



Role of Ayurveda Medicine in the management of Hypertension

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Abstract

Incidence of lifestyle disorders are on the rise in Indian population. Due to environment pollution, altered lifestyle, faulty food habits, and chronic psychological stress, most of the non-communicable disorders occur. According to Ayurveda, Ahara, Vihara and Kala are the important causes of a disease. Asatmandriyarthasamyoga, Prajnaparadha and Parinama (Kala) are the three important causes of diseases. In clinical practice, increased sympathetic activity is a main cause of systematic hypertension. In diseases like chronic renal failure, cardiac disorders pheochromocytoma, dislipidaemia and atherosclerosis and old age, hypertension is usually seen. Nidana parivarjana, salt restriction, administration of vyadhi pratyahara aushadhis, panchakarma therapy, regular exercise, adequate sleep, yoga and pranayama and pathapathya prayoga are advised in the management of hypertension. In Ayurveda, hypertension is correlated with raktavata, raktagata vata and vyanabala vaishamyas. Shirodhara also gives good results in hypertension.

The present paper highlights about the role of ayurveda medicine in the management of hypertension.

Keywords – Hypertension, lifestyle disorders, non-communicable disorders.

Introduction

Hypertension is a non-communicable disease which is very common in India as well as whole world. According to one survey 17% of total Indian population are suffering from systemic hypertension. 1. Chronic psychological stress, insomnia, diabetes mellitus, dyslipidaemia, and atherosclerosis are the major causes of systemic hypertension.2,3. Chronic kidney disease, Retinopathy, left ventricular failure, stroke and hemiplegia are the common complications of Hypertension.4. Ayurveda drugs used in the management of hypertension are having the actions like shleshmamedohara, pittahara, mootrara, masthishka shamaka, nidrajanana, rasayana, sedative, anxiolytic, CNS depressant, Hypnotic, hypocholestremic, and antiatherogenic actions. The treatment of a hypertensive patient in lifelong. Repeated checkup and monitoring the blood pressure is essential in this disease. Otherwise, severe complication like stroke and left ventricular failure can occur in these patients.

Aim and objective – To study about the role of ayurveda medicines in the management of hypertension

Methods

References from research monographs, scientific research articles from journals, contemporary literature, Samhita and sangraha granthas, and from personal experiences the informations are gathered.

Formulations used in hypertension 5,6,7.

- 1) Medhya vati
- 2) Brahmi vati
- 3) Saraswatarishta
- 4) Medohara guggulu
- 5) Navaka guggulu
- 6) Amritadi guggulu
- 7) Thryushanadi loha
- 8) Punarnavadi mandora
- 9) Swetaparpati
- 10) Punarnavasava
- 11) Gokshura choorna
- 12) Jatamamsi choorna
- 13) Sarpagandha vati
- 14) Tagara tablets
- 15) Yava manda
- 16) Narikea jala
- 17) Kulatha yoosha
- 18) Shankhapushpi syrup
- 19) Jyotishmati taila
- 20) Brahmi choorna

Single herbs used in hypertension 8.

- 1) Sarpagandha – Rawalphia serpentina
- 2) Tagara – Valeriana valichi
- 3) Jatamamsi – Nardostachys jatamamsi
- 4) Parasika yavani
- 5) Gokshura – Tribulleus terestris 9.
- 6) Punarnava – Boerhavia diffusa
- 7) Guggulu – Commiphora wightii
- 8) Maricha - Piper nigrum
- 9) Ervaru
- 10) Varuna – Cratava nuruvala 10.
- 11) Lashuna – Aleum Sativum
- 12) Trina panchamoola
- 13) Arjuna – Terminalia arjuna

Actions of drugs used in hypertension

- 1) Medhya 11.
- 2) Nidrajanana
- 3) Masthishka shamaka
- 4) CNS depressant
- 5) Sedative
- 6) Hypnotic 12.13.
- 7) Anxiolytic
- 8) Mootrala
- 9) Rasayana
- 10) Hypolipidaemic
- 11) Anti atherogenic
- 12) Thrombolytic 14.
- 13) Mootra virechaneya
- 14) Mootra virajaniya
- 15) Rookshana
- 16) Langhana
- 17) Virechana
- 18) Malavatanulomana



1. Medhya

- 1) Brahmi choorna
- 2) Medhya vati
- 3) Yashti madhu choorna
- 4) Saraswatarishta

2. Niatrajanana

- 1) Jatamamsi choorna
- 2) Sarpagandha vati
- 3) Tagara tablets

3. Masthishka shamaka

- 1) Mamsyadi Kashaya
- 2) Sarpagandha ghana vati
- 3) Shankha pushpi syrup

4. CNS depressant

- 1) Sarpagandha choorna
- 2) Saraswatarishta

5. Sedative
 - 1) Sarpagandha ghana vati
 - 2) Saraswatarishta
6. Hypnotic – do –
7. Anxiolytic
 - 1) Jatamamsi choorna
 - 2) Manasa mitra vataka
 - 3) Takra dhara
8. Mootrala
 - 1) Kshara parpati
 - 2) Punarnavadi mandora
 - 3) Punarnavasava
9. Rasayana
 - 1) Ashwagandharishta
 - 2) Mahishi dugdha
 - 3) Ashwagandhadi choorna
10. Hypolipidaemic
 - 1) Medohara guggulu
 - 2) Navaka guggulu
 - 3) Lashuna capsules
11. Anti atherogenic
 - 1) Lashuna capsules
 - 2) Lashuna kshira paka
 - 3) Medohara guggulu
12. Thrombolytic
 - 1) Lashuna Kshirapaka
 - 2) Kanchanara guggulu
 - 3) Maricha choorna
13. Mootra virechaneya
 - 1) Gokshura choorna
 - 2) Pashonabhedadi choorna
 - 3) Ervaru bija choorna
14. Mootra virajaniya
 - 1) Amrasthi bija choorna
 - 2) Nari kela jala
 - 3) Punarnava swarasa
15. Rookshana
 - 1) Navaka guggulu
 - 2) Rooksha udvartana
 - 3) Swedana
16. Langhana
 - 1) Thryushanadi loha
 - 2) Nitya virechana
 - 3) Dipana, pachana, Upavasa



17. Virechana

- 1) Triphala tablets
- 2) Trivrit leha
- 3) Abhayadi modaka

18. Mala vatanulomana

- 1) Haritaki tablets
- 2) Triphala kwatha
- 3) Panchasakara choorna
- 4) Shatsakara choorna

Panchakarma in Hypertension

- 1) Shirodhara
- 2) Nitya virechana
- 3) Abhyanga – Tailabhyanga

Pathyas in Hypertension

- 1) Shashtika shali, Mudga
- 2) Narikelaj ala
- 3) Moderate exercise or rest as per the stage and state of the disease
- 4) Low salt diet
- 5) Low fat diet
- 6) High fibre diet

Apathyas in Hypertension 15.16.

- 1) Ratri jagarana
- 2) Ati vyayama
- 3) Ati vyavaya
- 4) Excessive travelling
- 5) Stressful activities
- 6) Nurturing emotions like kama, krodha, lobha, moha, dvesha, ershya, matsarya and Rosha
- 7) Excessive salt intake
- 8) Excessive fatty food

Yoga therapy in Hypertension

- 1) Vipassana yoga
- 2) Pranayama Anuloma and niloma
- 3) Sudarshana yoga
- 4) Yama and niyama palana

Discussion

Hypertension is a psychosomatic disease which is common in Indian population. Primary causes like disease of kidneys, heart and sometimes liver leads to hypertension. Increased sympathetic drive is the commonest cause of this disease. Avoidance of causes like increased psychological stress, and treatment of primary disorders like CKD, CCF etc are important in the management of hypertension. At first, we have to detect the primary cause and later we have to plan the treatment. Ayurveda drugs having masthishka shamaka, sedative, anxiolytic, hypnotic, hypo cholestremic and anti-atherogenic actions are commonly given in these patients. Shirodhara and virechana are found effective in the management of hypertension. Langhana, Upavasa, shodhana and mootrala drugs are given in this disease. The treatment of hypertension is life long and we have to monitor the blood pressure by regular consultation and counselling.

Conclusion

- 1) Systemic hypertension is a psychosomatic disorder which always needs monitoring and prolonged treatment
- 2) On long course, it produces serious complications like LVF, CKD, Retinopathy and stroke
- 3) Lifelong treatment is necessary in these patients
- 4) By practicing yoga and pranayama regularly, we can reduce the intensity of psychological stress thereby reduce the occurrence of systemic hypertension

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