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## Review On Ayurvedic Management Of Hypertension

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### ABSTRACT: -

#### Introduction

From an Ayurvedic perspective, several ideas have been offered to explain hypertension, however there is no unanimity among experts. To close this gap, researchers are attempting to gain a deeper grasp of the applied physiology and etio-pathogenesis of hypertension using Ayurvedic concepts. A thorough examination of extant Ayurvedic literature was conducted in order to gain a better understanding of the physiology of blood pressure and the etio-pathogenesis of hypertension from an Ayurvedic perspective.

#### Aims and objectives

To assess and elaborate the etiological components of hypertension.

#### Material and methods

Ayurvedic text books and concert notes provided detailed information on pathology, aetiology, and management. To further develop the diagnosis and therapy of hypertension, national-international, index-non-index, peer-reviewed articles were also explored.

#### Results

This hypertension review demonstrates that following Ayurvedic rules for medicine would effectively regulate blood pressure without causing any harmful side effects. *Pathya and Apathyaas Aahar - Vihar* (diet management and proper lifestyle) and Yoga are also mentioned in Ayurveda as ways to control hypertension. These help to keep the human body in a state of equilibrium, preventing hypertension.

#### Conclusion

Hypertension is a disease caused by a change in one's lifestyle. Changes in our lifestyle and medications are used to treat it. Various antihypertensive allopathic medications are available in modern science for the management of blood pressure. These antihypertensive medications can help regulate blood pressure, but they will not treat high blood pressure permanently. When we stop taking medication, our blood pressure and other health issues will rise. As a result, for a healthy future, everyone must adhere to the Ayurvedic hypertension regimes.

**Keywords:** Hypertension, Ayurveda, diet



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## INTRODUCTION

Ayurveda stands out in today's world of specialties and super-specialties in medical care because of its holistic approach to the body as a single unit. When looked at independently, the body is difficult to comprehend because all of its parts coexist with interdependence and reciprocal interaction. In recent years, humanity has begun to recognise the multidimensional dimensions of body, mind, and spirit espoused by Ayurveda thousands of years ago.<sup>[1]</sup> Life has been made easier for man in recent years as a result of modernization at every turn, but he has paid the price by succumbing to a variety of lifestyle ailments. His ailments are caused by his poor lifestyle and severe psychological circumstances. These factors affect one's mind and body's homeostasis through a variety of psychosomatic pathways, resulting in a variety of lifestyle disorders like diabetes and hypertension. According to a World Health Organization estimate from 2008, around 40% of persons over the age of 25 have hypertension<sup>[2]</sup>. In India, hypertension is directly responsible for 57% of all stroke deaths and 24% of all coronary heart disease (CHD) deaths.<sup>[3]</sup> It is the most significant risk factor for brain, renal, heart, and peripheral artery problems, all of which can be fatal if not treated properly

Because the majority of victims (85%) are asymptomatic, hypertension is a silent killer.<sup>[4]</sup> The exact underlying causes of hypertension remain unclear in 95% of cases<sup>[5]</sup>, but it is

thought to be attributable to hereditary and environmental factors. According to Ayurveda, hypertension is not a *Vyadhi* (illness), but it may be comprehended by examining the relevant *Doshas*, *Dooshyas* (entities influenced by morbid *Dosha*), *Srotas*, and other factors. Many Ayurvedic researchers have suggested many views regarding how Ayurveda might understand hypertension, but no standardised and widely acknowledged perspective of the Ayurvedic pathophysiology of this ailment exists. In Ayurveda, there are still many debates about this condition. As a result, this is an attempt to fully comprehend hypertension and interpret it in terms of Ayurvedic principles, taking into account all points of view.

### What is Hypertension?

Hypertension, often known as high blood pressure, is an asymptomatic medical disorder in which the systemic arterial blood pressure rises over normal levels. Person's At different periods of the day, your blood pressure may vary. It's frequently higher after a workout or when you're stressed. It's common to have increased blood pressure for short periods of time. When blood pressure remains high for an extended period of time, however, it can lead to cardiovascular dysfunction and other serious health problems. High blood pressure puts a load on the heart and damages arterial blood vessels, raising the risk of heart failure, myocardial infarction, pulmonary embolism, cerebral aneurysm, and kidney failure, as well as mortality.

## Types of Hypertension

1. Primary hypertension
2. Secondary hypertension.

### Primary hypertension

It's also known as idiopathic hypertension or essential hypertension. Although there is no recognised cause, several lifestyle variables have a role in the development of this disorder. About 90–95 percent of hypertension patients are classified as primary hypertension, meaning they have no clear underlying cause. This can be found in the majority of people who have reached middle age. It cannot be healed permanently, but it can be controlled with the right drugs and techniques. Obesity will be drastically reduced, as will the amount of salt consumed in the diet.<sup>[6]</sup>

### The following factors play a role in the development of essential hypertension:

- Factor of heredity
- Overcrowding, pollution, and employment competition are all environmental factors.
- The sex and age factor
- Smoking and drinking habits
- Lipid profile and serum cholesterol levels rise
- Obesity
- Psycho-social factors, such as anxiety and tension.
- Dietary factors, such as a higher salt intake.

### Secondary hypertension

Secondary hypertension occurs when high blood pressure is caused by another disorder or disease process. Malignant hypertension is another name for this condition. Secondary hypertension occurs in a small percentage of people. This is a serious problem that must be addressed immediately. Secondary hypertension affects less than ten percent of people.

### The possible causes of secondary hypertension may be such as-

- Hypertensive illnesses of pregnancy: Toxemias of pregnancy
- Due to the use of specific medicines such as contraceptive pills, steroids, and so on
- Renal causes include acute nephritis, chronic nephritis, and polycystic kidney disease.
- Thyrotoxicosis, myxedema, and acromegaly are endocrine causes.
- Diabetes, chronic gout, and atherosclerosis are all metabolic factors.
- Aortic coarctation is a congenital condition.
- Collagenosis and other disorders, such as SLE and polyarteritis nodosa
- Encephalitis, brain tumours, and cerebrovascular accidents are all neurological conditions.

### The popular symptoms of hypertension as following.<sup>[7]</sup>

- Headache
- Nausea
- Numbness and burning in the hands and feet
- Vertigo
- Vomiting
- Feelings of exhaustion and restlessness
- Breathlessness
- Appetite loss.
- Chest pain
- Discomfort
- Bleeding from the nose is a common occurrence.
- Legs and eyes are swollen.
- Irritability
- Vision blurriness

### Ayurvedic view

*Raktagata Vata, Siragata Vata, Avrita Vata, Dhamani Prapurana, Rakta Vikshepa, Vyana Prakopa, Raktamada, Uchharaktachapa, Vyana Atibala,* and other Ayurvedic scholars have devised many names for hypertension.<sup>[8]</sup> Different points of view have been chosen in

each of these terms, but no one has refuted that the major pathophysiology in hypertension occurs in Rakta together with the blood arteries. Because this is the single consistent element, numerous earlier authors have offered differing perspectives on the Ayurvedic pathophysiology of this illness. Because modern science has progressed in its understanding of hypertension, we must learn everything we can about the disease and correlate it to Ayurvedic principles for a better understanding.

### Etiological risk factors of hypertension

The causes of essential hypertension are unknown by definition, but various genetic and environmental factors, as well as their interactions, play a role in the development of this syndrome. High salt and spicy food intake, alcohol consumption and tobacco use, low calcium and potassium intake, psychological stress, heredity, fatty food intake leading to obesity and hyperlipidemia leading to atherosclerosis in blood vessels, and physical inactivity (sedentary lifestyle) are among these factors.

High salt and spicy foods, alcohol use, cigarette usage, inadequate calcium and potassium intake, and psychological stress may vitiate *Pitta, Vata, and Rakta*, whereas physical inactivity, dullness, and frequent consumption of fatty foods are *Kapha and Medovardhaka Nidanas* (etiological factors increasing fat)<sup>[9]</sup>

*Beeja dosha* is responsible for family history (heredity) (genetic defects). In the *Vidhishonitiya Adhyaya*, *Charaka* mentions the majority of these *Nidanas as Rakta Dusti Karana*.<sup>[10]</sup>

In Ayurveda, there are a number of factors to consider.

Hypertension is a *Raktaj Roga*, with the *Vata Dosh* being the related (*Anubandha*) *Dosha*. As a result, instead of the above two terms,

*Raktagata Vata* is a better fit for the disease. As a result, *Raktaja Rogas'* therapy concepts, such as *Raktapittahari Kriya, Virechana, and Raktamokshana*, can be used effectively to cure hypertension.<sup>[11]</sup>

### Doshas Predominance Symptoms<sup>[12][13]</sup>

- *Vata Dosh*: When Vata is dominant, an increase in blood pressure is accompanied by worry, strain, overwork, anxiety, or insomnia. It's commonly linked to problems with the nervous system. Anxiety, worry, stress, and strain are the most common culprits, therefore treat the psychological problems.
- *Pitta Dosh*: Anger, nosebleeds, irritability, and violent headaches are all symptoms of Pitta Dosh. High blood pressure is linked to light sensitivity.
- When the *Kapha* is dominant, it can cause a dull headache, edoema, and lethargy, as well as fat. The blood pressure stays consistently elevated. Arteriosclerosis is nearly entirely responsible for the kaphatype of hypertension.

### Principles of management

Ayurveda places a greater emphasis on health prevention and promotion. The primary line of care is to avoid the disease's etiological factors<sup>[14]</sup> Non-pharmacological techniques for the treatment of hypertension, such as lifestyle changes, food changes, and so on, have been shown to minimise the risk of coronary heart disease (CHD), which is the main cause of morbidity and mortality globally.<sup>[15]</sup> Many chapters in traditional works such as *Dinacharya Adhyaya, Ritucharya Adhyaya, Matrashiteeya, Navegannadharniya Adhyaya*, and others are dedicated to healthy lifestyles.

A deeper awareness of human life and its interplay with nature, for example, can lead to a more harmonious living pattern. Adherence to



Ayurvedic principles may be beneficial in reducing the rising incidence and management of lifestyle disorders such as hypertension<sup>[16][17]</sup>. As a result, the dangers associated with medication therapy will be reduced. Long-term drug treatment can be costly, and side effects might make it difficult for patients to stick to their medications<sup>[18]</sup>. In general, most physicians recommend losing weight, quitting smoking, eating a balanced diet, and increasing physical activity. While treating this condition, *Prasara Avastha of all Tridosha, Rasa, Rakta, and Meda Dushti* should be considered, as well as lifestyle changes, *Vata Anulomana* (maintaining normal course of *Vata*) *Tridoshahara (normalising all Tridosha)*, and *Rasa, Rakta Prasadakar (blood purification)*, *Medohara (reducing excess fat) Chikitsa*.

## CONCLUSION

Despite the availability of hypertension medicines in modern medicine, it has been discovered that the percentage of hypertensive individuals is steadily increasing. In search of an optimal and safe treatment, the human race is turning to Ayurveda today. As a result, optimal hypertension treatment with no side effects is a requirement of the pre-sent period. The balance of *Doshas, Dhatus, Malas, and Agni* is considered a healthy state of an individual in Ayurveda. In a nutshell, one or more of the following three possibilities should be considered when detecting hypertension through Ayurvedic spectacle.

*Dosha vitiation (Vata, Pitta, and Kapha), Dhātu, and Mala Dushti* are pathophysiological alterations. Psychological alterations, such as disruptions at the Mana level (*Manovaha Strotas Vikara*). Structural changes in numerous organs, including as the heart, blood arteries, and kidneys, as a result of long-term hypertension. After a thorough review of the literature and fundamentals in both Ayurveda

and modern medicine, it has been determined that the Ayurvedic approach to treating diseases based on their *Samprapti* (pathogenesis) is very practical and should not be neglected.<sup>[19]</sup>

This review of hypertension found that the disease can be effectively treated by adhering to the Ayurvedic *Pathya- Apathyaas* (avoidance of the etiological factor).

In terms of the detailed conceptual element, Ayurveda provides suitable lifestyle and diet management, referred to as *Aahar and Vihar*, for preserving homeostasis and thereby preventing hypertension. Proper Ayurvedic treatment (*ahar and Yoga*) will surely reduce blood pressure without causing any negative side effects. Another advantage of Ayurvedic management is the absence of harmful side effects, which is critical given Ayurveda's widespread popularity.

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