

LIFESTYLE MANAGEMENT OF HYPERTENSION ACCORDING TO AYURVED**Dr. Nidhi Netam^{*1}, Dr. Smt. Gitanjali Sasmal², Dr. Ashok Kumar³**¹MD Scholar, ²Reader & H.O.D, ³Lecturer

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ABSTRACT

The world health organization (WHO) has identified India as one of those nations is going to have most of the lifestyle disorder in the near future. Hypertension is life style disorder. It is treated life style management. Lifestyle modification is one of the most important tools for effective lowering of blood pressure. Approaches to stop hypertension demonstrate that a diet rich in fruit, vegetables low fat dairy product, fiber and minerals (calcium, potassium and magnesium) produce a patient antihypertensive effective. They are mostly common in developed nation where people are inclined towards stress, eating unhealthy foods having a sedentary life style and unhealthy habits like smoking and excessive alcohol intake. This life style results in higher level of risk factors, such as hypertension. According to WHO 1.2 billion people will be suffering from hypertension. According to *Ayurved* hypertension can be correlated with *Raktagata vata* and it is consider as *Tridoshaya vyadhi*.

KEYWORDS: Hypertension, Lifestyle, Diet.**INTRODUCTION**

Hypertension is an important worldwide public health challenge. Hypertension is a most common life style disorder. It is defined as blood pressure is more than 140/90 mm of hg. Hypertension itself is a very dangerous condition. It can cause drastic damage to the liver, kidney, brains, and the heart. The damaging of these vital organs is the most important cause of death. Hypertension is a chronic and often asymptomatic medical condition in which systemic arterial blood pressure is elevated beyond normal. As such the heart is forced to work harder to overcome the increased systemic pressure in order to delivered blood to tissues which puts strain the heart and arties. In *Ayurvedic* treatment is based on *Ayurvedic* principle, proper, diet and life style management that help to decrease hypertension. Lifestyle plays an important role in treating your high blood pressure. If you successfully control your blood pressure with a healthy lifestyle, you might avoid, delay or reduce the need for medication. Hypertension results from a variety of reasons like stress, obesity, genetic factors, over use of the salt in the diet.

AIM AND OBJECTS

To study the role of lifestyle and diet management in hypertension to *Ayurved* and modern science.

MATERIAL AND METHADS

The literature review collected from classical texts of *Ayurved*, modern text book and related web site.

DISCUSSION

Hypertension is chronic and often asymptomatic medical condition in which systemic arterial blood pressure is elevated beyond normal limits i.e. blood pressure more than 140/90 mm of hg. It is also known as silent killer because it rarely exhibits symptoms before it damages the heart, kidney and brain. In *Ayurved*, exact description of hypertension is not given. Hence it is difficult to find out exact references of hypertension. But symptomatology quoted under *Raktapradoshaja Rogas* by *Charak* almost coincides with hypertension symptomatology among those *Shrihashoola*, *Bhram*, *Klama*, *Anidra*, *Arati*, *Krodhachurata*, *Buddisanmoha* and *Sharirgaurava* are the common symptoms. It has been found that the percentage of hypertension patients is rising sharply in spite of number of antihypertensive drugs in modern medicine. Hence to get the perfect life style and diet management of hypertension without any side effects is a need for present era. Epidemiological studies have revealed a strong relation between obesity and hypertension. So maintaining the body fitness and preventing the body from obesity is necessary. Maintaining a good health and exercising regularly prevents hypertension. Eating a balanced diet and monitoring the blood pressure is very must.

HYPERTENSION

High blood pressure is a common condition in which the long term force of the blood against your artery walls is high enough that it may eventually cause health problem

such as heart disease. It strikes an individual without giving any indication; hence it is termed as silent killers. In about 95% cases specific cause of raised blood pressure is unknown. Such patient are said to have essential hypertension. However known factors are

genetic or familial, socio economic or dietary, endocrine disorder or neurotransmitters drug or pregnancy, renal disease or deficit under laying in peripheral or vascular smooth muscles. It is defined as blood pressure more than 140/90 mm hg.

CLASSIFICATION OF HYPERTENSION

Category	Systolic (mm of hg)	Diastolic (mm of hg)
Normal	< 130	< 85
High normal	130-139	85-89
HYPERTENSION		
Stage1 HTN (Mild)	140-159	90-99
Stage HTN (MODERATE)	160-179	100-109
Stage3 HTN (severe)	180-209	110-119
Stage4 HTN (very severe)	>210	>120

TYPES OF HYPERTENSION

Medical science recognizes two type of hypertension:

- I. Primary hypertension
- II. Secondary hypertension

PRIMARY HYPERTENSION

It is also called as essential hypertension or idiopathic hypertension. There has no known cause, however many of the lifestyle factors contribute to this condition. About 90-95% of cause of hypertension is categorized as primary hypertension with no obvious underlying cause. This is found in most of people who have crossed the measures include sharp reduction of obesity and reduction of dietary salt.

Following factors are important in the etiology of essential hypertension:

- Hereditary factor.
- Environmental factor- Overcrowding, pollution, competition in job.
- Age and sex factor.
- Habit of alcohol and smoking.
- Obesity.
- Dietary factor-more salt intake.

SECONDARY HYPERTENSION

When hypertension is caused by another condition or disease process, it is called secondary hypertension. This is also called as malignant hypertension. Incidence of the secondary hypertension is comparatively very low. The possible cause of secondary hypertension may be such as-

- Due to administration of certain drugs like contraceptive pills, steroids etc.
- Hypertension disease of pregnancy: Toxemias of pregnancy.
- Renal causes: Acute nephritic syndrome, chronic nephritis and polycystic kidney.
- Endocrinal causes: Thyrotoxicosis, myxedema and acromegaly.
- Metabolic causes: Diabetes mellitus, chronic gout and atherosclerosis.
- Blood diseases: Polycythemia etc.

- Congenital diseases: Coarctation of aorta.

SIGNS AND SYMPTOMS OF HYPERTENSION

Most of the patients with hypertension have no specific symptoms except an elevated blood pressure. Symptoms of hypertension are usually variable and at time very vague. The popular symptoms of hypertension as following:

- Headache.
- Nausea.
- Vertigo.
- Vomiting.
- Loss of appetite.
- Chest pain.
- Bleeding from nose.
- Irritability.
- Haziness of vision.
- Numbness & burning sensation in hands & fats.

COMPLICATION OF HYPERTENSION

- Heart attack or stroke.
- Organ malfunction.
- Vision loss.
- Metabolic syndrome.
- Memory problem
- Heart failure.

AYURVEDA APPROACH TO HYPERTENSION

According to *Ayurved* high blood pressure involves all three *Doshas*, the heart and the blood vessels. In high blood pressure we can see signs and symptoms of disturbance of *vata dosha* that mainly of *vyana vayu*. The treatment is also on the basis to correction of the balance of *vata dosha*. *Pitta dosha* vitiation is also seen often and it should be treated. People with *pitta* and *vata* predominant constitution are more prone to hypertension than any other. Unprocessed anger, frustration, irritability, anxiety and fear are leads to mal-adaptation of the endocrine system, which leads to conditions like hypertension.

According to *Acharya Charak*, it is not essential to give a specific name to the every disease. In those conditions

the physicians should treat the patient to be considering the nature of disease, its sites, etiology and *Doshadushya sammurchhana*.

LIFESTYLE MANAGEMENT

Weight management

Maintain a healthy body weight (Body mass index of 18.5 to 24.5). Lose weight if you are overweight. Eat at least serving of fruit and vegetables every while reducing saturated and total fat intake and incorporating healthy fats in moderation, such as those in olive oil, nuts and seeds. Following such a diet reduce systolic blood pressure on average by 8 to 14 mm hg.

Stress management

Stress may temporarily increase blood pressure learn to find healthy ways to cope with stress. Avoid coping with stress by eating high fat or high salt foods or by making and drinking alcohol. Learning relaxation techniques and finding a time to walk each day are some good ways to start.

Dhyan

The ultimate goal of Dhyan to reach a deep state of relaxation and reduced stress, heart Sdisorders, B.P., sleep problems & asthma.

Yoga

Excessive mental, emotional and physical stress can get worse the symptoms of many chronic disorders, including hypertension. Regular practice of integrated yoga can promote tranquility of mind and increase resistance to stress. *Shavasana, Sukhasana, Dhanurasna, Makaraasna, Vajrasana* along with regular practice of *Pranayama* are found to be very useful for lowering blood pressure in normal as well as hypertensive person if performed accurately and adopted as a lifestyle.

DIET MANAGEMENT

Dietary modification is very important to prevent the development of hypertension or potentially combat and reduce high blood pressure. Lowering sodium intake (especially from table salt) reduce, exercise water retention, which helps maintain normal blood pressure. Excessive use of sodium chloride is toxic and damaging to arteries and other tissues, which may initiate atherosclerosis and lead to hypertension. Adopting a high potassium diet helps rid the renal system of excess sodium and restore sodium/potassium balance.

Acharya Charaka has also considered *Lavana* as a substance not to be used in excessive quantity for longer duration. Diet should be light, low fat diet and preferably vegetarian foods. Additional dietary changes beneficial for reducing blood pressure include adopting the diet which is:

- Rich in fruits, vegetables, whole grains and low-fat dairy product, reducing consumption of refined sugar and heavily processed food.

- Include following diet- Mung, Jav, Madhu, Anar, Saindhav namak, Takra, Shunthi, Adrak, Rason, Dalchini.
- Reducing tea and caffeine intake.
- Fruit- Indian gooseberry, Grape, Watermelon, Lemon, grapefruit, skim milk and cottage cheese.
- Avoid smoking and alcohol.
- Excessive intake of salt.
- Avoid meat, egg, pickles.
- Avoid yoghurt, frozen food, ice cream.

Reduce Salt intake

Reduce salt intake to less than 5 gram of salt per day can result in a decline in both systolic and diastolic blood pressure of >1mmHg.

Reduce Fat intake: Avoid animal fat stick margarine, vegetable shortenings and commercial bakery and deep-fried foods. Reduce fat intake in general and avoid eating food rich in animal fat, such as red meat, processed meat and butter and eat olive oil and fish oil instead.

CONCLUSION

Life style plays an important role in the development of hypertension. Improper life style and unhealthy diet, lack of exercise and stressful life increases the chances of hypertension. Reduction of alcohol and salt intake, smoking cessation, execution of a regular aerobic physical activity, correction of overweight with adoption of balanced norm-caloric diet, rich of fresh fruit and vegetables and low in saturated fats, are the main lifestyle changes that determine the best result for prevention and treatment of hypertension.

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