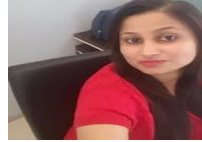
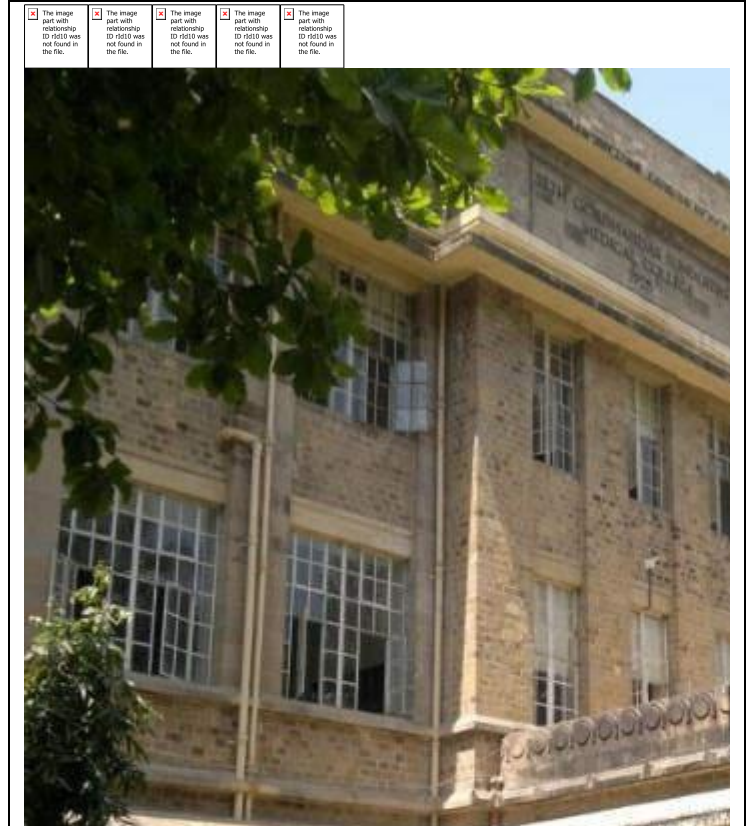


Introduction by Pooja Gautam, Aqua Yoga Teacher, India

Pooja Gautam, Aqua Yoga Teacher, India.



Abstract: In recent years, the water culture has been rediscovered by a growing number of people. Research on the properties of water has made significant progress. The revolution known as hydrotherapy and water based activities, are not founded on empirical evidence but on scientific facts. One example is the increase of favourable return of blood to the heart through the veins aided by the pressure that water exerts on the body, causing a decrease in the heart rate of 10/15 beats per minute. This in turn causes an increase in the blood flow and pressure in the left ventricle. The heart then pumps back into circulation nearly 20% more blood, thus increasing the blood pressure. Increased pulse in water varies from one individual to another. Also, thanks to the resistance of the water, when we move we increase muscle volume and stimulate the cardiovascular system. The pressure combined with a temperature above 32 ° helps to decrease muscle tension. We know the effect of immersion in hot water on a patient before a massage treatment. The water pressure is, in itself, a uniform massage on the entire body. Hence the whole epidermis and its receptors are activated.



Biography: Introduction by Pooja Gautam, Aqua Yoga Teacher, India

Pooja Gautam, Aqua Yoga Teacher, India.



Publications:

1. Evaluating the Mechanical Properties of Admixed Blended Cement Pastes and Estimating its Kinetics of Hydration by Different Techniques
2. Genetic Diversity Using Random Amplified Polymorphic DNA (RAPD) Analysis for *Aspergillus niger* isolates
3. Au-Ag-Cu nanoparticles alloys showed antifungal activity against the antibiotics-resistant *Candida albicans*
4. Induce mutations for Bavistin resistance in *Trichoderma harzianum* by UV-irradiation
5. Biliary Sludge. Analysis of a Clinical Case

[8th International Conference on Physiotherapy & Physical Rehabilitation, August 10-11, 2020](#)

Abstract Citation: [Amadou Wurry Jallow - Anti-Apoptotic And Pro-Survival Effect Of Exercise Training On Hypertensive Rat Cerebral Cortex](#)