

A CONCEPTUAL STUDY ON ROLE OF PARSIKA YAVANI WITH GOKSHURADI
KWATH IN VYANAVAYU VAISHAMYA (ESSENTIAL HYPERTENSION STAGE - I)Dr. Chanchal^{1*}, Dr. O. P. Singh² and Dr. Sanjay Kumar Tripathi³¹Pg Scholar ³rd Year, PG Department of Kayachikitsa, Rishikul Campus Haridwar.²Professor and Head, PG Department of Kayachikitsa, Rishikul Campus Haridwar.³Professor, PG Department of Kayachikitsa, Rishikul Campus Haridwar.

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ABSTRACT

Nowadays Hypertension is a major cause of premature death worldwide that may be due to the westernization, stressful life schedules, uncontrollable mental worries etc. In Ayurveda vitiated Vata Dosha was thought to be chief culprit but the concept goes in accordance that the disease is Tridoshaja. Raktagata vata and Vyanabala Vaishmya look more appropriate terms to replace modern terminology in Ayurveda. Since Vyana Vayu is mainly responsible for fluid circulation in our body therefore we can correlate Vyanabala Vaishmyata with Essential Hypertension. Essential Hypertension is one among them which can occur at any stage of life. It is also called as a silent killer or hidden killer because most of sufferers (85%) are asymptomatic and as per available reports, in more than 95% case of Hypertension underlying cause is not found. There are number of preparations described in Ayurveda text and Gokshuradi Kwath is one among them and it has wonderful properties that helps in curing Vyanavayu Vaishmyata.

KEYWORDS: Raktagata vata and Vyanabala Vaishmya look more appropriate terms to replace modern terminology in Ayurveda.

INTRODUCTION

21st century is a world of industrialization, fast and stressful life which has created various lifestyle disorders like Heart disease, Stroke, Obesity, Type 2 Diabetes, Hypothyroidism etc. As per the report of W.H.O. overall prevalence for Hypertension in India was 29.8%. An estimated 1.13 billion people worldwide have Hypertension most two-thirds living in low and middle income countries. In 2015, 1 in 4 men and 1 in 5 women had Hypertension. Fewer than 1 in 5 people with

Hypertension have the problem under control. Hypertension is a major cause of premature death worldwide.

In Ayurveda its diagnostic approach is based on the involvement of Dosha, Dushya, Srotas etc. *Acharya Charak* recommended that, if a physician is unable to diagnose the disease, he should treat the disease by ruling out vitiated *Tridoshas* and *Nidana* factors.

“विकारानामाकुशलो न जिहीयात् कदाचन। न हि सर्वविकाराणां नामतोऽस्ति ध्रुवा
स्थितिः”॥ (Ch.Su. 18/44).

There is no any disease in Ayurveda which completely resembles with hypertension but contemporary Ayurvedic literatures have correlated this disease with *Raktagata vata*, *Vyanabala Vaishmyata*, *Dhamani Prapurana*, *Pittavrita Vata* etc. *Raktagata vata* and *Vyanabala Vaishmya* look more appropriate terms to replace modern terminology in Ayurveda.

This article explains the role of *Parsika yavani* with *Gokshuradi kwath* which is a combination of *Vatashamaka*, *Hridya*, *Nidrajanana* and *Mutrala* drugs which will prove to be beneficial in treating Essential Hypertension effectively.

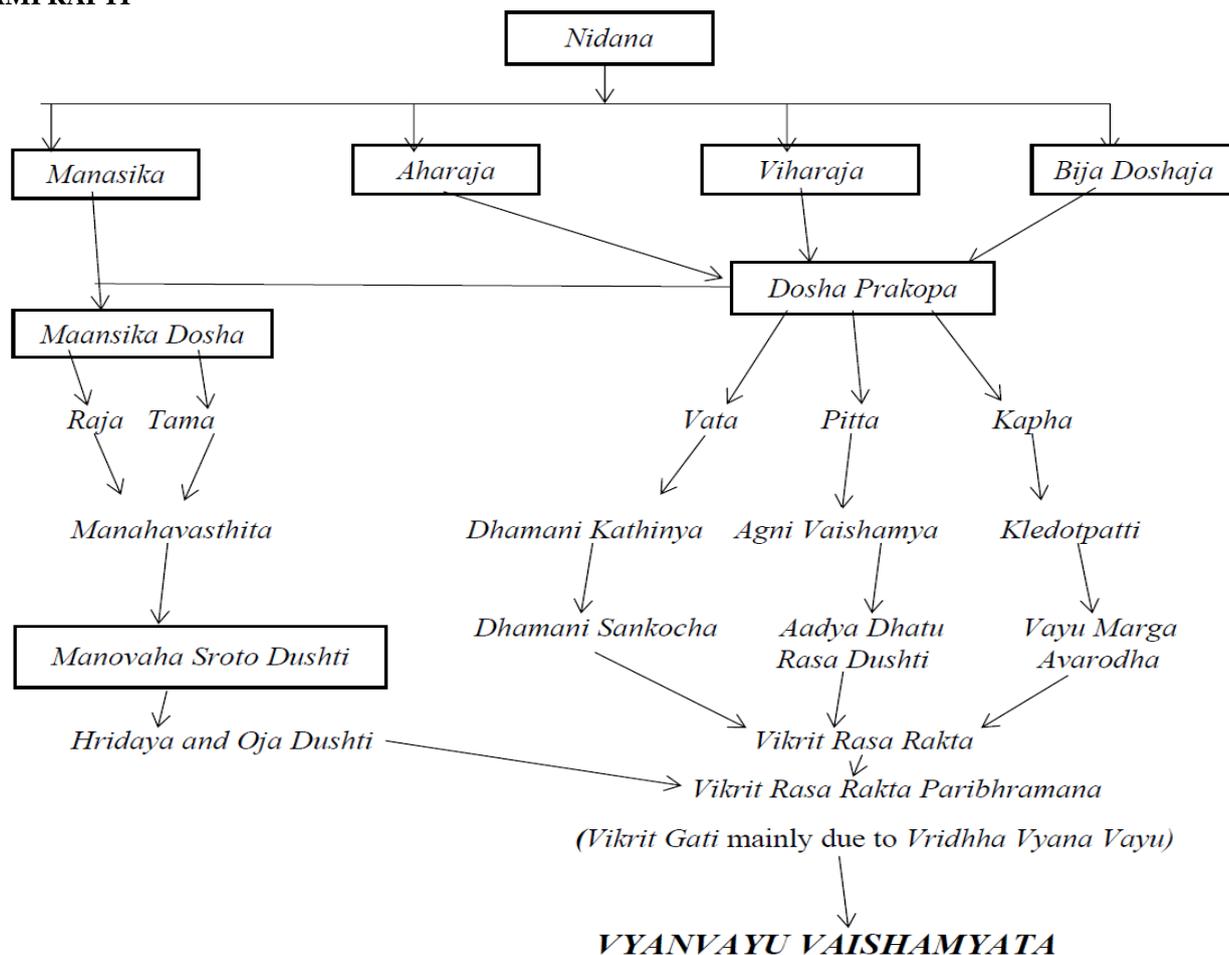
MATERIAL AND METHODS

For this article literature review is done from *Charak Samhita*, *Sushruta Samhita*, *Bhaishajyaratnavali* and few other articles.

Nidana of Vyanavayu Vaishmya^[2]

- Stressful and hectic life style
- Smoking and an excessive intake of intoxicants
- Obesity
- Metabolic disorders
- Excessive intake of common table salt.

SAMPRAPTI^[3]



Content of Gokshuradi kwath^[4]

गोक्षुर रुबमुल च वचा रास्ना पुनर्नवा ।
कषायोऽसौ प्रशस्त स्यात् सर्वागतमारुते ॥

1. Gokshura (*Tribulus terrestris*), Zygophyllaceae
2. Eranda moola (*Ricinus communis*), Euphorbiaceae
3. Vacha (*Acorus calamus*), Araceae

4. Rasna (*Pluchea lanceolata*), Compositae
5. Punarnava (*Boerhaavia diffusa*), Nyctaginaceae

Description of each drug will be explained further on the basis of properties, chemical constituents, action of dosha, pharmacological action.

Table 7.

Drug	Rasa	Guna	Virya	Vipaka	Dosh Karma	Pharmacological action	Chemical constituent ^[6]
Parsika yavani	Tikta, Katu	Ruksha	Ushna	Katu	Kaphavata shamaka	Anticholinergic, Central effects	Hyoscyamine, Hyoscine
Gokshura moola	Madhura	Guru, Snigdha	Sheeta	Madhura	Vatapitta shamaka	Diuretic, Antihypertensive effects	Harman, Saponine, Harmine
Eranda moola	Madhura Kashaya	Tikshna Snigdha	Ushna	Madhura	Kaphavata shamaka	Cardiac tonic, Diuretic	Ricinine, Ricin, Ricinoleic acid
Vacha	Katu, Tikta	Laghu, Tikshna	Ushna	Katu	Kaphavata shamaka	Antihypertensive, Bloodpressure lowering	Acorin, Eugenol, Volatile oils
Rasna	Tikta	Guru	Ushna	Katu	Kaphavata shamaka	Antiinflammatory, Anti-arthritic	Pluchine, Quercetin
Punarnava	Madhura, Tikta, Kashaya	Laghu, Ruksha	Ushna	Madhura	Tridosha shamaka	Antihypertensive, Diuretic	Punarnavine, Hypoxanthin

Mode of Action

Parsika yavani contains Hyoscyamine which is a natural

anticholinergic alkaloid. Hyoscyamine produces central effects (depressant) even at low doses.^[7]

Gokshura contains nitrates and oils, which causes diuresis and due to its vata pitta shamak action it can be used to reduce inflammation. It is a potent antioxidant, cardioprotective, and diuretic. Its bark is astringent, cardiac stimulant, tonic and lithotriptic.^[8] Helps in reducing fluid volume overload from body. Clinical studies shows antihypertension, antidepressant and anxiolytic activities.

Eranda contains Flavonoids extract of root possesses anti-inflammatory activity. It has ricinine which is a cardiac tonic and diuretic action.^[9] Eranda is having *kaphavata shamaka, shothhara, vedanasthapaka, hridaya, mutravishodhana karma*.

Vacha Studies have shown its blood pressure lowering and vascular modulator effects. Vacha is having *Kaphavata shamaka, hridya, mutrala, lekhnika karma*.

Rasna is having *Kaphavata shamaka, Shothhara, Vedanasthapaka, Aampachana karma*. Methanolic extract has anti-inflammatory and anti-arthritis action.^[10]

Punarnava shows diuretic action by increasing Renal Blood flow. Studies show its antihypertensive effects. Punarnava is having *Tridosha shamaka, Lekhnika, Mutrajanana, Shothhara karma*.^[11]

DISCUSSION

Finally, we can say on the basis of description of these drugs that they have following properties i.e. *Vatashamaka, Hridya, Nidrajanana* and *Mutrala* properties. On modern parameters we can say that these drugs have Diuretic, Antihypertensive, Anti-inflammatory, Anti-arthritis properties.

CONCLUSION

Ayurveda is a medical branch giving utmost preference in correcting the physiological aspects of *Vyanavayu vaishamya*. Overall *Parsika yavani* with *Gokshuradi kwath* can really contribute to the whole medical world by its significant anti-hypertensive effect both systolic and diastolic without any side effects. Modern pharmacological agents are having their own limitations as per reported studies. The holistic approach which should include dietary factors, physical and environmental factors is necessary to prevent incidence of *Vyanavayu vaishamya* and large number of ayurvedic medicines are available whom we should recognise and put evidence based research proving that use of these drugs will be worthwhile in treating cardiovascular diseases and avoiding further complication in the form of heart attack, myocardial infarction.

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