



Inspiratory Muscle Training Versus Slow Deep Breathing on Blood Pressure in Essential Hypertensive Patients

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Abstract:objectives: the aim of this study was to investigate the efficacy of inspiratory muscle training versus slow deep breathing on blood pressure in essential hypertensive patients. **Methods:**Forty male patients with essential hypertension aging between 30 to 40 years with BMI between 24.01 to 28.08kg/m² participated in this study. They were assigned randomly into equal groups. Participants of the group (A) received inspiratory muscle training program, while the group (B) received slow deep breathing program lasting one month. Blood pressure (BP) was assessed by mercury sphygmomanometer and quality of life was assessed by the hypertension health related quality of life questionnaire (MINICHAL). The participants were tested twice; before and after the training program. **Results:** the statistical analysis revealed that there was a significant decrease of (BP) in group (A) more than group (B) in the post treatment condition compared with the pre-treatment one ($p < 0.05$). Moreover, there was a significant improvement of quality of life in group (A) more than group (B) in the post treatment condition compared with the pre-treatment one ($p < 0.05$). **Conclusions:**Inspiratory muscle training is more effective than slow deep breathing on decreasing blood pressure in essential hypertensive patients.

Keywords:essential hypertension; inspiratory muscle training; slow deep breathing;(MINICHAL)questionnaire.