

MANAGEMENT OF HYPERTENSION THROUGH AYURVEDA: A REVIEW ARTICLE

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ABSTRACT

Hypertension is a most common life style disorder. It is defined as blood pressure is more than 140/90 mm of Hg. It is also known as silent killer. Now-a-days prevalence rate of hypertension is increasing day-by-day due to rapid modernization and stressful life. Improper life style and unhealthy dietary habits plays an important role in the development of Hypertension. Hypertension is not described in any *Samhita's* and *Grantha's*. So, the exact co-relation is difficult to find out in *Ayurveda*. The disease can be explained on the basis of *Dosha*, *Dushya*, and *Strotas*. *Acharya Charaka*, has explained in *Charaka Sutrasthana-18*, if disease is unknown, the physician should try to understand the nature of the disease through *Dosha*, *Dushya*, *Samprapti*, then the treatment is given according to its nature. In modern medicine, lots of drugs are available for controlling blood pressure but they have some side effect. Hence, people are looking towards *Ayurvedic* treatment. In *Ayurveda*, treatment is based on *Ayurvedic* principle, proper *Dincharya*, *Ritucharya*, *Pathya-Apathya*, life style management, *Shodhan* and *Shaman Chikitsa* that helps to decrease hypertension and its complication.

Keyword: Hypertension, Essential hypertension, Diet, Lifestyle disease.

INTRODUCTION

Ayurveda is the most popular ancient system of medicine. It is based on the principles of prevention is better than cure. Now-a-days hypertension is the most common life style disorder; it is due to changing life style

such as excessive intake of spicy, salty food and insufficient consumption of fruits and vegetable. Stress factor and faulty life, lack of exercise also responsible for hypertension.

Hypertension is chronic and often asymptomatic medical condition in which systemic arterial blood pressure is elevated beyond normal limits i.e. blood pressure more than 140/90 mm of Hg¹. It is also known as a silent killer because it rarely exhibits symptoms before it damages the heart, kidney and brain. It is a major risk factor for the development of Cardio vascular disorder, stroke, congestive heart failure and renal disorders.

In *Ayurveda*, exact description of hypertension is not given. Hence it is difficult to find out exact references of hypertension. But in *Charaka Samhita Sutrasthan*, *Acharya Charaka* has explained that if it is not possible to make the diagnosis of any disease then physician should try to understand the nature of disease and make the diagnosis and treatment according to disease².

In modern era, many *Ayurvedic* scholars have considered hypertension under the heading of various diseases such as *Dhamani-Prartichaya*, *Raktagatavata*, *Siragatvata*, *Raktapradoshaj-vyadhi* and *Raktachapa-adhikya* etc³.

In modern medicine, there are various modern drugs are available as antihypertensive eg. -Blockers, calcium channel blockers and diuretics but these drugs have many side effect. Hence, it is need of time to prevent and manage disease to avoid further complication.

Table 1: Types and classification⁶:

Category	Systolic BP	Diastolic BP
Optimal	< 120	<80
Normal	<130	< 85
High normal	130-139	85-89

So, present study efforts are done to collect the various preventive measurements in *Ayurveda* such as life style management, *Shodhan Chikitsa* and *Shaman Chikitsa*.

Aim and Objective:

To study the role of *Yoga*, *Pranayama*, meditation, diet and life style management in hypertension according to *Ayurveda* and modern science which is helpful for the management and prevention of hypertension. All the references are collected from classical text of *Ayurveda*, modern text books and related web sites.

Material and Methods:

This is based on conceptual study. The literature review collected from classical texts of *Ayurveda*, modern text books and related web sites.

Hypertension:

Hypertension is a condition in which arterial blood pressure is chronically elevated. It is defined as blood pressure more than 140/90 mm of Hg⁴.

According to *Ayurveda* *Vyan Vayu* responsible for blood circulation, Hence Vitiated *Vyan Vayu* is mainly responsible for high blood pressure⁵. In hypertension there is predominance of *Vata*, *Pitta*, *Kapha Doshas*.

Table 2: Hypertension Grade⁷:

Category	Systolic BP	Diastolic BP
Grade (Mild)	140-159	90-99
Grade (Moderate)	160-179	100-109
Grade (Severe)	>180	>110

Hetu/Causative factors of hypertension⁸:

Hypertension is not described in any *Samhitas*. But causes of hypertension are described in modern medicine; hence it can be analyzed according to *Ayurveda*.

1. Genetic factors (*Beejdoshas*)
2. Environment factors
3. Age: Old age-predominance of *Vata Dosha*
4. Excessive intake of salt
5. Obesity
6. Alcohol intake
7. Physical activity
8. Psychological factor's (*Manasic Bhav*).

Ayurvedic Management⁹: In *Ayurvedic* medicine there are various *Shodhan* and *Shaman Chikitsa* available for hypertension. They are used popularly and effectively for the management of hypertension.

Shodhan Chikitsa: *Bahya-Snehan, Saravang Swedan, Shirodhara, Vaman, Virechan, Basti,*

Nasya, Raktmokshan, Hrudbasti, which is effectively used in hypertension.

Bahya-Snehan-Sarvang - *Sahachar tail, Dhanvanatar Tail.*

Sarvang Swedan- *Avagaah Swed, Mrudu Bashpa Swed.* Thin people *Shashtisalipindaswedan.*

Vaman- *Madan Phalyog.*

Virechan-*Erand Tail+Shunthi Kwath* daily Early Morning.

Basti-Dhanvantar Tail, Dhashmool, Yashti, Pimpali, Punaranava, Gokshur, Haritaki, Sarpagandha, Bramhi, Jatamansi Kwath of all these Drugs + *Matsyadi Tail.*

Nasya- Shaman Nasya-Bala Tail, Bramhi Ghrut, Anu Tail.

Raktmokshan-It reduces blood pressure by 10 to 20 mm of Hg.

Shaman chikitsa¹⁰: In *Charak Samhita*, *Acharya Charak* has explained *Hrudya Gana*, which is effective in Cardiac disorders, which plays important role for the management of hypertension.

Table 3: List of 10 *Hrudya Gana*

Name of Drugs	Latine Name	Action	Doshghnata
a. <i>Amra</i>	<i>Mangifera indica</i>	Antitoxic, Diuretic, Cardiac stimulant, Cardiotonic	<i>Pakwa Fruits- Vatapittashamak. Apakwa fruits- Tridoshkarak</i>
b. <i>Amrataka</i>	<i>Spondias pinnata</i>	Antioxidant Astringent	<i>Vatanashak</i>
c. <i>Lakuca</i>	<i>Artocarpus lakoocha</i>	Laxative	<i>Vatapittashamak</i>
d. <i>Karmarda</i>	<i>Carissa carandus</i>	Hypotensive, Histamine releasing activity, Cardiotonic, Cardiacdepressant	<i>Vatashamak</i>
e. <i>Vrikshamla</i>	<i>Garcinia indica</i>	Cardiotonic	<i>Kaphavatashamak</i>

f. <i>Amlavetas</i>	<i>Garcinia pedunculata</i>	Cardiotonic, Carminative	<i>Kaphavatashamak</i>
g. <i>Kuwal</i>	<i>Zizyphus jujuba</i>	Cardiotonic	<i>Vatashamak</i>
h. <i>Badar</i>	<i>Zizyphus sativa</i>	Cardiotonic, Anti-inflammatory, Sedative	<i>Kaphavataghna</i>
i. <i>Dadima</i>	<i>Punica granatum</i>	Antioxidant, Hypotensive	<i>Tridoshaghna</i>
j. <i>Matulunga:</i> 2-Types: 1) <i>Madhur</i> 2) <i>Amla</i>	<i>Citrus medica</i>	Cardiotonic	1. <i>Madhur type:</i> <i>Vatapittashamak</i> 2. <i>Amla type:</i> <i>Kaphavatashamak.</i>

Table 4: In Ayurvedic text some drugs, which acts on heart and can be used to manage the blood pressure levels are as mentioned below¹¹ -

Name of drugs	Latin Name	Action
a) <i>Shunthi</i> (Ginger)	<i>Zingiber officinale</i>	Antiinflammatory, Antiplatelet, Hypotensive
b) <i>Arjuna</i>	<i>Terminalia arjuna</i>	Cardiotonic, Hypotensive, Diuretics
c) <i>Ashwagandha</i>	<i>Withania somnifera</i>	Antidepressant, Antioxidant, cardioprotective
d) <i>Amala</i>	<i>Emblica officinalis</i>	Antioxidant, cardiotonic
e) <i>Rason</i> (Garlic)	<i>Allium Sativum</i>	Antioxidant Hypotensive
f) <i>Bramhi</i>	<i>Bacopa Monnieri</i>	Antioxidant, cardiotonic
g) <i>Sarpagandha</i>	<i>Rauwolfia serpentina</i>	Hypotensive, sedative, Nervine, Antispasmodic, Vasodilator
h) <i>Gokshur</i>	<i>Tribulus terrestris</i>	Diuretics

Stress Management¹²:

Hypertension is often worsened by the experience of continuous stress. Hence stress management plays an important role for the management of hypertension.

Meditation, *Yoga*, *Praynama* is an important part of *Ayurveda*. These reduce the anxiety and stress factor.

Meditation: Meditation is the best therapy for relaxation which reduces anxiety and stress which allow the body to heal.

Daily 10-20 minutes of meditation twice a day for the healthy well being of life.

Yoga and Pranayama: Various *Yoga* and *Pranayama* gives benefit in stress manage-

ment. It relaxes body mind and soul which is helpful in reduction of hypertension.

Avoid heavy exercise.

Take adequate sleep. Sleep is important factor for reducing stress.

Lifestyle Management:

Dinacharya (Daily Regimen), *Ritucharyapalan* (Seasonal Regimen), *Rasayana* (Rejuvenations Therapies), *Achar Rasayana* (Ethics and code of conduct), which plays an important role for the management of hypertension. That means healthy diet, exercise, avoids smoking and alcohol etc. will maintain blood pressure.

Table 5: *Pathya-Apathya*:¹³

<i>PATHYA</i> (DO'S)	<i>APATHYA</i> (DON'T)
<i>AHAR</i> - diet should be light, low fat diet and preferably vegetarian foods.	<i>AHAR</i> : Avoid <i>Maunsahar</i> (Meat), Egg, excessive protein, oil, Avoid excessive spicy food and salt (Should not be <

<p>Include following diet- Whole grains, fresh fruits and vegetables, fix meal timing <i>Mung, Jav, Madhu, Anar, Saindhav namak, Takra, Shunthi, Ardrak, Rason, Dalchini</i> etc. Fruits- Indian Gooseberry, Grape, Watermelon, Lemon. <i>VIHAR: Daily Exercise, Langhan</i></p> <p>a) <i>YOGA: Balasana, Vajrasana, Pawanmuktasana</i>-wind removing pose, <i>Shavasana</i>. b) <i>Pranayama: Bhastrika, Kapalbhati, Anulom-Vilom</i> and <i>Nadishodhan, Bhramari, Pranav, Shavasana</i>.</p>	<p>2000mg) in daily diet and avoid overeating. Avoid smoking and alcohol. Weight control. <i>Adhyashan, Viruddhashan, Pishtaana</i>. Excessive intake of <i>Lawan ras, Amla ras</i>. <i>VIHAR: Vegdharan, Aalasya, Divashyan</i> (Day Sleeping), <i>Sukshayan</i>. a) <i>Pranayama: Suryanamaskar</i>.</p>
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DISCUSSION AND CONCLUSION

Overall review of literature shows that the life style plays an important role in the development of hypertension. Improper life style and unhealthy diet, lack of exercise and stressful life increases the chances of hypertension.

This review showed that the action of *Ayurvedic* drugs which are helpful for breaking down the *Samprapti* of hypertension. Because almost all drugs are anti-oxidant, hypertensive, cardio-tonic in action, hence it can be useful for controlling Blood pressure and reducing the complication of hypertension. Also, inclusion of proper *Dincharya, Ritucharya, Ahar-Vihar, Pathya-Apathya, Yoga, Pranayama, Meditation* in daily life helps to reduce the chances of hypertension.

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