

AYURVEDIC MANAGEMENT OF ESSENTIAL HYPERTENSION (RAKTAGATA VYANA VAYU): A CASE STUDY

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ABSTRACT

Essential hypertension is high blood pressure that doesn't have a known secondary cause. It is also called as silent killer because most of sufferers (85%) are asymptomatic and as per available reports, in more than 95% cases of hypertension under lying cause is not found. In India 14% of people suffers from hypertension, and majority of them have essential hypertension. It is estimated that 600 million people are affected worldwide. The primary aim, in this case, was to treat the patient with Ayurvedic management. A 42 Year old male patient suffering from essential Hypertension was treated on the line of "*Raktagata Vyana Vayu*". The patient had primarily suffered from hypertension since 3 years. *Ashvaganha Churna*-5gm, *Sarpagandha Vati*- 1 gm (2 Tablets) and *Jatamamsi Arka* -10 ml, were given for 3 months. The patient had relief from after 15 days of treatment and complete remission after 3 months of treatment. This case study demonstrates that Ayurvedic management may be useful in Essential Hypertension like life-threatening condition.

Keywords: Essential Hypertension, *Raktagata Vyana Vayu*, *Ashvaganha Churna*, *Sarpagandha Vati*, *Jatamamsi Arka*

INTRODUCTION

Essential hypertension is high blood pressure that doesn't have a known secondary cause. It is also called as silent killer because most of sufferers (85%) are asymptomatic and as per available reports, in more than 95% cases of hypertension under lying cause is not found. In India 14% of people suffers from hypertension, and majority of them have essential hypertension. It is estimated that 600 million people are affected worldwide. Hypertension is a major risk factor for the development of cardiovascular diseases (CVD). Its impact is greatest on stroke and end stage is renal failure. As most of the patients suffering from abnormally elevated blood pressure are asymptomatic, diagnosis is either missed or delayed. Being imperative to the health and longevity of man, the study of Hypertension continues to be one of the most intellectually stimulating challenges. Essential hypertension is an instrumental disease which is the recent diagnostic invention of modern science. Hence there is no direct reference of hypertension in *Ayurvedic* classics by name as well as by its pathophysiological views. Many works have been carried out

on hypertension to evaluate the perfect diagnosis and mode of treatment on the basis of *Ayurvedic* principles. Different nomenclatures also have been adopted by *Ayurvedic* scholars like *Raktagata Vyana Vayu*, *Shiragata vata*, *Rakta Chapa*, *Raktavrita Vata*, *Rakta Vriddhi*, *Raktavata* etc. Among the opinions different views have been adopted, but no one has denied the fact that in *Raktagata Vyana Vayu*, the main pathogenesis occurs in *Rasa* and *Raktadhatu* in blood vessels. It is a *Vata Pitta pradhana Tridoshaja* disorder. Common abnormalities are elevated lipid profile level, uremia, proteinuria, elevated FBS and PPBS level, abnormal ECG etc.

This case report is of a patient of Essential Hypertension which was successfully managed according to the line of management of *Raktagata Vyana Vayu*.

Case Report

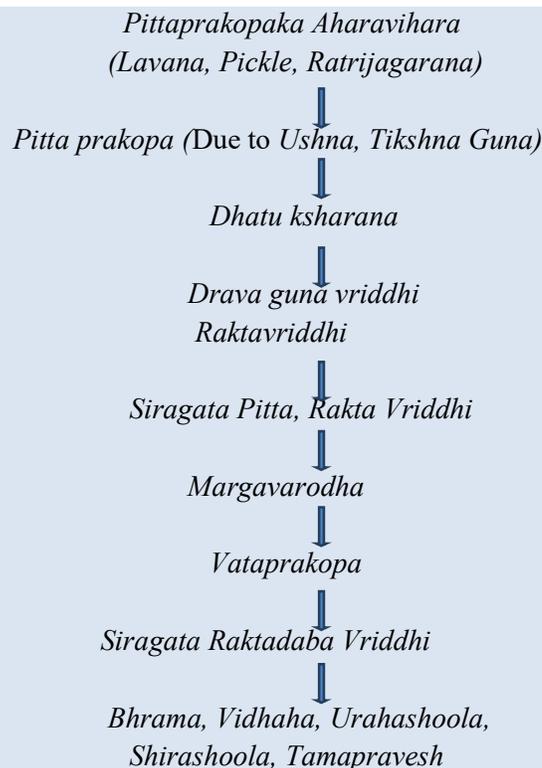
A 42 Year old male patient came to OPD of National Institute of Ayurveda, Jaipur, on September 15, 2017, with the chief complain of Headache since 7 days. The patient

was also suffering from restlessness, fatigue, dizziness and breathlessness since 15 days. History of smoking - approximately one pack of cigarettes per day since 25 years. Hypertension was diagnosed 3 years ago when blood pressure measured in the office was noted to be consistently elevated in the range of 160/90 mm Hg on three occasions and a pulse of 82 bpm. Patient was initially treated with amlodipine 5 mg daily for 6 months, yet his BP control had fluctuated. His family history is positive for Hypertension, with his mother dying at 64 years of age from hypertension-related cardiovascular disease (CVD). Physical assessment are unremarkable except for the presence of moderate obesity (166 cm., 94kg.), minimal retinopathy. Other laboratory investigations and vital signs were also abnormal (Table 1). This patient was treated in I.P.D. of National Institute of Ayurveda, Jaipur. The pa-

tient was treated on the line of management of *Raktagata Vyana Vayu*. *Ashvaganha Churna*-5gm, *Sarpagandha Vati*- 1 gm (2 Tablets) and *Jatamamsi Arka* -10 ml, all drugs twice a day administered. Patient had been followed up every 15 days for 3 months.

DISCUSSION

The disease Essential Hypertension has no such clear cut reference in *Ayurvedic* texts. But from compilation of scattered references it is concluded that, EHT is a *Vata pradhana Tridoshaja Vyadhi*. These vitiated *Doshas* leads to vitiation of *Rasavaha*, *Raktavaha* and *Manovaha srotas* and *Rasa*, *Rakta* are the chief culprits, and associated with vitiation of psychological factors i.e. *Raja* and *Tama*. The main pathology occurs in *Rasa-Rakta Dhatu*. As the *Adhithana* of the disease is *Hridaya*.



The line of ayurvedic management of *Raktagata Vyana Vayu* is application of *Ashvaganha Churna*, *Sarpagandha Vati* and *Jatamamsi Arka*. *Ayushya*, *Balavarnakara*, *Shada-Indriya Prasadana*, *Preenana*, *Jeevastarpana Vata Pitta Shamaka*, *Vishaghna*, *Balya*, *Daha-Murccha Prashamana* etc. *Madhura Rasa* is present in *Ashvaganha Churna*. It is *Vata Pitta Shamaka*, *Raktagata Vyana Vayu* is *Vata Pradhana Tridoshaja Vyadhi* so being *Vata Pitta Shamaka* it helped in *Samprapti Vighatana Raktagata Vyana Vayu*. *Jatamamsi Arka* is a single drug formulation

containing only *Jatamamsi Arka* contains essential principles of the drug and *Arka* has *Tikshna Guna* due to predominance of *Agni Mahabhuta* acts on the channels immediately and remove the obstruction by pacifying the *Kapha*. So *Arka* formulation of the drug should be more effective than other formulations. *Sarpagandha Vati* has *Tikta Rasa*, *Ruksha guna*, *Ushna Veerya* and *Katu Vipaka* all helps in *Samprapti Vighatana* of *Raktagata Vyana Vayu* all are explained earlier in the probable mode of Action of *Ashvaganha Churna* and

Jatamamsi Arka. By *Nidrajanaka Prabhava* it helps in etc.
reducing the mental stress, Giddiness, Cardiac Palpitations

Table 1: Laboratory investigations and vital signs of patient before and after treatment

Laboratory investigations and vital signs	Before treatment	After 3 months of treatment
A) Vital signs		
Temperature	99 ⁰ F	98.2 ⁰ F
Blood pressure	160/90 mm Hg	130/84 mm Hg
Heart rate	82bpm	76bpm
Respiratory rate	22/min.	18/min.
B) Hematology		
Hb%	16.4	16
TLC	8092	7564
ESR	30	22
Neutrophils%	82	70
Eosinophils	05	03
Lymphocytes%	26	30
Monocytes	3	2
Basophils	00	00
C) Bio-chemistry		
FBS	87	84
Blood Urea	27.32	26.80
Sr. Uric Acid	5.54	5.19
Sr. Creatinine	0.71	0.80
Liver function test	Within normal limit	Within normal limit
Lipid profile	Within normal limit	Within normal limit
Routine and microscopic urine analysis	Within normal limit	Within normal limit

CONCLUSION

Vata is the main causative factor for Hypertension as per Ayurved. It may be due to obstruction or pitta or kapha avarana. *Ashvagandha Churna*, *Sarpagandha Vati* and *Jatamamsi Arka* are the useful medicine 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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