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A Conceptual Study of Lifestyle Disorders w.s.r. to *Raktagata Vata* (Hypertension)

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ABSTRACT:

A person's lifestyle is essentially the result of their physical and psychological capabilities working together. This lifestyle is manifested in their habits, behaviour, diet and way of life and is based on the training they received as children from their parents, siblings, peer and other close family members. As a result, it requires purely psychological and natural control over the activities of the body and senses. This behaviour was described by Ayurveda as "*Pragyaparadha*" (intellectual blasphemy), one of the three fundamental causes of any ailment. As a result of *Pragyaparadha*, numerous inappropriate behaviours that are the underlying causes of different ailments, like *Pragyaparadha* is a tendency of repressing any natural need, which is identified as the root of roughly 50% of disorders. The fundamental cause of a disease is the reversal of any neurotransmission or inappropriate elimination of the waste products created during metabolism, which results in an accumulation of toxins. Therefore, one of the main causes of lifestyle disorders can be attributed to the habit of suppressing urges in an unhealthy lifestyle. To understand the physiology of blood pressure and the etio-pathogenesis of hypertension from the perspective of Ayurveda, a thorough examination of the existing Ayurvedic literature was conducted. According to one theory, hypertension should be viewed as the *Prasara-Avastha*, which refers to the spread of vitiated *Doshas* from their specific places, specifically of *Vyana Vata*, *Prana Vata*, *Sadhaka Pitta*, and *Avalambaka Kapha* along with *Rakta* in their disturbed phases.

Keywords: lifestyle disorders, *Doshas*, hypertension, *shat kriya kala*

INTRODUCTION

In India, hypertension is directly responsible for 24% of all fatalities from coronary heart disease (CHD) and 57% of all deaths from stroke.¹ The incidence of lifestyle diseases like hypertension, diabetes mellitus, dyslipidaemia, and overweight/obesity associated with cardiovascular diseases is high on the rise. Cardiovascular disorders continue to be the major cause of mortality

representing about 30% of all deaths worldwide with rapid economic development and increasing westernization of lifestyle in the past few decades, prevalence of these disease has reached alarming proportions among Indians in the recent years.² The normal course of *Vata* can be occluded by *Pitta*, *Kapha*, *Rakta* and or *Medas* [*Charaka Samhita, Chikitsa Sthana; 28/61-69*]. These *Anya-Dosha*



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Avarana pathologies can be considered under the hypertension due to increased hormonal and enzymal action,³ decreased sodium excretion,⁴ change in the chemical constituents in the blood and atherosclerotic changes in the arteries due to lipid deposition.⁵ Another type of occlusive pathology happens when there is *Anyonya Avarana of Vata* (mutual occlusion between subtypes of *Vata*). The subtypes of *Vata* such as *Prana and Vyana Vata* obstruct each other and cause the disease [*Charaka Samhita, Chikitsa Sthana, 28/200–215*]

Many distinct types of mutual occlusions of *Dosha* and occlusion of one *Dosha* by another *Dosha* or *Dhatu* have been listed and discussed by *Charaka* and *Sushruta*, and in many of these diseases, symptoms of hypertension such as giddiness, headaches, and weariness have been mentioned. These conditions are: *Pittavritavata, Vyanavrita Prana, Pittavrita Prana, Pittavrita Vyana, Pittavrita Samana* and *Pittavrita Udana* [*Charaka Samhita, Chikitsa Sthana, 28/221–230*]. Other conditions where these symptoms are seen together are *Amashayagata Vata* [*Sushruta Samhita, Nidana Sthana, 1/32–39*], *Rakta Dushti & Pradoshaja Vikara* [*Charaka Samhita, Sutra Sthana, 24/5–10*] and *Pittaja Hridroga* [*Charaka Samhita, Sutra Sthana; 7/32*]. *Vyana Vata* is said to be responsible for *Sweda* (sweat) and *Asruk Sravana* (ejection of blood) and if it gets vitiated, it produce diseases which will affect the entire body [*Charaka Samhita, Sutra Sthana, 24/11–16*]. This can be correlated to hypertension as excessive perspiration is a symptom of hypertension. Since a disease in *Ayurveda* must exhibit certain *Lakshanas* (symptoms) in order to be classified as a *Vyadhi*,⁶ hypertension which is asymptomatic (in its mild and moderate variants) is not considered as a disease. The stage of a sickness known as *Prasarvastha* occurs when the *Doshas* leave their designated locations and circulate throughout the body with *Rakta*. This stage is characterized by a variety of mild, non-specific symptoms like excess sweating, fainting, epistaxis, obesity, dilatation of vessels, hyper secretion.^{7,8}

Factors involved in Hypertension Dosha: Fig 1

Hypertension is result of *Raktadushti* with *Tridosha* involvement in which *vata* and *pittadoshas* are prominent. A single circulatory unit, composed of the *hridaya, dhamanis, srotamsi*, and *siras*, controls the body's correct blood flow and nutrient supply. *Pranavayu* and *Avalambakkapha*, two *mastishkagatas*, are in charge of controlling *Hridaya's spandana*.

DISCUSSION

Prana Vayu:-

Prana vayu is situated in head region and helps in proper functioning of intellect, heart, sense organs and mind. Stress causes the disturbance in the normal functions of *prana vayu* and also does not reach to its active site. *Vyana vayu* which is located in heart continuously eject the blood out of the heart and distributes it all over the body. When the disturbed *prana vayu* covers the *vyana vayu* there is disturbance in the autonomic functions of *vyana vayu*. This Stress can cause hypertension by in-creased tone of sympathetic nervous system to produce catecholamine's that increase blood pressure.

Vyaan Vayu:-

Vyana vayu occupies entire living body. It induces circulation of *Rasa*. It is responsible for sweating, various secretions, and five types of motions like relaxations, contractions etc. When this *Vata* type gets vitiated, it becomes responsible for diseases related to any location of whole body.⁹

Sadhaka Pitta:-

Pitta, which abides heart, is known as '*sadhaka*'. This word is used for a person, who goes for '*Moksa*', as described in Hindu philosophy. Heart is a site of *Kapha*, a *Dosha*, which lodges *Tama* in abundance. To wipe off these and to make heart clean, perceptive towards holy thinking, this *Pitta* is essential. It is therefore, called '*sadhaka*'.¹⁰

Avlambak Kapha :-

Avalambak Kapha resides in chest. It nourishes other *kapha* types of its structural abundance in *Apa Mahabhuta*. This *Kapha* takes care of heart which contains '*ana virya*'.¹¹ Here is a conceptual research to comprehend the etiopathogenesis of essential hypertension in terms of the *Ayurvedic* principle of *vikalpa*, which refers to combinations and permutations of *doshas*, by understanding the *dosha* state, site of presentation, and its signs and symptoms. The primary location of *Oja* is *Hridaya*, from which ten vessels emerge that carry *Oja* and pulse throughout the body.¹²

Oja continues to be *Hridaya's bala*, as previously said, and can be used for *Rasaraktasamhanana*. The heart is the primary organ that is impacted by the pathophysiology of high blood pressure. Due to *Oja's* elevated blood pressure, *Ashraya-Ashrayi Bhava* is the cause. Additionally, high blood pressure exhibits the signs of *Oja Kshaya* and *Vyapada* mentioned in *Ayurvedic* classics such as *Shrama, Moha, Murchha*, etc.¹³

CONCLUSION

The modern science considers hypertension as a disease and from the *Ayurveda* point of view, it should be understood as the *Prasaravastha* of all the *Doshas* along with *rakta* which circulate all over the body until they get lodged at a site of *Kha-vaigunya*. This decides the organ of impact of the disease process (whether brain, heart, kidneys, eyes or blood vessels), where *Vata pradhana tridoshas* are vitiated, affecting the *Ras-Rakta Dhatus* as *Dooshyas* with both *Sarva Shareera* (whole body) and *Manas* its *Adhithana* (sites). The role of *Ayurveda* is more here as many of the chapters in classical texts such as *Dinacharya Adhyaya*, *Ritucharya Adhyaya*, *Matrashiteeya*, *Na-Vegann-Adharniya Adhyaya etc.*

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Fig 1 Shows Factors involved in Hypertension Dosha:

