



Health

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Meditation Lowers Blood Pressure

Doc: Other Relaxation Techniques Don't Work As Well

Transcendental Meditation helps lower blood pressure without the side effects that can come from medication, according to a new study.

Dr. James W. Anderson of the University of Kentucky reviewed nine previous studies and found that meditation lowered blood pressure an average of 4.7 points on the top number -- the systolic -- and 3.2 points on the diastolic.

Anderson said that blood pressure reductions like that could significantly reduce the chances of heart disease.

He also said that studies of other relaxation techniques did not have the same results.



James W. Anderson

“Adding Transcendental Meditation is about equivalent to adding a second antihypertension agent to one's current regimen, only safer and less troublesome,” Anderson said.