



ROLE OF TRIVIDHA ROGAYATANA IN THE MANIFESTATION OF ESSENTIAL HYPERTENSION W.S.R. TO PRAGYAPARADA - A CONCEPTUAL STUDY

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ABSTRACT

Cardiovascular disease such as hypertension will be the largest cause of death and disability in India by 2020. The prevalence of hypertension is increasing globally and currently, more than 1 billion people have hypertension. About 26.4% of the world adult population in 2000 had hypertension and 29.2% were projected to have this condition by 2025. Elevated blood pressure affects 1 billion individuals and causes an estimated 10.4 million deaths per year. Thus, hypertension is needed to be studied. Though a lot of potent antihypertensive drugs are available today none of them is free from untoward adverse effects. Especially the elderly population poorly tolerates these drugs. The global incidence of hypertension is increasing day by day and is a very common problem nowadays. Ayurveda has classified the causes of disease into three main categories: - 1. *Asatmendriyarth* Samyoga 2. *Pragyaparada* and 3. *Parinama (Kaala)*, these three main causes of disease enable different kinds of diseases to manifest. Firstly, they lead to the imbalance of body /or mind by vitiation the *Tridosha*. The consequence of the imbalance is a disturbance of the basic biological principles. Hypertension is a lifestyle disorder. Ayurveda causes of lifestyle disorders are mainly *Pragyaparada*. *Pragyaparadha* is the main cause of all noncommunicable diseases (NCDs) such as diabetes, cancer, hypertension etc.

Keywords: Asatmendriyarth, Pragyaparada, Parinama, Trividha Rogaayatas, Hypertension.

INTRODUCTION

The causes of diseases relating to both mind and body are three-fold wrong utilisation, non-utilisation and excessive utilisation of *Kala* (time), *Buddhi* (mental faculties) and objects of sense organs¹ or in another way *Asatmyendriyarth* *Sannikarsha*, *Prangyaparada* and *Parinaama*. These three causes enable different kinds of diseases to manifest, these are together named as *Trividha Rogaayatas*. Among these *Prangyaparada* stands for knowingly doing wrong things (in general) is the root cause for all miseries. The *Pragya* in its normal state helps to acquire the proper knowledge thereby leading to normal activities and finally to *Swasthya Avastha*. One with good knowledge and *Pragya* will do proper understanding of *Hita* and *Ahita* will act accordingly i.e. they will differentiate what is good for their body and mind what is not good for them². *Charak* in *Sharir Sthana* opines that the impairment of intellect, patience and memory advent of the maturity of time and action and unwholesome contact with sensory organs are the causative factor for miseries³. In the modern era a person whose intellect, patience, and memory are impaired, subjects himself to intellectual blasphemy by virtue of his bad actions⁴. *Prangyaparada* (intellectual blasphemy) leads to vitiation of tri *Doshas*, and it has a major role in disease manifestation⁵. Hypertension is a most common lifestyle disorder and is a very strong risk factor for CVDs. It is a chronic condition in which blood pressure in the artery is elevated⁶. Hypertension is defined as systolic blood pressure greater than or equal to 140mmHg or diastolic pressure greater than or equal to 90mm Hg or currently taking medication to lower high blood pressure⁷. It is also called the silent killer because in this the patient remains mostly asymptomatic but, in some cases, it is reported with headache vertigo, light headiness etc⁸. The exact cause of hypertension is not known but it is greatly influenced by diet and life-style-related modifiable risk factors like alcohol con-

sumption, excess intake of salt, physical inactivity etc.⁹

AIM AND OBJECTIVES:

- To study *Trividha Rogaayatas*.
- To rule out *Prangyaparada* as a causative factor for systemic Hypertension.

• MATERIAL AND METHODS

STUDY DESIGN

- The study will be designed as an observational study and the sample will be collected by simple random sampling technique.
- Questionnaire method.
- The questionnaire contains demographic details Name, age, gender, occupation, marital status and *Prangyaparada* and HTN related questions.

TRIVIDHA ROGAYATANA: Ayurveda is an ancient science. There are many *Siddhanta* described in Ayurveda. Now a day's many studies are conducting on these *Siddhanta*. The main aim of Ayurveda is to maintain the healthy state of the individual and to treat the disease. In *Charak Samhita*, Acharya Charak mentioned a wise person should be vigilant about his duties towards his own body like an officer-in-charge of a city and a charioteer towards the city and the chariot respectively¹⁰. According to *Acharya Charak*, there are three primary causes of manifestation of diseases i.e. *Asatmyendriyasanyoga*, *Prangyaparadha* and *Parinama*. In these *Prangyaparadha* is the main reason for disease¹¹.

PRANGYAPARADHA: *Prangyaparadha* made up of two words, *Pragya* and *Aparadha*. Word *Pragya* denotes wisdom and *aparadha* denote action against rules, hence inappropriate work done by a person is known as *Prangyaparadha*. *Dhi*, *Dhriti*, *Smriti* are three factors which affect *Pragya*, and these are known as a pillar of it¹². When the *Dhi*, *Dhriti*, *Smriti*, do not carry out their respective function properly due to their derangement it causes the occurrence of *Ashubha karma*. These *Ashubha karma* cause vitiation of all *Doshas*, and imbalance of *Doshas* is one of

the major causes of illness. In *Charak Samhita*, *pravritti* of *vachan*, *mana*, and *shareer* is known as *karma* and *Ayoga*, *Atiyoga* and *Mithyayoga* of these karmas known as *Pragyaparada*¹³. Ignorance of rules of *Pra-kriti* also is called *Pragyaparadha*.

Lifestyle disorders: The way a person lives is called 'lifestyle'. The modern health system recognizes some disorders related to flawed lifestyle. These disorders are called lifestyle disorders (LD) or non-communicable diseases (NCD). They are also called the diseases of civilization. Some of the common lifestyle disorders are as follows¹⁴: Hypertension, Allergy, Heart diseases, Anxiety, Depression, Hyperlipidemia, Cancer, Insomnia Constipation, Irritable bowel syndrome, Obesity etc.

The causes of lifestyle disorders can be divided into two main categories:

1. Modifiable behavioural risk factors,
2. Non-modifiable risk factors and

Modifiable behavioral risk factors:

1. **Wrong food habits:** Eating when not hungry, overeating, eating at odd hours, eating unhealthy food and skipping food. Excessive use of sodium in the diet causes 4.1 million deaths per year as per the WHO report¹⁵.
2. **Addiction:** Alcoholism, smoking and tobacco. According to the WHO, the mortality rate due to the use of tobacco is more than 7 million per year and alcohol consumption leads to around 1.65 million deaths¹⁶.
3. **Wrong physical activity:** Sitting for long hours, wrong body posture and remaining indoors. The modern occupational settings (desk jobs) and the stress related to work is a strong risk factor for LDs. A simple lack of physical activity has been claiming 1.6 million lives annually¹⁷.
4. **Disturbed biological clock:** Sleeping late, waking up late, not sleeping, and oversleeping. A disturbed biological clock increases the likelihood of LDs.

Non-modifiable risk factors:

Risk factors that cannot be controlled or modified by intervention are called non-modifiable risk factors. These are age, race, gender, and genetics.

CRITERIA FOR ASSESSMENT: Demographic data and data related to the *Pragyaparada* and HTN will be accessed based on a specially designed questionnaire including signs and symptoms mentioned below.

OBJECTIVE CRITERIA:

1. BMI
2. BLOOD PRESSURE

DATA MANAGEMENT AND STATISTICAL ANALYSIS:

Data collected by questionnaire and will be coded and entered Number Software, excel software etc. Data were analysed using suitable statistical techniques like ratio, averages, percentage etc. and with the help of a suitable test, a statistical package for social science (SPSS) will use for analyses.

DISCUSSION

Pragyaparada is lead to many diseases. Wrongful actions have erupted from wrongful thinking. Wrongful thinking erupts from the mind that is not pure and clear. When the mind is adulterated by *Rajas* and *Tamas Guna* it cannot learn clearly, think clearly, and decide clearly. Psychologists opine that man tends to be attracted towards the 'wrong'. Wishing to do what one is not supposed to do is called 'Temptation'. This is nothing but '*Pragyaparadha*'. When the *Satva* quality of intellect recedes and *Rajas* and *Tamas* qualities augment, the intellect becomes deranged and tends to make wrong interpretations of knowledge. Favourable time, sense objects which are agreeable to the mind, virtuous activities which bestow happiness, control of mind and clear intellect, all these are ideal for promotion of health and accomplishment of happiness. Hypertension is the cause of *Tridoshas Vyadi* and also the involvement of *Manshik Gunas like Raja & Tama*. The imbalance of *Doshas* leads to diseases like hypertension. The cause of imbalance according to Ayurveda is *Trividh Rogayatana mainly Pragyaparada e.g. changes in unhealthy diet and daily routine*. Present world facing these conditions nowadays and increases the prevalence of diseases due to *Pragyaparada*.

CONCLUSION

According to Ayurveda disease manifests begins with the formation of *Ama* in the body. It has a tremendous capacity to vitiate the *Doshas* and disturbing homeostasis (*Dhatu-Samya*). Causes of *Ama* production is irregular diet and lifestyle caused by *Pragyaparada*. Imbalances of *Doshas*, *Dhatus* & *Mala* are diseases stage and it caused by *Trividhrogayatan* specially *Pragyaparada*. In the present scenario, human beings have a lack of time and stress full life, which leads to lifestyle disorders. If we understand the relation between lifestyle disorders and *Trividhrogayatan* (specially *Pragyaparada*) and aware to people about these causes according to Ayurved science. We can succeed in the prevention of lifestyle disorders like hypertension. So, we can say *Pragyaparada* play important role in the manifestation of hypertension.

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