

Att. Folketingets Sundhedsudvalg,

Bedes venligst uddelt til alle medlemmer af sundhedsudvalget.

Kære medlem af Sundhedsudvalget,

Har I set denne artikel fra JACC? Der bør gives tilskud til denne forebyggende og behandlende teknik:

2025

AHA/ACC/AANP/AAPA/ABC/ACCP/ACPM/AGS/AMA/ASPC/NMA/PCNA/SGIM Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: **A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines**

A comprehensive literature search was conducted from December 2023 to June 2024 to identify clinical studies, reviews, and other evidence performed on human subjects that were published since February 2015 in English from MEDLINE (through PubMed), EMBASE, the Cochrane Library, the Agency for Healthcare Research and Quality, and other selected databases relevant to this guideline.

<https://www.jacc.org/doi/10.1016/j.jacc.2025.05.007>

Man har gennemgået alle meditations teknikker og fundet at Transcendental Meditation er den eneste meditations teknik der har 'moderat til high evidence' til at sænke forhøjet blodtryk. Mindfulness Meditation har mindre/lavere evidence. Mindfulness er den teknik regioner har godkendt og underviser deres personale i. Men der er

ikke så god dokumentation for at afhjælpe hypertension som Transcendental Meditation. Læger bør henvise til Transcendental Meditation for forebyggelse og behandling af hypertension og **teknikken bør få tilskud fra Sygesikring Danmark**.

Indiens Maharishi Ayur-Veda er et multimodality sundhedssystem som netop har sund kost, motion, træning, meditation og dagsrutiner med som vigtige sundhedsråd, som artiklen anbefaler.

Fra artiklen:

A number of stress-reduction strategies have been assessed for their effect on BP lowering.¹¹⁹ **There is consistent moderate- to high-level evidence from short-term clinical trials that transcendental meditation can lower BP in patients without and with hypertension, with mean reductions of approximately 5/2 mm Hg in SBP/DBP.**^{14,40} Meditation appears to be somewhat less effective than BP-lowering lifestyle interventions, such as the DASH eating plan, structured exercise programs, or low-sodium/higher-potassium intake.¹⁴ The study designs and means of teaching and practicing meditation interventions are heterogeneous across trials, and trials have been of smaller size and short duration, so further data would be beneficial.

Among other stress-reducing and mindfulness-based interventions, data are less robust, and evidence is of lower quality because of smaller, short-term trials with heterogenous interventions and results. There is moderate-grade evidence that breathing control interventions lower SBP/DBP by approximately 5/3 mm Hg in people with and

without hypertension.[14](#) There is also low- to moderate-grade evidence that yoga of diverse types lowers BP.[14,41,42](#)

Med venlig hilsen

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