

HYPERTENSION AND ITS MANAGEMENT THROUGH PANCHAKARMA

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ABSTRACT:

Hypertension is sustained high blood pressure; sometimes also called arterial hypertension, is a chronic medical condition in which the blood pressure in arteries is elevated. In Modern era hypertension is a major health challenge worldwide because of its prevalence and role as a risk for cardiovascular disease. Since the proportion of hypertensive people is increasing dramatically worldwide, the prevention, detection, treatment and control of this condition should be on top priority. *Ayurveda* symbolises holistic approach towards treating diseases, and prevention is better than cure as its main motto. This study describes the antihypertensive effect of *Panchakarma* therapy and other *Ayurvedic* drugs.

Key Words: Hypertension, Arterial Hypertension, Cardiovascular Disease, *Ayurveda*, *Panchakarma*.

INTRODUCTION:

The man of 21st century is breathing under various stresses, strain, anxiety and irregular and unnatural food habits. This type of life style produced a lot of hazards also, in the form of different type of psycho-physiological disturbance. Hypertension is one of the common complaints of them. It is one of the major risk factor for the development of cardiovascular morbidity and mortality. The word hypertension and blood pressure are used almost like synonyms. Blood pressure itself is not harmful because it is essential as it is the force that drives blood through the blood vessels to supply oxygen and nutrients to the body's tissue and organ and carry away waste materials from all over the body. However, when blood pressure becomes too high, it has damaging effects on almost every part of the body and can lead to serious illness and death. It is also called as a silent or hidden killer because most of sufferers (85%) are asymptomatic and as per available reports, in more than 95% cases of hypertension under lying cause is not found^[1]. Recent report is indicated that nearly one billion adults had hypertension in 2000, and this is predicted to increase to 1.56 billion by 2025. It is estimated that 600 million people are affected worldwide with hypertension. By the year 2025, approximately 1 in 3 adults aged over 20 years, totally 1.56 billion people worldwide, will have hypertension^[1].

Hypertension though not described in *ayurvedic* classics, as such by name as well as pathological views, however According to involvement of *dosha*, *dushya*, *srotas* and symptoms it is co-related by many scholar with *rakta-gata vata*, *shiragata vata*, *rakta vridhhi*, *vyan avrita vata*, *dhamanipratichaya*, *raktavata* etc.^[2]

According to *Acharya Charaka*, In case of an unknown

disease, the physician should try to understand the nature of the disease through *dosha*, the site of manifestation, etiological factors and then should initiate the treatment^[3].

MATERIAL AND METHODS:

As the civilization grows advanced, there is increased stress, faulty dietary and exercise habits due to which man has become more vulnerable for many diseases like hypertension, diabetes, cardiovascular diseases etc., and still stands as a challenge to different medical systems. In Modern medicine so many medicines like beta-blockers, calcium channel blockers, ACE inhibitors etc. are popular to keep the blood pressure in its normal ranges. But all these drugs have many adverse effects with them. So the disease is understood in terms of its *Ayurvedic* view to provide a safer treatment.

Etiology

There is no direct reference of hypertension in *Ayurvedic* text but, from compilation of scattered references it is concluded that EHT is a *vata-pitta pradhana tridoshaja vyadhi* and *rasa-rakta* are the chief culprits. So in *ayurveda* it is mainly correlated with *rakta dusti* and *nidan* of *rakta dusti* is intake of *pradust*,

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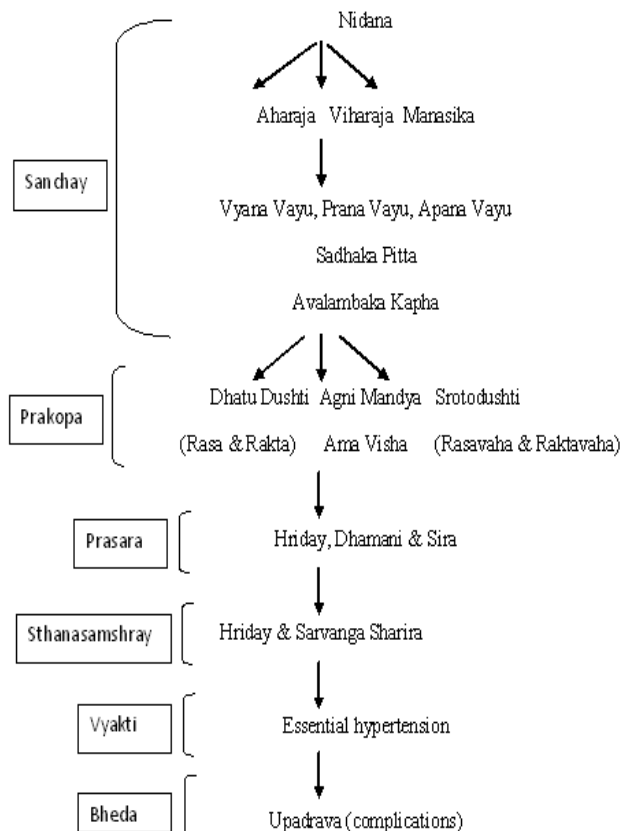
tikshna, ushna madhya (unwholesome, hot and pungent wine), *atilavana, kshar, amla* and *katu rasa sevana* (excessive salt, alkaline, acidic and bitter ingredients intake), intake of *kulatha, masha, nishpav, til taila, pindalu, mulaka*, green eatables etc. intake of *anup maans* (meat of aquatic animals) *dadhi* (curd), *mastu* (sour whey), *sukta, sura* and *sauvirka*, sleeping during day time after taking *drava* (liquid), *snigadha* (unctuous), *guru* (heavy) food. *atikrodha* (excessive anger), excessive exposure to the sun and fire, *chardi vega dharan* (~suppression of the urge for vomiting), avoidance of bloodletting, *shrama* (~ exertion), *abhighata* (external injury), *santapa* (~excessive heat), *ajeerna* and *adhyashana* (taking food before previous food is digested) and in *sarad ritu* ^[4].

Symptoms

General symptoms of hypertension headache (*shiroruka*), insomnia (*anidra*), fatigue (*klama*), irritability (*krodha prachurya*), anxiety complex *buddhi sammoha, arti, mad santap*), sub-conjunctival / retinal hemorrhage (*akshiraaga*), drowsiness (*tandra*), anorexia complex (*agnisad, aruchi*). these all symptoms are similar to *rakta pradosaja vikara* ^[5].

Samprapti ^[6]

The pathogenesis of Hypertension is not yet clear; a hypothetical pathogenesis has been mentioned in many of the modern texts. But in *ayurvedic* view, it seems to be *vata* and *pitta* dominant *tridoshaja vyadhi* and *rakta* as main *dushya*.



Management

In present era, today's life style has led to increases the incidence of many diseases. Hypertension is one of the most common hemodynamic diseases and still stands as a challenge to different medical systems. Many research works have been done on hypertension in modern medical science but no drug has yet been claimed to cure hypertension completely without any side effect. *Ayurvedic* principles of diet and living pattern (*ahara-vihara, dincharya, ritucharya*) and codes of conduct (*achararasayana*) that are effective in prevention of many disease. Hypertension can be better managed by the *Ayurvedic* principles of management namely:

1. *Nidana Parivarjana*
2. *Shodhana* (*Panchakarma* therapy)
3. *Shamana*

Nidan Parivarjana

In *nidan parivarjana* by avoiding the aetiological & risk factors which causes vitiation of *tridosha* especially *vata* and *pitta* dosha. *Nidana parivarjana* stops the further progression of the disease, by restricting vitiation of *doshas*.

Sodhana (panchakarma) therapy

Shodhana means purification of the body by eliminating morbid *doshas* and *dushyas* from body through *panchakarma*. It is one of the important treatments of *ayurveda* which deals mainly with elimination of the aggravated *doshas* (toxins and waste material) should be eliminated naturally through nearest root of the body. According to *acharya charaka, chikitsa* of *raktaja rogas* are *virechana, raktavishravana, upvasa* and *rakta* and *pitta samak chikitsa* ^[7].

basti, nasya and *shirodhara* are also beneficial in hypertension

Samana therapy

The principle of *shaman* therapy is to normalize and maintain the equilibrium of all the *doshas*. As per *ayurvedic* text many *ayurvedic* formulations have been given to pacify the *vata* and *pitta* dosha as like –

- *Kashayam* (Decoction) - *Jatamansi hima, dashmool kwath, arjun kwath, punarnava kwath, mahamanjistha kwatha*.
- *Choorna* (Powder) - *Choorna* of *sarpaghandha, arjuna* and *gokshura, ashawaghandha choorna, tagar*
- *Bhasma* (Rasa preparation) - *mukta pisti, Jaharmohra pisti, mukta shukti*.

- *Vati (Tablet) - Sarpagandha ghana vati, brahmi vati,*

DISCUSSION:

Ayurveda because of its most powerful aspect of 'swasthasya swasthya rakshanam' (~prevention from disease) has a big role to play in prevention of many diseases.

Probable mode of action of *Virechana* in hypertension

According to *Acharya Charaka*, *virechana* is indicated in *raktaja rogas*. As *virechana* is best treatment for *pitta dosha* and *pitta dosha* has *rakta* like similarity, so *virechana* is highly beneficial for *raktaja rogas*. on the other hand, hypertension is *vata* and *pitta* dominant *tridosha* *vyadhi* and *virechana* is also fruitful for both *vata* and *pitta dosha*.

Probable mode of action of *Basti* in hypertension

All the *Acharyas* have appreciated *basti* as a unique form of treatment modality for *vata* and other *doshas* too because it expels the vitiated *doshas* rapidly as well as it nourishes the body. The possible role of *kapha* and *meda* as *avarana* over *vyan vayu* in hypertension justifies the application of *lekhan basti* etc to pacify them^[8]. Similarly if *basti* is given with the drugs which alleviates the vitiation of *rakta* and *pitta* than it not only normalize *pitta* and *rakta*, rather helps to control *rata* by its virtues.

Probable mode of action of *Shirodhara* in hypertension

In *ayurveda*, *shirodhara* is a very important therapy in which pouring of any liquid on the forehead from a specific height and specific period continuously and rhythmically, due to continuous and rhythmically pouring of liquid lead to state of concentration and enhance the release of serotonin and produces chemical substance like acetylcholine and small amount of acetylcholine causes fall of blood pressure and supine position also helps in relaxation. *Shirodhara* is also a purifying and rejuvenating therapy designed to eliminate toxins and mental exhaustion as well as relieve stress and any ill effects on the central nervous system and pacifies the aggravated *vata dosha* in *shira* which helps in relaxing the nervous system and balancing the *prana vayu* and *vyan vayu* around the head and *vyan vayu* itself responsible for circulation of blood in the body, so we can say that *shirodhara* is quite effective for hypertension.

Mode of action of *shaman* medicine

- *Dashamula Kwatha* having *tridosha*hara and *vedanasthapaka* properties, balance the vitiated *vata - pitta doshas*. In this disease *vata and pitta vitiation leads to hypertension* so *dashamoola kwath* is quite effective in it.

- *Punarvna kwath* works as diuretic and prevent the loss of potassium ion so it decrease fluid volume in the body and gives strength to the heart muscle.
- *Gokshur churna* also has diuretic property so it is use in hypertension.
- *Sarpagandha churna* has sedative property and decrease over activity of nervous system and reduce mental tension so it is also helpful in lowering the blood pressure.
- *Arjuna churna* has *hridaya, medohara, shothahara* and *rakta-pittahara* properties so it is helpful in hypertension^[9]. *Arjuna* gives strength to the heart muscle so useful in IHD too.

CONCLUSION:

Ayurveda line of treatment is well known for its role in the management of chronic, incurable, degenerative disease and to give a blissful life by improving the immune system of the individual by removing the vitiated *doshas*. In the present article the various aspects of hypertension in form of its concept and management through *ayurvedic* point of view are discussed in detailed.

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