



HYPERTENSION AND ITS MANAGEMENT THROUGH AYURVEDA

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ABSTRACT

Lifestyle disorders are the diseases associated with the way a person lives. The onset of these lifestyle diseases is insidious, they take years to develop, and once encountered do not lend themselves easily to cure. In today's era, increased hours in the workplace, stressful life, easier lifestyle with minimal physical exercise, excessive salt intake, dependence on the junk food, smoking, disturbed sleep wake cycle are some causes of lifestyle disorders and young people are more prone to these disorders. One of the most common lifestyle disorder is Hypertension. It can increase the risk of heart disease, kidney disease and brain diseases. In Ayurveda, Hypertension can be correlated with Raktagata Vata and it is considered as Vata Pradhana Tridoshaja Vyadhi. Ayurveda with a holistic approach effectively describes many ways to balance these doshas and manage hypertension. Ayurveda offers Aahara and Vihara to be followed during hypertension, Samshodhana therapies, Shamana aushadis and Rasayana therapies.

KEYWORDS: Raktagata Vata, Shodhana, Hypertension, Rasayana.

INTRODUCTION

Hypertension, is also called as high blood pressure, is a condition in which the blood vessels have persistently raised pressure. Blood pressure is created by the force of blood pushing against the walls of the arteries as it is pumped by the heart. The higher the pressure, the harder the heart has to pump. Systolic blood pressure will be more than 140mm Hg and diastolic blood pressure will be more than 90mm Hg.

About 1.13 billion people worldwide have hypertension. In an analysis, 1 in 4 men and 1 in 5 women had hypertension in 2015 and <1 in 5 people with hypertension have the problem under control. Recent studies have shown that the prevalence of Hypertension to be 25% in urban and 10% in rural people in India. If the blood pressure consistently stays high for some duration, it can increase the risk of stroke, heart attacks, kidney diseases and even death.

Types of Hypertension

Based on the etiology, hypertension can be divided into 2 types

Primary Hypertension is the elevation in BP without an identified cause.

Secondary Hypertension is the elevation in BP with an exact cause. The causes of Secondary Hypertension includes

- Congenital narrowing of aorta
- Renal disease
- Sleep apnea
- Endocrine disorders
- Neurological disorders
- Medications like OCPs, NSAIDs.
- Cirrhosis of liver

Risk Factors

- Family history
- Obesity
- Diabetes mellitus
- Sedentary lifestyle
- Excessive dietary intake of sodium
- Stress
- Alcohol, smoking

Symptoms

- Headache
- Blurred vision
- Dizziness
- Nausea
- Vomiting
- Fatigue

Management

- Nidana parivarjana

Ayurvedic Herbs Used in Hypertension

- Sarpagandha
- Brahmi
- Vacha
- Jyotishmati
- Rasona
- Arjuna
- Ashwagandha

Ayurvedic Formulations for Hypertension

- Rasona ksheerpaka
- Sarpagandha churna
- Arjuna twak churna
- Brahmi vati
- Sarpagandhaadi Ghana vati
- Prabhakar vati
- Pravala pishti
- Mukta pishti
- Arjuna arishta

Samshodhana Therapies

- Virechana karma
- Basti
- Raktamokshana
- Shirodhara with takra, ksheer and taila.

Rasayana Therapies

- Shankhpushpi kalka, Brahmi rasayana, Mandookaparni swarasa, Yashtimadhu churna.

Aahara

Intake of balanced diet with more of fruits and vegetables. Godhuma, Moong daal, Karela, Lauki, Shalgam, Yava, Amla, Anaar, Draksha, Gajar, Mooli.

Vihara

- Be physically active.
- Maintain healthy weight.
- Proper sleep timing.
- Regular yoga asanas practice
- Shavaasana, Shishuasana, Vajraasana, Sukhasana,
- Pranayama

DISCUSSION

Hypertension is Raktagata Vata. Whenever Pitta Vardhaka Aahara is consumed, Pitta gets vitiated, Drava guna of pitta increases the Rakta Dhatu and the vitiated Rakta increases the pitta and rakta in Sira which creates margavrodha in Sira and ultimately vitiates the Vata. This will hamper the proper blood circulation. So, Virechana karma and Raktamokshana helps in pacifying the aggravated Pitta and cleanses the Rakta Dhatu, Anuvasan Basti is used for aggravated Vata. Shirodhara helps in relieving the stress and thus lowering the blood pressure. Drugs- Sarpagandha, Jyotishmati, Brahmi, Vacha possesses Vata-Kapha shamaka properties so these drugs will pacifies the vitiated Vata and Kapha and

Mandookaparni is Vata-Pitta Shamaka so it will pacifies the aggravated Pitta and Vata.

CONCLUSION

Hypertension is a dreadful disease and it is difficult to cure. Lifestyle modifications is essential for maintenance of normal homeostasis and also blood pressure. Ayurveda being holistic science provides prevention and treatment of this disease. By following the Nidana parivarjana, Aahara and Vihara, Shamana and Shodhana procedures and Rasayana therapies mentioned before, it will help in balancing the aggravated doshas and one can perfectly manage Hypertension.