

BLOOD PRESSURE AND ABLUTION

MEHMET GÜNDÜZ*
SINASI ÖZSOYLU*

Ablution means to clean, by washing before prayers, ones hands, mouth, nose, face, arms, head, ears, neck and feet in that order, to prepare him to spiritual purification.

We wondered whether wiping the neck during ablution may have any influence on the blood pressure since big arteries going to the head are thus being massaged during ablution. In order to conduct a preliminary study on this topic blood pressure of 28 randomly selected men ranging from 16 to 80 (mean age 51) years was measured using a mercury manometer before and immediately after ablution for morning prayers. Blood pressure of 13 persons forming the control group, of similar age (mean age 53) years was measured before and after wiping the neck only, early in the morning.

Systolic and diastolic blood pressures of the control and the study groups are given in Table 1. As can be observed both systolic and diastolic pressures are reduced following ablution ($p<0.01$), they are not however significantly altered in the control group.

This reduction of blood pressure after ablution may be influenced by psychological factors also. This partic-

ular point and the influence of praying on blood pressure should be investigated in further detail. Such studies are currently being planned in our hospital.

Table 1: Table shows blood pressure values (mm/Hg mean \pm SD) before and after ablution (study group) and wiping of the neck (control group).

Study Group			
	n	Gistolic pressure	Diastolic pressure
Prior to ablution	28	153.9 \pm 30.5 (110-260)+	99.6 \pm 15(75-130)
after ablution	28	146.25 \pm 25.55(115-240)	94.3 \pm 12.67(70-120)
		P<0.01	P<0.01
Control Group			
Prior to wiping	13	146.9 \pm 14.22(130-180)	98.1 \pm 12.17(80-120)
after wiping	13	138.85 \pm 13.72(110-160)	95.39 \pm 14.67(75-130)
		P>0.05	P>0.05

Correspondence:

Sinasi Özsoylu

Ahmet Örs Hastanesi

Ankara, TÜRKİYE.

* From Department of Pediatrics, Hacettepe University, Medical School, Ankara, Türkiye.