Understanding of Hypertension & Their Management through Ayurveda - A Review

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INTRODUCTION
Hypertension is a major cause of premature death. Hypertension is also called ‘silent killer’. Silent because it doesn’t produce any significant symptoms and killer because hypertension can increase the risk of heart disease, kidney failure and other disorder if hypertension is neglected and remains untreated. Hypertension is elevated pressure of blood in arteries. The increase in blood pressure depends upon a person’s age, sex, physical and mental activities, family history and diet. Normal blood pressure in a healthy adult age 18 is 120 mmHg systolic and 140 mmHg diastolic. Hypertension in adult age 18 years and older is defined as systolic blood pressure of 140 mmHg or more and diastolic blood pressure of 90 mmHg or more or any level of blood pressure in taking antihypertensive medication. In Ayurveda acharya yadunandan Upadhayay has equated the term raktagata Vata for hypertension. In raktagata vata raktadhatus gets contaminated by vitiated vata and leading to shoshan of raka dhatu. Therefore raktadhatu is unable to carry out its normal function of jeewan, varnaprasadan, mamsa poshan etc. In modern science some effective treatments are available but these are having their own complication. In ayurveda we found herbal drugs and herbomineral preparations have not any complication and side effect. We can use these drugs safely and effectively. The concept of treatment of raktagata vata reduces the quantitative increase of raktadhatu and also normalize the gati of vata dosha.

ABSTRACT
Now a day’s hypertension is the commonest disease. Every fifth person is found hypertensive. According to the world health statistics report in India 23.10 percent men and 22.6 percent women above 25 years suffer from hypertension. In every year unwholesome diet and sedentary lifestyle increasing patient of high blood pressure. Hypertension is a major risk factor for stroke, myocardial infarction, vascular disease and chronic kidney disease. Hypertension is defined as systolic blood pressure of 140 mmHg or more, or diastolic blood pressure of 90 mmHg or more or taking antihypertensive medication. In the ayurvedic text, there is no clear description of hypertension. Ayurvedacharya yadunandan Upadhayay has compared hypertension with raktagata vata. The disease raktagata vata is mentioned under the context of vatavyadhi. It is consider as tridoshaja vyadhi. Modern medicines have many adverse effect and damage many organs. Therefore we need safe and effective medicine in present era. We can control hypertension and balance three doshas safely and effectively through ayurvedic drugs and pathya sevan.

KEYWORDS: Hypertension, Raktagatavata, Pathya ahara

Blood pressure: -
Definition – lateral pressure exerted by the blood on the vessel walls while flowing through it.

Hypertension: -
Definition – High blood pressure is a trait as opposed to a specific disease and represents a quantitative rather than a qualitative deviation from the harm.

Criteria for classification of blood pressure -:
Normal- Systolic < 120 mmHg
Dysolic < 80 mmHg
Prehypertension – Systolic 120-139mmHg
Diasolic 80-89mmHg
Stage1 - Systolic 140-159mmHg
Diasolic 90-99mmHg
Stage2 - Systolic 160mmHg or greater
Diasolic 100mmHg or greater

Classification: -
1. Primary or essential hypertension
2. Secondary hypertension

Cause: -
Primary hypertension –
1. Environmental factors
2. Genetic factors
Secondary hypertension –
1. Renal –
   A. Acute nephritis
   B. Interstitial nephritis and pyelonephritis
   C. Polycystic kidneys
   D. Renal artery stenosis
   E. Diabetic nephropathy
2. Endocrine–
   A. Pheochromocytoma
   B. Thyrotoxicosis
   C. Cushing’s syndrome
   D. Myxedema
3. Exogenous – administration of steroids, nonsteroidal, anti-inflammatory drugs
4. Neurological –
   A. Raised intracranial tension
   B. lead encephalopathy
5. Pregnancy induced hypertension
6. Cardiovascular hypertension –
   A. Coartation of aorta
   B. Aortic regurgitation
7. Drugs and Toxins – Glucocorticoids, sibutramine, alcohol, cocaine etc.
8. Miscellaneous –
   A. Polycythemia
   B. Obstructive sleep apnea
   C. Hypercalcemia

Symptoms –: The clinical feature may be due to –
1. Elevated blood pressure itself
2. Target organ involvement
3. Underlying disease as in secondary hypertension

1. Due to hypertension :-
   A. Headache
   B. Dizziness
   C. Epitasis

2. Due to the affection of target organs :-
   I. CVS –
      A. Dyspnoea
      B. Anginal chest pain
      C. Palpititation
   II. Kidneys – Hematuria, Nocturia, Polyuria
   III. CNS -Transient ischemic attacks with focal neurological deficit
      A. Hypertensive encephalopathy
      B. Dizziness, tinnitus, and syncope
      IV. Retina – Blurred vision or sudden blindness

In Ayurvedic clinical feature of raktagata vata :-
Teeva ruja - Acute pain
Santap - Burning sensation
Vaivarnya - Discoloration of skin
Krushata - Emaciation
Aruchi - Anorexia
Anumsi - Appearance of rashes on the body
Bhukatasha stambha - Stiffness of the body after taking food

Samprapti :-
Tridosha prakopak nidan sevan
   Manh kshobha
   Kapha and medovriddhi
   Sthanasmshraya in dhamani
   Margavrodha
   Vyan vayu prakop
   Rakta dushti due to vyan vayu
   Raktagata vata

Risk factors :-
   ➢ Common in blacks
   ➢ Prevalence increase with age
   ➢ Obesity
   ➢ Alcohol
   ➢ Stress
   ➢ Drugs
   ➢ Smoking
   ➢ Dyslipidemia
   ➢ Diabetes mellitus
   ➢ High sodium intake
   ➢ Physical inactivity
   ➢ Family history of premature CAD

The complication of hypertension :-
1. CNS -
   A. Transient ischemic attacks
   B. Cerebrovascular accidents
   C. Subarachnoid hemorrhage
   D. Hypertensive encephalopathy
2. Ophthalmic – hypertensive retinopathy
3. Cardiovascular –
   A. coronary artery disease
   B. Left ventricular failure
   C. Aortic aneurism
   D. Aortic dissection
4. Renal –
   A. Proteinuria
   B. Progressive renal failure

Investigation :-
1. 24-hour ambulatory blood pressure monitoring
2. Urine analysis for protein, blood, and glucose
3. Renal function test
4. Serum electrolytes
5. FBS & PPBS
6. Serum cholesterol and triglycerides
7. Serum calcium and uric acid
8. ECG
9. Chest radiograph

Treatment –:-
➢ Nidana parivarjana Avoidance of causative factors
➢ Sheeta pradeha Coolant ointment
➢ Vireka Purgation
Increase the use of garlic, fruit, and green vegetables. Bloodletting therapies can be avoided. Blood pressure will be automatically controlled. In modern science, diuretics, vasodilators, and stress relievers are used for control hypertension but due to side effects, we cannot use these medications for a long time. Thus, we should be used herbal drugs and these drugs have properties of diuretics, vasodilators and stress relievers.

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**PATHYA/APATHYA :-**

1. Avoid meat, eggs, salt, pickles, tea and coffee
2. Regular exercise at least 30 minutes daily
3. Avoid alcohol and smoking
4. Reduce intake of dietary saturated fat and cholesterol
5. Increase the use of garlic, fruit, and green vegetables
6. Laughter is the best medicine as it relieves stress and anxiety which are the main cause of high blood pressure in the present era.