



Effect of exercise on physiological variations as per prakriti: Effect of exercise (walking) on physiological variations as per Prakriti in healthy and diseased conditions

Sushma Tiwari, S. K. Tiwari, Sangeeta Gehlot

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On the basis of the observations, it can be summarized that the Systolic blood pressure, Diastolic blood pressure, Pulse pressure and Respiratory rate are the specific responses that may have a strong association with the Prakriti of an individual at certain physiological conditions. Along with it certain anthropometric, electrophysiological and biochemical parameters (blood sugar level, lipid profile) have shown strong correlations with the Prakriti and exercise.

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