

Evidence Based Ayurvedic Medications for the Management of Hypertension

Dr. Ruchita B. Dolas¹, Dr. Samiksha S. Kamble², Dr. Kalyan S. Chaudhari³, Dr. Atul L. Chaudhari⁴

¹Assistant Professor, Department of Rasashastra Evam Bhaishajya Kalpana,

²Assistant Professor, Department of Roga Nidana Evam Vikruti Vigyan,

^{1,2}Shree Goraksha Ayurvedic College, Hospital & Research Center, Khamgaon, Maharashtra, India

³Professor, Department of Panchakarma,

⁴Assistant Professor, Department of Kayachikitsa,

^{3,4}KDMGS Ayurvedic Medical College, Chalisgaon, Maharashtra, India

ABSTRACT

Ayurveda emphasizes prevention and health promotion and provides treatment for the disease. Hypertension (HTN) or high blood pressure (BP) is a chronic medical condition in which the BP in the arteries is elevated. The disease Hypertension is neither denoted in *Samhita* nor any *Samgraha Granthas*, but Such diseases should be treated according to the disease's nature and its pathogenesis, location, and etiological factors. The present era is an era of an evidence-based approach and does not procure any place for blind faith in traditional facts. Therefore, this review study provides comprehensive insights into the ayurvedic evidence-based medications utilized for the treatment of Hypertension.

KEYWORDS: *Ayurveda, Evidence based medicines, Hypertension, HTN.*

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INTRODUCTION

Ayurveda is a natural health care system that originated in India more than 5000 years ago. The primary goal is to attain optimal health and well-being by employing a holistic strategy that considers the mind, body, behavior, and environment. In Ayurvedic Science, there is no description of such a single disease that can similar to hypertension.¹ But in Ayurveda, it is emphasized that individuals should not feel embarrassed about their inability to identify a disease, as not all disorders can be assigned standard names. Such diseases should be treated according to the nature of the disease as well as its pathogenesis, location, and etiological factors.² Hypertension is *Vata & Pitta Pradhana Tridoshaja Vyadhi* Also, in the pathogenesis of HTN *Prakupita Vata Dosha* was the chief convict. For *Dhatugati (Rasagati) Vayu* is responsible with the help of *Pitta & Kapha*. These are

further responsible for disease progression. While considering vitiation of *Vatadi Dosha* as well as *Rasa & Rakta dhatu* the concept proves that its *Tridoshaja* diseases.

HTN is also known as a 'silent killer. The majority of 'patients' with hypertension are unaware of the problem due to its unwarning signs or symptoms.³ Based on causative factors it's classified as Primary & Secondary hypertension. Many factors and conditions may play a part in the progression of HTN like as smoking, overweight or obesity, physical inactivity, excessive salt intake, alcohol consumption, stress, and family history of high blood pressure.⁴ The current therapeutic strategy involves the use of various pharmacological agents like β blockers, ACE inhibitors, calcium channel blockers, α blockers, and diuretics. However, the use of these drugs is affected

because of various hindrances like side effects and cost-effectiveness. These drugs help in altering the physiopathology and there are not going to cure the disease. These drugs help in altering the physiopathology and there are not going to cure the disease. In more than 66 % of patients, blood pressure cannot be controlled with one drug and requires two or more anti- hypertensives. Despite the use of these medications, only 34% of individuals with hypertension manage to maintain their blood pressure below 140/90 mm Hg. Studies have shown that the incidence of the use of complementary and alternative systems of medicine in chronic disorders is as high as 48 % in the patient population.⁵ According to the World Health Organization (WHO) data released in 2014, 26% of the deaths in India are due to cardiovascular disease. Another striking data is that 29% of strokes, 21% of acute myocardial infarction, and 16% of ischemic heart disease in India are all attributed to hypertension.⁶ This condition if remains untreated further leads to cardiovascular disease, renal disease, vascular disease, advanced hypertensive retinopathy, etc.

The radical removal of causative factors of disease as well as restoration of the *Doshika* equilibrium in the body is known as *chikitsa*. *Chikitsa* comprehends the following measures, 'Swasthasya swasthya rakshnama' i.e, preventive and prophylactic therapy 'Aturasya roganuta' i.e curative therapy. The later curative therapy is comprehended generally to eliminate the disease. The curative treatment can be divided, into -*Shodhana*, *Shamana*, *Ahara*, and *Achara*.

Evidence-based medicines for Hypertension in Ayurveda. The present era is an era of an evidence-based approach and does not procure any place for blind faith in traditional facts. Only facts provided with a scientific explanation and have been established after careful observation, investigations, and experiments and supported with accurate data and statistics can stand to the community's convictions. Acharya Charaka has also emphasized a reasonable and justifying explanation in the light of literary as well as experimentally obtained data to prove a fact.

Aim & Objectives:

To explore different choices for anti-hypertensive medications in Ayurveda.

Materials and Methods:

The collective examination of medications utilized in the treatment of hypertension, as well as those aimed at reducing blood pressure, was conducted through the review of various research articles and recent clinical research updates, which were thoroughly studied and analyzed.

Evidence-based medicines for HTN:

***Brahmi Vati*:⁷**

➤ *Brahmi Vati* is formulated by a combination of *Brahmi*, *Jatamamsi*, *Shankhapuspi*, *Gojivha*, *Vacha*, *Swarna Makshika*, *Rasa Sindoor*, and *Krishna Maricha*. Was reported for its action on the Central nervous system, cardiovascular system, and urinary system. It has an antihypertensive action, and diuretic action.

➤ **Dose:** 500mg twice a day for 1 month

***Sarpagandha Vati*:⁷**

➤ *Sarpagandha Vati* is made with ingredients of *Sarpagandha*, *Jatamamsi*, *Parasika Yavani*, *Pippali moola*, and *Bhanga*. Having action of antihypertensive because of reserpine. *Parasika yavani* does the fall in arterial BP, *Jatamamsi* has a potent chemical constituent that acts anti-arrhythmic and anti-hypertensive. *Pippalimoola* work as vasorelaxant. *Bhanga* drug was reported for its cardioprotective activity, antianxiety, and antidepressant.

➤ **Dose:** 500mg twice a day for 1 month

***Raktachap Har Capsule*:⁸**

➤ *Raktachap Har Capsule* contains *Sarpagandha*, *Shankhapuspi*, *Jatamamsi*, *Jahar Mohra Khatai Pisti*, *Moti Pisti*, *Rasa Sindoor*. The formulation was proven for the treatment of all grades of hypertension in all groups of age.

➤ **Dose:** 500mg twice a day for 30 days.

***Tagar Churna, Gokshura Churna & Triphala Churna*:⁹**

➤ *Tagar Churna*, *Gokshura Churna*, and *Triphala Churna* have demonstrated considerable antihypertensive effects. It is also used in patients with Hypertension with Dyslipidemia.

➤ **Dose:** *Tagar Churna* - 1 gram twice daily with water.

Gokshura Churna - 6 grams twice daily with water.

Triphala Churna - 6 grams at bedtime with lukewarm water.

***Gokshura Ghanasatva Capsule*:¹⁰**

➤ *Gokshura* (*Tribulus Terrestris* Linn) *Ghanasatva* means the whole plant of *Gokshura* Drug was subjected to Solid water extract and capsule used. Has a significant effect on Hypertension. Also acts as *Hridya* (Cardiotonic), Vasodilator, anti-cholesteric, and diuretic actions.

➤ **Dose:** 3 gm per day in Three divided doses for 1 month.

Raktadushtihar Yoga:¹¹

- *Raktadustihara Yoga* contains five drugs *Sariva*- 5 parts, *Musta*- 4 parts, *Katuki*- 3 parts, *Patha*- 2 parts, *Patola*- 1 part. Has effective in lowering BP as well as symptoms of Hypertension. Also helpful in the reduction of cholesterol and Triglyceride.
- **Dose:** 2 gm twice a day with normal water for 4 weeks.

Shankhapushpyadi Ghana Vati:¹²

- The formulation has ingredients like *Shankhapuspi*, *Brahmi*, *Guduchi*, *Aaragwadha*, *Nimba*, *Kustha*, *Vacha*, and *Gokshura* has a significant effect on the management of hypertension.
- **Dose:** 2 gm per day in divided doses for 8 weeks.

Nitya Virechana with Trivrit Churna:

- *Nitya Virechana* with *Trivrit Churna* effective in the management of Stage I- Essential Hypertension.
- **Dose:** 10gms with Lukewarm water empty stomach for 30 days

Ajamoda Capsule:

- *Ajamoda* (*Carum Roxburgh Anum Graib.*) seeds extract capsule has significant results in the management of Hypertension.
- **Dose:** 75mg per capsule- 1 capsule twice a day

Pathya & Apathya in Hypertension:¹⁸

Table no. 1) Pathya & Apathya in Hypertension.	
Pathya (Wholesome foods)	<i>Yava, Sastika, Nivara, Sali, Godhuma, Chanaka</i> , Cow's milk, Meat of <i>Kapota</i> , leafy <i>Yava</i> , a vegetable like <i>Upodika, Sunisannaka, Vastuka, Tanduliyaka</i> , etc. Fruits like <i>Kushmanda, Draksha, Patola</i> , etc.
Apathya (Unwholesome foods)	<i>Diva Swapna, Maithuna, Agni Santapa, Ksara Sevana, Lavana Sevana, Guru Abhisyandakara Aahara, Katu Usnakara Ahara, Dadhi, Amlapadartha, Kanjika, Masa Kulattha, Nispava.</i>

Conclusion:

Hypertension is a long-term chronic condition that typically presents no signs or symptoms until it becomes severe. This study aims to facilitate access to various treatment options. Many research works have been done few about them given above and many are going on to find medications to treat Hypertension and prevent its severe complications.

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Ashwagandha:

- *Ashwagandha* (*Withania Somnifera* Linn.) root powder has a potent antihypertensive effect when used with Milk and water.
- **Dose:** 6gms twice a day.

Punarnava:

- *Punarnava* (*Boerhavia diffusa* Linn) extract capsule reported a significant reduction in BP. Due to its active components Boeravinones, Hypoxanthine, and Liridodendrin. It acts as a Calcium channel antagonist, Diuretic.
- **Dose:** 500 mg twice a day with water for 6 weeks.

Sarpagandha Mishran:¹²

- **Dose:** 500 mg capsule orally twice a day after food,

Allium sativum (Garlic):^{14, 15}

- Hyperlipidemia, hypotensive action, muscle relaxation and vasodilatation Properties which help in treatment of HTN.

Annona muricata (Prickly custard apple):¹⁶

- The leaf extract of the plant has been reported to lower an elevated BP by decreasing the peripheral vascular resistance.

Apium graveolens (*Ajamoda*):¹⁷

- *Ajamoda* (*Apium graveolens*) reduce systolic and diastolic BP.

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