

## RASAVAHA STROTAS ANUKTA-VIKAR: HYPERTENSION

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### ABSTRACT

The disorder which is not specifically mentioned in the Ayurvedic texts is called “*Anukta-Vikar*”. Hypertension is one of them, which can be included in *Rasavaha Strotas vikar*. Since Hypertension is Cardiovascular disorder and *Rasavaha Strotas moolsthan* are *Hrudya* and *Dashdhamni*. In Ayurveda, *Rasavaha Strotas dhusti lakshan* include “*Stroto-rodha*” which is similar to the peripheral resistance. In modern literature, Essential Hypertension is idiopathic and secondary Hypertension due to renal disorder, endocrine disorder, etc. In Ayurvedic classical text it has been clearly described *Rasavaha Strotas dhusti hetu* (cause) which is also included in the risk factors of Hypertension. **Methodology:** *Rasavaha strotas hetu* and *lakshan* are studied from classical text. Similarly, Hypertension disorder is also studied. Then comparison will be made between them. **Conclusion:** *Rasavaha Strotas dhusti hetu* are responsible for Hypertension and *Rasavaha Strotas dhusti lakshan* are similar as Hypertension. Therefore, Hypertension is *Rasavaha Strotas vikar*.

**Keyword:** Hypertension, *Anukta-vikar*, *Rasavaha Strotas*

### INTRODUCTION

In Ayurveda, several topics or subject are not clearly mentioned but they are hidden around the same. Since Ayurveda is the science of life, thus it has all essential knowledge comprise in it which is related to the life of an individual. It also includes “*Anukta-Vikar*”<sup>[1]</sup> i.e. disorder which is not specifically mentioned in the Ayurvedic texts but has been mentioned in disassociation form, which now a day have been termed as a particular diseases or disorder. Hypertension is one of them, which can be included in *Rasavaha Strotas*. Since Hypertension is Cardiovascular disorder and *Rasavaha Strotas moolsthan* are *Hrudya* and *Dashdhamni*<sup>[2]</sup>. It accounts for 6% of death worldwide. Before considering Hypertension,

one should know Blood pressure, it is the pressure exerted by the blood upon the walls of the blood vessels. Hypertension depends upon Total Peripheral Resistance and Cardiac Output. There are two basic types of Hypertension- Essential Hypertension which is idiopathic and comprises of 90-95% of Hypertension population and Secondary Hypertension which is due to renal disorder, Endocrine disorders, etc. comprises of 5-10% of Hypertension population<sup>[3]</sup>.

**Aim:** To study Hypertension as *Rasavaha Strotas Vikar*

**Objectives:**

1. To study relation between *Rasavaha Strotas dhusti Lakshan* and Hypertension.
2. To evaluate *Rasavaha strotas dhusti Hetu* as causative factor for Hypertension.

**Material:**

Charaksamhita, Sushrutsamhita and Ashtanghrudayam from these classical texts *Rasavaha strotas hetu* and *lakshan* and similarly the other component which was essential for study have been reviewed and Textbook of Pathology by Harsh Mohan for Hypertension disorder is also studied.

**Method:**

*Rasavaha strotas hetu* and *lakshan* are studied from classical text. Similarly, Hypertension disorder is also studied. Then comparison was made between them. Essential Hypertension does not have a specific cause but have risk factors like Genetic factors or impaired uterine growth which plays important role<sup>[4]</sup>, according to Ayurveda *Sushruta Acharaya* mentioned *Aadi-balpravrut vyadhi*<sup>[5]</sup> in which *Beej* of mother or father is affected or prone to a particular disorder i.e. *Kha-vaigunia* is developed in the body for that disorder but still it doesn't occur, till *Hetu sevan* is not done.

In Ayurveda factors responsible for vitiation of a particular *Strotas* are Food and regimens that promote the aggravation of *Doshas* and go contrary to the well-being of *Dhatus* vitiate the *Strotas*. Causative factors in general for the vitiation of all the *Strotas* in the body are described here, *Doshas* only when increased in quantity can vitiate others, and they only manifest such symptoms as are caused by the reduction in their quantity<sup>[6]</sup>.

Since *Kapha* has *Ashraya-Ashrayi sambandha* with *Rasa dhatu*<sup>[7]</sup> and *Mala* of *Rasa dhatu* is *Kapha*<sup>[8]</sup>. In Charaka Samhita, there is special description of *Nanatamaj-Vikar* of each *Doshas*. *Nanatamaj-Vikar* of *Vata Dosha* is 80, *Pitta Dosha* is 40 and *Kapha Dosha* is 20. *Dhamni-praticcha* is mentioned as one of the *Kapha Nanatamaj-Vikar*<sup>[9]</sup>. In *Dhamni-praticcha* there is *uplepa* of *Sneha* to *Dhamni* internally which results in resistance to the flow of Blood

and this increases pressure in *Dhamni* and due to this Blood pressure increases i.e. Hypertension.

Environmental factors include obesity, high standard of living, lack of exercise, alcohol consumption, high salt intake and stress all these factors are related with *Kapha Doshas*. An increase in *Kapha Doshas* might be result in increased viscosity of blood which may ultimately increase Blood pressure. Similarly, in *Charaksamhita Rasavaha Strotas Dhusti hetu* have been mentioned which includes all the risk factors of Hypertension. Due to these *hetus Rasavaha Strotas* gets vitiated (*vikrut*) which includes people who eat heavy, cold, too unctuous and in excessive quantity and do excessive mental work suffer from the morbidity of *Rasavaha Strotas*<sup>[10]</sup>.

Signs of vitiation (*vikrut*) of a particular *Strotas* includes Increase or obstruction of the flow of the contents of the channels, appearance of nodules in the channels (*Strotas*) and diversion of the flow of the contents to improper channels; these are in general signs of the vitiation of the *Strotas*<sup>[11]</sup>. Similarly, some theories have been mentioned for pathogenesis for Hypertension includes the above laws or sign of vitiation. Theories are<sup>[12]</sup>

1. High plasma level of Catecholamines.
2. Increased Cardiac Output.
3. Increased in Blood volume.
4. Low renin essential hypertension – due to altered responsiveness to renin release.
5. High renin essential hypertension – due to decreased adrenal responsiveness to Angiotensin-II

In Hypertension following symptoms occur headache, dizziness, palpitation, easy fatigability, impotence and cardiac disorder. All these symptoms can be included in *Rasavaha dhusti lakshana*. Similarly, above symptoms are caused by the vitiation of the *Rasavaha strotas* – loss of desire for food, anorexia, disgeusia, ageusia, nausea, heaviness, drowsiness, fever with malaise fainting, anemia, obstruction of *strotas* (channel of circulation), impotency, asthenia, emaciation, loss of the power of digestion, premature appearance of wrinkles and gray hairs<sup>[13]</sup>.

Hypertension depends upon Cardiac Output and Total Peripheral Vascular Resistance. As in Hypotension patient IVF is given to raise Blood volume then Cardiac Output which ultimately raised Blood pressure. Similarly, in Ayurveda when *Rasa dhatu* increases it increase Blood volume which results in increase Cardiac Output and ultimately Hypertension. Since *karya* or function of *Rasa dhatu* is to give nourishment to *Rakta dhatu* [14].

Total Peripheral Resistance can be compared with *Rasavaha strotas dhusti lakshan* i.e. *Strotorodha*. Since, synonyms of *Strotas* are *Dhamni* and *Sira* [15]. Usually patient suffering from *Malavashtambha* has high Blood pressure; which might be due to *Strotorodha*.

Persistent *Rasa dhatu dhusti (kshaya or vrudhi)* results in *Rasavaha strotas vikrutti* or vitiation. In this, severity increases as the *Rasavaha strotas* gets involved.

A) *Rasa dhatu vrudhi lakshana* includes *Hrudya-utkelda* [16]

B) *Rasa dhatu kshaya lakshana* includes *Hrud-pida* [17]

C) *Rasavaha strotas dhusti lakshana* includes *Hrud-roga* [18]

Similarly, when chronic Hypertension occurs it result in LVH or Cardiac disorder.

## CONCLUSION

Hypertension is cardiovascular disorder; similarly, *Rasavaha strotas* has *Hrudya* as *moolsthan*. Essential Hypertension risk factor like Genetic factors that causes *Kha-vaigunia* in body as that of *Aadibalpravrutta vyadhi*. But when *Rasavaha strotas dhusti hetu* is consume it results in the pathogenesis of Hypertension and thus initiate the *dhusti lakshana* of *Rasavaha strotas* which is similar to sign and symptoms of Hypertension. Therefore, Hypertension is *Rasavaha strotas vikar*.

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