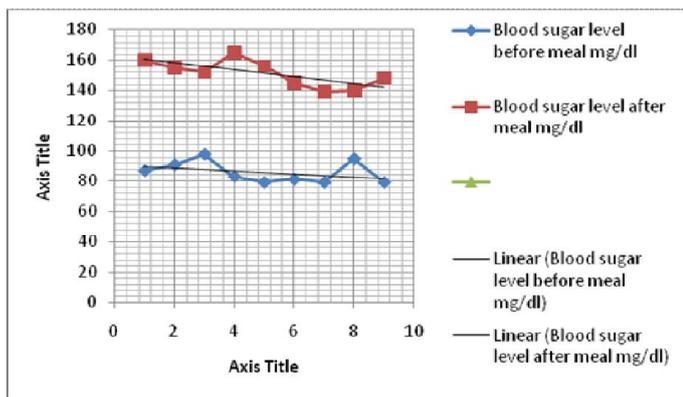
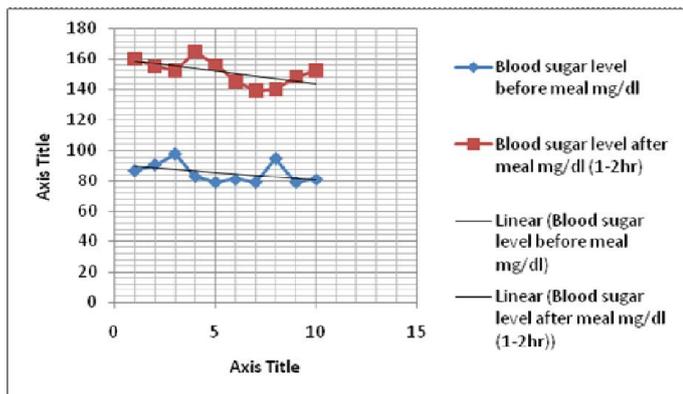


Table 3. Target Blood Sugar level of NSS

NSS	Blood sugar level before meal mg/dl	Blood sugar level after meal mg/dl (1-2hr)
1	87	160
2	91	155
3	98	152
4	83	165
5	79	156
6	81	145
7	79	139
8	95	140
9	79	148
10	81	152



The nature remains as the potential source of organic structures of unparalleled diversity and *Elaeocarpus ganitrus* beads is one of the amazing plant products which heals various type of disease. Pathological study of this plant material proves that *Elaeocarpus ganitrus* bead has its positive effect on blood cell. Average hemoglobin reference range for a adult human being is in-between (13.0-16.0g/dl) and the complete blood count CBC report of Naga Sadhu tested in Maharana Pratap Hospital was just in between the range (Bates and Mendelow, 2006; Thomas 2004, <http://www.healthline.com/health/cbc>). The TLC study (total leukocyte count) also showed excellent result. Polymorphs, lymphocyte, monocytes, Eosinophils, Basophiles was also within the range. BP and heart bit study of Naga Sadhu also give amazing result (Stasi and Provan, 2004; <http://buddymd.com/hemoglobin-rbc-tlc-interpretations>). The ideal systolic blood pressure for adult human being is 90-120 mm/Hg and none of the Naga Sadhu Blood pressure show above 120 or below 90 infacts all the sample show result in between the range 100-115 as shown in the test CITIZON Blood pulse monitor CH 432. Average heart bit of ten sample

show that the pulse rate was beyond normal that mean they are super healthy. Similarly blood sugar level shows that All ten Naga Sadhu was not diabetic. A healthy human blood sugar level before meal is 80-130 and after is less than 180. All Naga Sadhu was perfectly fine as shown in the test on Dr. Morepen Gluco one Blood glucose monitoring system Model: BG-03.

Conclusion

Anti ageing property depend on body immune system which is due to WBC and other constituent of blood like RBC, Hemoglobin, pallet etc. Due to defective cellular element of blood person experience Fatigue, weakness, inflammation, brushing, chest pain, dizziness; fever higher than 105.5 F and other body complacency. Due to blood pressure coronary artery disease heart failure extra stress on heart happens and low BP is most of time life threatening. Due to diabetic’s human heart, blood vessels, eyes, kidney, gum and teeth goes out of order rapidly. So scientific personnel trying to get a foolproof solution to this kind of blood related disease and Rudraksha and yoga can be a potential solution to this kind of blood related disease as shown in the pathological experiment done on Naga Sadhu which show that the CBC report, blood sugar level and heart bit and blood pressure was perfectly normal.

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