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Ayurvedic management of Hypertension

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ABSTRACT

Hypertension is commonest chronic non communicable disorder found all over world. It is also called as silent killer because in this patient remain mostly asymptomatic. But on the other hand it causes target organ damage; it is also a major risk factor for Coronary vascular diseases like Stroke and myocardial infarction. It is a global health problem affecting the people of different ethnicity & ages around the world. In modern medicine the aim of the treatment for hypertension is to prevent the risk of coronary heart disease & cardiovascular disease. Hypertension is not mentioned in Ayurvedic text as it is, but on the basis of Ayurvedic principle we can understand the *Samprapti* (etiopathogenesis) of Hypertension & according to that we can treat the disease. Thinking about the disease the main causative factor is vitiated *Vata*, it may be only *Vata* or in combination with *Pitta* or *Kapha* or obstructive *Vata* vitiation. According to etiology we can treat the disease in two ways either by *Shamana Chikitsa* (only medicine) or by *Shodhana Chikitsa* (purificatory procedures).

Key words: Hypertension, Coronary Vascular Disease, Stroke, Myocardial Infarction, Anukta Vyadhi, Ayurveda.

INTRODUCTION

Hypertension is chronic non communicable disease in which the pressure exerted by the blood on the wall of the artery is elevated. It is classified as Primary Hypertension & Secondary hypertension. 90-95% of cases are categorized as primary hypertension which is defined as hypertension without any obvious cause. 5-10% of cases are categorized as secondary hypertension of which causes are identified as Chronic Kidney diseases, Pheochromocytoma & some endocrine

diseases.^[1]

Hypertension is rarely accompanied by any symptoms. But in some cases it is reported with headache, vertigo, lightheadedness, epistaxis, sweating, excessive palpitation, tinnitus, & altered vision or fainting.^[2] The diagnosis of hypertension is made at routine examination or when complication arises. In modern medicine there are lots of Antihypertensive drugs available which control blood pressure and prevent the risk of cardiovascular diseases and coronary heart diseases by 30% and 20% respectively. So, it is not advisable to start Antihypertensive drugs in newly diagnosed and young patients of hypertension.^[3] In such cases we can give Ayurvedic management for HT.

Hypertension is a disease which is not mentioned as it is in Ayurvedic text, but on the basis of its sign and symptoms we can include it in *Doshaja Nanatmaja Vikara* like *Vataja-Nanatmaja Vikara Hridravata* (tachycardia), *Shiroruk* (headache), *Lalat Bhed* (frontal headache). *Vakshatod* (petcoralgia), *Vakshoparodha* (chest tightness). *Bhrama* (giddiness), *Vepathu* (tremor),^[4] *Pittaja Nanatmaja Vikara - Atisweda*

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(excess sweating). *Tamapravesha* (fainting). *Nasagata Raktapitta* (epistaxis).^[5] *Kaphaja Nanatmaja Vikara Sthoulya* (obesity). *Dhamanipratichaya* (dilatation of vessels).

MATERIALS AND METHODS

A case of Hypertension was taken from OPD of Kayachikitsa Government Ayurvedic College and hospital. Detail history of the patient was taken. Complete examination was done. Relevant Investigations were revised. Patient was assessed on Subjective and Objective parameters before treatment and on every follow up.

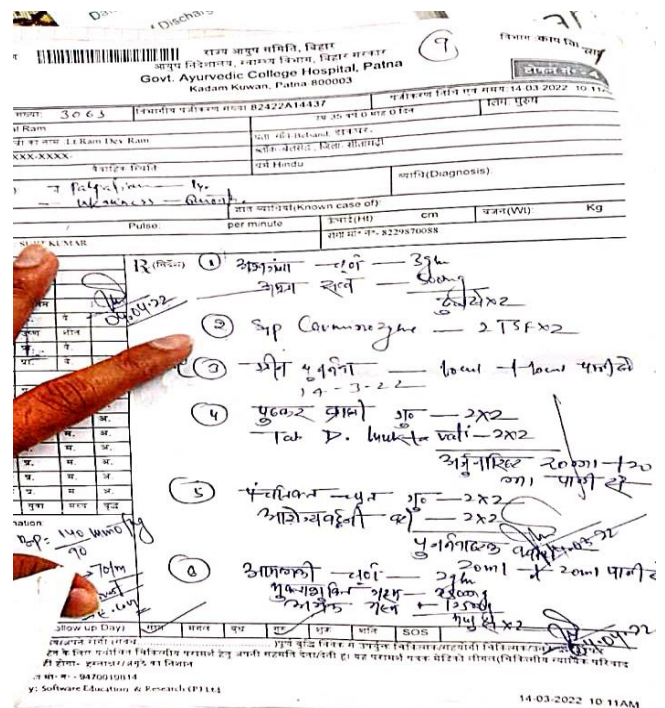
CASE REPORT

A 35 years male patient who was normal before 1yr. After it he complaining symptoms like headache, palpitation, weakness, vertigo, chest tightness, mild tremors. Mainly and sweating and nausea sometimes. when he developed this symptoms he was taken to the general physician clinic who diagnosed him Hypertensive (essential), after taking detailed history, doing complete examination and all investigations like USG abdomen, renal artery Doppler, which were normal, doctor started him Antihypertensive treatment. He had taken this treatment for 2 months only and then came to our Government Ayurvedic College and Hospital Kayachikitsa OPD for Ayurvedic treatment. Patient was complaining of headache, palpitation, weakness, vertigo, blurring of Vision, chest tightness since 3 months, sweating, nausea, eructation, burning in chest and stomach intermittently. On examination pulse was 70/min., Blood pressure was 140/90mmHg, and all systemic examination was done which were found normal. Patient was having habit of tea, late night sleep, daily intake of salt and pickle in lunch and dinner. In family history both parents were hypertensive. Patient was diagnosed as *Pittavritta Vata*, *Dhoshadushti* was *Pitta*, *Rakta*, and *Vata* and *Rasa*.

Treatment

1. *Aswagandha Churna* - 3g × 2
Amrita Satwa - 500mg × 2

- Anupana* - Milk
- Syrup Carminozyme* - 2tsf × 2
- Green Punarnava* - 10ml + 10ml Water
- Puskar Bramhi Guggulu* - 2 tab. × 2
Tab. D Mukta Vati - 2 tab. × 2
Anupana - 20ml. *Arjunarista* + 20ml. Water
- Panchtikta Ghrita Guggulu* - 2tab. × 2
Arogya Bardhini Vati - 2tab. × 2
Anupana - *Punarnavastaka Kwath* 20ml. + 20ml. Water
- Amalaki Churna* - 2gm.
Mukta Sukti Bhasma - 250mg.
Abhakra Bhasma - 125mg.
Anupana - Honey



OBSERVATIONS AND RESULTS

During first month of treatment along with Ayurvedic medicine modern Antihypertensive drug was continued as BP was high. On first follow up Antihypertensive drug which was prescribed previously by other doctor where patient has taken treatment, was tapered and stopped. Then. After this

treatment patients BP comes to normal in regular checkup.

DISCUSSION

Prakrit Vata carries out work of every organ; it maintains *Gati* (flow) of every organ. In Hypertension due to vitiated *Vata*, blood circulation get disturbed.^[7] In the patient giddiness, burning sensation, sweating. Pain, these mixed types of symptoms were present.

According to *Samprapti*, *Dosha* is *Pitta* and *Rakta* and main *Dushta Dosha* is *Vata*. So according to, treatment:

Aswagandha Churna - it works on Central nervous system i.e., treats stress, overthinking, insomnia, anxiety etc.

Green Punarnava - it works as diuretics.

Puskar Bramhi Guggulu - *Puskar Bramhi Guggulu* work as a veno-dilator, hypolipidemia due to its effect it works on ischemic heart disease. The drug action have been consider which include risk of cardiac events associated with the anti-ischemic therapy through the cardio protective action of *Guggulu* and post exercise restoration and PGE2

Tab Mukta Vati - *Shankhapushpi* goes directly to bone marrow and treats disorder of nervous system pain, anxiety, insomnia, convulsion, stress and promote the integrity of nervous system. *Jyotismati* is best used in heart disease and relieves stress. *Ashwagandha* also works in insomnia anxiety excessive thinking. *Jatamanshi* rejuvenate to the mind promote sleep, alleviates mental diseases. *Sarpgandha* affinity to the blood takes it directly to the heart, it swiftly dilates the blood vessels causing high blood pressure to drop and the heart rate to reduce.^[10]

Pancha Tikta Ghrita Guggulu - as it contains *Tikta Ausadhi* having properties like *Lekhana* as well as *Bhedan Karma* so it works as hypolipidemia and anti-arthrosclerosis.

Arogyavardhini Vati - It is a good appetizer, digestive, relieves constipation and purifies blood.^[11]

Amalaki - is *Rasayan* and work as anti-oxidant and *Mukta Sukti*, *Abhraka Bhasma* is also work as antioxidant.

CONCLUSION

Vata is the main causative factor for Hypertension as per Ayurveda. It may be due to obstruction or *Pitta* or *Kapha Avarana*. *Arogyavardhini Vati*, *Sutashekhar Rasa*, *Laghusutashekhar Rasa*, *Rasapachaka Vati*. *Mahatikta Ghrita* are the useful medicine and *Virechana* and *Raktamokshana* are useful procedure with *Suryanamaskara* in Hypertension. As many interventions are used in this case, So, it is difficult to understand by which intervention patient got relief. But in practice most people use multi-interventional approach. Patient got significant relief, but it is only a single case. Large scale clinical trial should be done to establish it as general treatment for Hypertension.

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