

**RETROSPECTIVE CASE STUDY OF ASSOCIATION BETWEEN GERIATRIC
HYPERTENSION AND LOW METABOLIC FIRE**¹*Dr. Richa Priyadarshini, ²Dr. Avadhesh Kumar, ³Dr. Neelam Gupta and ⁴Dr. Premkant Yadav¹MD Rog Nidan Evum Vikriti Vigyan, ²Associate professor and Head, PG Department of Rog Nidan Evum Vikriti Vigyan, ³Professor and Head, Department of Rachana Sharir, ⁴Assistant professor, Department of Kriya Sharir, Government Pg Ayurveda College and Hospital, Varanasi, Uttar Pradesh, India.***Corresponding Author: Dr. Richa Priyadarshini**

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ABSTRACT

Ayurveda is science of life and longevity. In present era, Geriatric problems are of much concern for medical professionals. Hypertension being silent killer is one of them. Number of adults with hypertension increased 594 million in 1975 to 1.13 billion in 2015. Recent study shows increase in prevalence of Hypertension with age. In about 90% of cases there is no known cause of Hypertension. According to Ayurveda, most of diseases arise due to malfunction of Agni. Disturbance in Agni causes indigestion of food known as Ajirna. Retrospective case study was done on 25 patients of geriatric age group. The data of 25 patients were taken from OPD of Government Ayurveda PG College, Varanasi.

KEYWORDS: Geriatric Hypertension, Agni, low metabolic fire.**INTRODUCTION**

Hypertension is one of diseases of major concern in Geriatric population. It is frequent, chronic, age-related disorder with its complications on vital organs which further may lead to death.

In India, Hypertension is responsible for 57% stroke death and 24% of coronary heart disease. In an analysis of world-wide data for global burden the rate of hypertension are projected to go up to 22.9% and 23.6% for Indian men and women respectively by 2025. Recent studies have shown prevalence of hypertension to be 25% in Urban and 10% in rural areas in India.

In About 90% of patients, there is no known cause of Hypertension. Conventional science is unable to explain any etiology of geriatric hypertension but Ayurveda says Agni is the reason behind any turbulence in human body from staying to decaying. It's all Agni.

As per Fundamental Principles, Kapha is predominant in Balyavastha, Pitta in Madhyavastha and Vata in Vardhikya. In Jaraavastha due to dominance of vata there is Dhatukshaya observed. According to normal physiology Chaya (anabolism) and Apachaya (catabolism) process take place simultaneously in our body. But in Jaraavastha, due to vikrit vata and vishamagni, Rasa is not formed properly leading to Agnimandya. If person does not follow dietic rules, and continues to take same amount of food as in their Madhyavastha, lakshan of Ajirna starts manifesting.

MATERIAL AND METHODS

In this study, Data of 25 patients were taken from OPD of Government Ayurveda PG College, Varanasi.

HTN was defined as SBP >140mm Hg and DBP>90mm Hg.

There was restricted diet plan for each and every patient. Night meals were advised to be taken before 7 pm.

OBSERVATION AND RESULT

- 60% of patients showed fluctuating BP with symptoms of headache and dizziness and 40% of patients were taking medicine of Hypertension.
- 76% of patients were present with moderate symptoms of Ajirna, 20% were having mild symptoms of Ajirna and 4% of patients were having no symptoms of Ajirna.
- 96% of patients showed significant improvement after following dietic rules.

DISCUSSION

In this study, Prevalence of Ajirna in Hypertension is 96%. Eating late at night and in same amount as in their 40s routine is found to be key factor in predisposing many prodromal of Hypertension. Initially, patients showed falling and increasing Blood pressure unknowingly and just by controlling and following ayurvedic dietic rules, Blood Pressure stabilized.

Next type of observation was on patients who were continuously on Hypertensive medicine. Again, Dietic rule showed significant results.

CONCLUSION

This study shows association between Hypertension and low metabolic fire in geriatric patients. In vriddhaavastha, Agni starts to diminish. If person does not follow dietic rule and take food irrespective of status of Agni, this further may leads to manifestation of Hypertension. Hence, patients should be advised to follow proper dietary rules and life style modification to achieve normal health.

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