

**MANAGEMENT OF HYPERTENSION THROUGH AYURVEDA WITH DIET & LIFESTYLE MODIFICATIONS**Dr. Sakshi Sharma^{*1}, Dr. Swapnil Saini², Dr. Akhilesh Srivastava³, Dr. Rajesh Manglesh⁴, Prof. Dalip Sharma⁵¹PG Scholar Rog Nidan and Vikriti Vigyana, RGGPG College and Hospital, Paprola.²Lecturer, Deptt of Rog Nidan and Vikriti Vigyana, RGGPG College and Hospital, Paprola³Senior Lecturer, Deptt of Rog Nidan and Vikriti Vigyana, RGGPG College and Hospital, Paprola.⁴Reader, Deptt of Rog Nidan and Vikriti Vigyana, RGGPG College and Hospital, Paprola.⁵HOD Deptt of Rog Nidan and Vikriti Vigyana, RGGPG College and Hospital, Paprola.***Corresponding Author: Dr. Sakshi Sharma**

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ABSTRACT

The prevalence of hypertension is high and increasing worldwide. Drug therapy is effective, but for both "prehypertensive" and treated hypertensive patients, lifestyle changes are also important. Dietary modification is a key part of these changes. There is now a large body of evidence supporting a role for dietary salt, potassium, alcohol, and body mass in determining blood pressure. Studies have shown that salt restriction, alcohol moderation, weight loss, exercise, and a DASH (Dietary Approaches to Stop Hypertension) diet can achieve decreases in systolic blood pressure (SBP) when applied together. Hypertension is not mentioned in *Ayurvedic* text as it is, but on the basis of principle we can understand the *Samprapti* (etiopathogenesis) of Hypertension & according to that we can treat the disease. Thinking about the disease the main causative factor is vitiated *Vata* or it may be only or in combination with *Pitta* or *Kapha* or obstructive *Vata* vitiation. According to etiology we can treat the disease in two ways either by *Shamana* (only medicine) or by *Shodhana* (purificatory procedures).

KEYWORDS: Hypertension, diet, lifestyle, *Ayurveda*, *Shodhana*, *Shamana*, *Yoga*.**INTRODUCTION**

In today's competitive world and modern lifestyle, anxiety, stress and strain are increasing alarmingly, resulting in the development of a number of psychosomatic disorders, including hypertension. Hypertension is defined as "systolic blood pressure (SBP) of 140 mm Hg or greater and/or diastolic blood pressure (DBP) of 90 mm Hg or greater." HTN has been increasingly consistently since 1980. Approximately one third of our population will suffer from it by 2020. According to world health statistics 2012, India has low rates of HTN (29.8%) compared to world figures. 23.10% men above 25 yrs of age and 22.60% women above 25 yrs of age are hypertensive. It is classified as Primary Hypertension & Secondary hypertension. 90-95% of cases are categorized as primary hypertension which is defined as hypertension without any obvious cause. 5-10% of cases are categorized as secondary hypertension of which causes are identified as Chronic Kidney diseases, Pheochromocytoma & some endocrine diseases.^[1]

Hypertension is rarely accompanied by any symptoms. But in some cases it is reported with headache, vertigo, lightheadedness, epistaxis, sweating, excessive palpitation, tinnitus, & altered vision or fainting.^[2] The

diagnosis of hypertension is made at routine examination or when complication arises. In modern medicine there are lots of Antihypertensive drugs available which control blood pressure & prevent the risk of cardiovascular diseases & coronary heart diseases by 30% & 20% respectively. So it is not advisable to start Antihypertensive drugs in newly diagnosed and young patients of hypertension.^[3] In such cases we can give management for HT. Hypertension is a disease which is not mentioned as it is in *Ayurvedic* text, but on the basis of its sign & symptoms we can include it in *Doshaja Nanatmaja vikaralike Vataja-nanatmaja vikara - Hridravata* (tachycardia), *Shiroruk* (headache), *Lalat bheda* (frontal headache), *Vakshatoda* (petcoralgia), *Vakshoparodha* (chest tightness), *Bhrama* (giddiness), *Vepathu*^[4] (tremor) *Pittaja nanatmaja vikara- Atisweda* (excess sweating), *Tamapravesha* (fainting), *Nasagata Raktapitta* (epistaxis)^[5] *Kaphaja nanatmaja vikara- Sthoulya* (obesity), *Dhamanipratichaya*, (dilatation of vessels), *Hridayopalepa* (hyper secretion)^[6]

UNTREATED HYPERTENSION

Hypertension if left untreated for long time can lead to the damage of some of the target organs like heart, kidneys, eyes and arteries. It will greatly increase the risk

of some of the chronic diseases like heart disease, cerebrovascular disease, renal disease and large vessel disease and there are higher health care costs associated with these diseases.

LIFESTYLE MEDICINE FOR THE TREATMENT OF HYPERTENSION

Management of hypertension can be done by following these steps-

- Avoid harmful habits like smoking and alcohol
- Reduce salt and fat rich diets
- Loose weight, if obese
- Regular exercise
- DASH diet

DASH^[7] Dietary Approaches to Stop Hypertension. High in whole grains, fruits, vegetables, and low-fat dairy. Rich in adequate Calcium, Potassium, Magnesium. Low in red meat, sweets and sugar beverages. Low in saturated and trans fat, cholesterol. To follow the Dash diet, Slowly increase intake of fruits and vegetables to 8 or more per day. Include three servings of low fat and non-fat dairy products a day and Nuts, seeds and dried beans 4-5 times per week. DASH is more effective if also reduce sodium less than 2400 milligrams per day. Reduce slowly in 2-3 weeks so that taste buds will get use to less salt.

PHYSICAL ACTIVITY

Be physically active because Physical activity not only helps control your blood pressure, it also helps you manage your weight, strengthen your heart and manage your stress level. A healthy weight, a strong heart and general emotional health are all good for your blood pressure. 30 minutes of moderate level activity on most days of week will work. We can even break it up into 10 minute sessions. Use stairs instead of elevator, get off bus 2 stops early, Park your car at the far end of the lot and walk. These are the simple ways which can be followed in daily life.

YOGA AND MEDITATION

Yoga and meditation are believed to maintain a harmony between sympathetic and parasympathetic system, thus help in regulating the blood pressure

Yoga, an integral part of *Ayurveda*, has been shown to be useful to patients with heart disease and hypertension. *Yoga* reduces anxiety, promotes well-being, and improves quality of life. Its safety profile is excellent. Its use as a complementary therapeutic regimen under medical supervision is appropriate and could be worth considering.

QUIT SMOKING

Smoking injures blood vessel walls and speeds up process of hardening of the arteries. It leads to the restriction of normal blood flow and thereby increasing the blood pressure.

LIMIT ALCOHOL INTAKE

Excessive alcohol raises blood pressure and can harm liver, brain, and heart. Alcohol is an oxidant. Generally, more than one drink a day for women and more than two drinks a day for men is considered harmful. What counts as a drink?

- 12 oz beer
- 5 oz of wine
- 1.5 oz of whiskey

AYURVEDIC APPROACH

CHIKITSA SIDHANT : The management of hypertension in ayurveda like other diseases is based on *Nidan parivarjan, Sanshodhana chikitsa & Sanshamana chikitsa*

Panchakarma in Hypertension

Panchakarma procedures like *Sirodhara, Takradhara* and *Jaladhara* have been found to be very effective in lowering elevated BP in some patients, where stress is primary culprit factor. Some *Basti* too have been tried in elevated blood pressure with immediate results. *Virechan* being *Pitta Shamak* has traditionally been used in patients of hypertension.^[8] Common *Virechaka Aushdha* used in hypertension are *Haritaki Churna, Triphala Churna* etc.

SANSHAMAN CHIKITSA

The important drugs are:-

1. Sarpagandha Churana, sarpagandhagan vati
2. Ashwagandha churana
3. Brahmi vati
4. Vachadi churana
5. Shankhpushpi churana
6. Jatamansadi churana
7. Prabhakar rasa,
8. Arjunadyarista
9. Sarasvatarista.

Drugs Acting at renal system

Diuretics help in reduction in circulatory volume and reduce salt load in circulation thereby lowering blood pressure. Important drugs of this group are :

- *Punarnava*
- *Gokshur*
- *Trinapanchamoola Kvatha*
- *Gokshuradi Kvatha*
- *Rasna kwatha.*

Drugs modifying stroke volume by lowering the heart rate and force of contraction

These drugs directly affect heart rate and regulate force of contraction of myocardium and thereby reduce elevated blood pressure. They also lower peripheral resistance to some extent. Important drugs of this group are:

- Praval Pisthi
- Mukta Pisthi
- Akeek pisthi
- Praval Panchamrita Rasa etc.

➤ *Medohar* Drugs in Hypertension

These drugs help in lowering abnormal lipids in blood and reduce body weight, thereby reducing peripheral resistance and blood viscosity. Important drugs of this group are:

- *NavakGugglu*
- *TriphalaGugglu*
- *RasonGugglu*.

CONCLUSION

For the management of hypertension, follow a healthy eating pattern, be active, say no to smoking, control your weight and take your Medicine at time. *Vata* is the main causative factor for hypertension in *Ayurved*. It may be due to the obstruction or *Kapha* or *Pitta Avarana*. *Shodhana* and *Shaman* techniques are used for the treatment of hypertension in *Ayurveda*. *Ayurveda*, of which *Yoga* is an integral part, is widely practiced in India and is gaining acceptance in many countries around the world. It is a comprehensive and a holistic system, the focus of which is on the body, mind, and consciousness. The *Ayurvedic* treatment consists of the use of herbal preparations, diet, *Yoga*, meditation, and other practices. Based on the review of available studies, the evidence is not convincing that any *Ayurvedic* herbal treatment is effective in the treatment of heart disease or hypertension. However, the use of certain spices and herbs such as garlic and turmeric in an overall healthy diet is appropriate. Many herbs used by *Ayurvedic* practitioners show promise and could be appropriate for larger randomized trials.

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