

## HYPERTENSION; CAUSES, SYMPTOMS, COMPLICATIONS AND MANAGEMENT AS PER AYURVEDA AND MODERN PERSPECTIVE

Dr. Nilesh Subhash Kulthe\*<sup>1</sup> and Dr. Suryakiran P. Wagh<sup>2</sup>

<sup>1</sup>Ph.D. Scholar, Dept of Kay-Chikitsa, Yashwant Ayurved College, Kodoli, Kolhapur, India.

<sup>2</sup>Prof. and H.O.D, Kayachikitsa Dept, Yashwant Ayurved College, Kodoli, Kolhapur, India.

\*Corresponding Author: Dr. Nilesh Subhash Kulthe

Ph.D. Scholar, Dept of Kay-Chikitsa, Yashwant Ayurved College, Kodoli, Kolhapur, India.

Article Received on 15/12/2019

Article Revised on 05/01/2020

Article Accepted on 26/01/2020

### ABSTRACT

Hypertension is described as *Rakta Gata Vata* in Ayurveda characterizes as elevation in blood pressure more than that of normal range. The normal range of blood pressure in healthy individual is from 120 mmHg (systolic) and 80 mmHg (diastolic). Hypertension affects functioning of heart, kidneys, brain and eyes etc. it is believed that involvement in sedentary lifestyle, genetic predisposition, psychological factors and disturbed dietary habits, etc. can provokes pathogenesis of hypertension since these all factors causes vitiation of *Tridoshas*. As per ayurveda hypertension involves disturbances in *Vyana Vata*, *Avalambaka Kapha*, *Sadhaka Pitta* and *Rakta*, etc. Present article summarizes ayurveda and modern perspective related to hypertension and its management.

**KEYWORDS:** *Hypertension, Ayurveda, Rakta Gata Vata, Vyadhi.*

### INTRODUCTION

Hypertension is diseases involving many complications including vitiation of *Doshas & Srotas* etc. Hypertension considered when person possess systolic blood pressure 140 mm Hg or above consistently and diastolic blood pressure 90 mm Hg or above consistently, however condition sometimes may differ depending upon age of an individual. It is believed that urban population is more prone to disease as compared to rural population while males are more susceptible than female.

As per Ayurveda *Rakta Gata Vata* or *Vyanabala Vaishamy* can be correlates with hypertension as per sign and symptoms. The disease associated with *Vikriti* of *Vyana Vayu* and disease can be manifested in either way i.e; *Vridhhi* (increase) or *Kshaya* (decrease) in blood pressure.

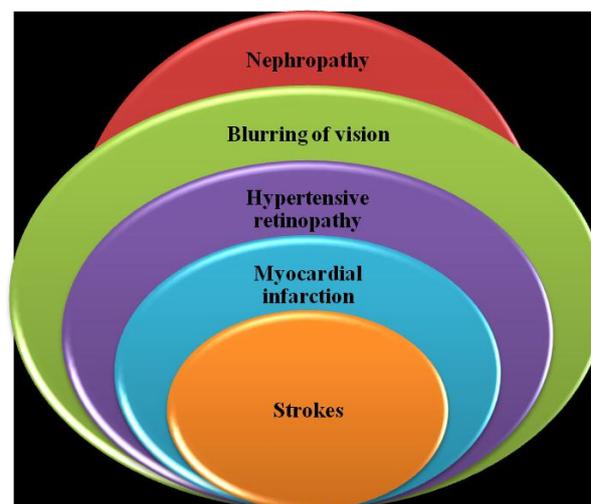
Hypertension may be of two types' primary hypertension and secondary hypertension, primary hypertension can arises from unknown origin and does not causes associated with severe complications while secondary hypertension involving known causes and associated with other complications such as; renal disease and stress.

Other types of hypertension are isolated systolic hypertension which is common in elderly and arises due to the reduced vascular capacity. While neurogenic hypertension can occurs through sympathetic nervous system stimulation.

Clinical diagnosis of hypertension can be done by direct measurement of blood pressure, analysis of serum electrolytes, lipid profile, electro cardiogram and pulse measurements, etc.

Headache, fatigue, dizziness, insomnia, tinnitus, breathing disturbances and blurred vision, etc. are some complications associated with hypertension.

The chronic conditions of hypertension can cause some complications as depicted in **Figure 1**, therefore it is recommended to treat hypertension at early stage.



**Figure 1:** some complications related to hypertension.

### Causes

- ✚ Disturbed dietary and living regimen
- ✚ Hereditary
- ✚ Presence of other diseases such as; kidney disease, cushing's syndrome and obesity, etc.
- ✚ Adverse effects of medication such as; steroids
- ✚ Psychological stress
- ✚ Environmental or climatic diversity

### Pathogenesis

Pathologically diseases involves many events inside the body including; peripheral vascular resistance, vasoconstriction, disturbed renin activity, low levels of aldosterone and atherosclerosis, etc.

Ayurveda described various pathological components related to diseases as follows:

- *Doshas:* Vyana vayu & Avalambaka Kapha
- *Manas Dosha:* Raja & Tama
- *Dushyas:* Rasa, Rakta & Meda
- *Srotas:* Rasavaha Raktavaha & Pranvaha
- *Udabhava Sthana:* Hridaya & Dhamani

### Medical Management of Hypertension

- *Nidana Parivarjan*
- *Samshodhana chikikitsa*
- *Shamana* treatment
- *Yoga Therapy*
- Life style modifications

#### *Nidana Parivarjan*

*Nidana parivarjana* means avoidance of etiological factors such as; excess intakes of salt, fatty substance, smoking and spicy food stuffs, unnecessary uses of medicine like; steroids and narcotic drugs to be avoided. It is recommended to avoid sedentary life style and one should involve in daily excises and meditation, etc.

#### *Samshodhana chikikitsa*

*Lekhana Vasti, Virechana karma, Shirodhara* and massage therapies detoxify body, balance circulatory process, removes vitiated *Doshas* and control psychological stress therefore helps in the management of hypertension.

#### *Shamana chikikitsa*

Ayurveda herbs like; *Sarpagandha, Ashvagandha, Jatamansi, Arjuna* and *Rasona*, etc. offers relief in case of hypertension, these drugs maintain heart beat, balances sugar levels, control circulations and pacifies vitiated *Doshas* therefore helps to reduces blood pressure. Ayurveda formulations such as *Sarpagandha ghana vati, Prabhakara vati, Arjunarishta, Abhayarisha* and *Hridayarnava rasa*, etc. also recommended for the management of hypertension.

### Yoga Therapy

*Yoga* therapy under expert guidance helps in the management of hypertension. Various *Asanas* such as; *Shavasana, Bhujangasana, Gomukhasana, Pavanmuktasana* and *Katichakrasana*, etc. provides relief in hypertension.

### Life style modifications

- Maintenance of weight with low fat diet and exercise (morning walk and jogging)
- Intake of potassium and calcium
- Meditation and prayer
- One should eat fresh fruits containing low carbohydrate and green vegetables
- Avoid day time sleep, anxiety, anger and stress
- Avoid use of caffeine, tobacco and alcohol.

### CONCLUSION

Hypertension is pathological condition characterizes as blood pressure elevation in which blood pressure rises more than that of normal range  $\geq 120$  mmHg/80 mmHg. Hypertension can damage heart, kidneys, brain and eyes etc. Sedentary lifestyle, genetic factors, psychological factors and disturbed dietary pattern, etc. can raise blood pressure. As per ayurveda vitiation of *Vyana Vata, Avalambaka Kapha, Sadhaka Pitta* and *Rakta* can leads symptoms of hypertension. Ayurveda described *Rakta Gata Vata* or *Vyanabala Vaishmya* as pathological conditions possessing symptomatic similarity with hypertension. Hypertension can be managed by various therapeutic approaches including *Nidana Parivarjan, Samshodhana chikikitsa, Shamana* treatment, *Yoga Therapy* and life style modifications. These all approaches helps to reduce blood pressure and thus prevent further complications related to hypertension such as; stroke, ischemia, renal failure and retinopathy, etc.

### REFERENCES

1. Patwardhan K. The history of the discovery of blood circulation: unrecognized contributions of Ayurveda masters. *Adv Physiol Educ*, 2012; 36: 77–82.
2. Joshi H., Singh G., Patwardhan K. Ayurveda education: evaluating the integrative approaches of teaching *Kriya Sharira* (Ayurveda physiology) *J Ayurveda Integr Med.*, 2013; 4(3): 138–146.
3. Murthy Srikantha K.R., editor. *Asthanga Samgraha* of Vagbhata. 9th ed. Chowkhamba orientalia; Varanasi, 2012; 368. *Sutra Sthana, Doshabhedeeya Adhyaya*, Chap 20, Verse 2.
4. Trikamji J., Ram N., editors. *Commentary Nibandha Sangraha* of Dalhana on *Sushruta Samhita* of Sushruta, *Sharira Sthana; Dhamaneevyakaranam Shareeram Adhyaya*. 1st ed. Chaukhambha Sanskrit Sansthan; Varanasi, 2012; 386: Ch. 8, Verse12.
5. Trikamji J., editor. *Commentary Ayurveda Dipika* of Chakrapanidatta, *Charaka Samhita* by Agnivesha, *Sootra Sthana, Dirghamjivitiyam Adhyaya*. 1st ed. Chaukhambha Orientalia; Varanasi, 2007; 7: Chap 1, Verse 24.

6. Tripathi A. Clinical evaluation of Shankhapuspi compound in Hypertension, Proceedings in National Seminar on Preventive Cardiology in Ayurveda. Rashtriya Ayurveda Vidyapeeth Publication, New Delhi, India, 2010; 309-313.
7. Shukla N, Shukla CP A Comparative study of Sarpagandhavati and Vachadiyoga in the management Essential Hypertension; Proceedings in National Seminar on Preventive Cardiology in Ayurveda, R.A.V. Publication, New Delhi, India, 2010; 251-258.
8. Rathod MR, Sharma Amit Kumar Understanding of Hypertension in Ayurveda. J Altem and Integ Med., 2012; 1: 494.
9. Susruta Samhita with Dalhana Tika edited by Vd. Yadavaji Trikamji Acharya; published by Chaukhamba Sanskrit Sansthan, Varanasi, 8th edition, 2005.
10. Charak Samhita with chakrapani Tika edited by Vd. Yadavaji Trikamji Acharya : Published by Chaukhamba Sanskrit Sansthana, Varanasi, Reprint, 2004.