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 psychophysical 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 found². 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 scholars with raktagata vata, shiragata vata, rakta vridhi, vyvan 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 vyadh 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), snigadh (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), abhighbata (external injury), santapa (~excessive heat), ajeerna and adhyashana (taking food before previous food is digested) and in sarad ritu [6].

Symptoms

General symptoms of hypertension headache (shiroruka), insomnia (anidra), fatigue (klama), irritability (krodha prachurya), anxiety complex (buddhi subashana), sub-conjunctival / retinal hemorrhage (akshiraaga), drowsiness (tandra), anorexia complex (agnis adhyashana), 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 (achararasayanaya) 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 dusyhas from body through panchakarma. It is one of the important treatments of ayurveda which deals mainly with elimination of the aggravated doshas from the body. By panchakarma therapy doshas (toxins and waste material) should be eliminated naturally through nearest root of the body. According to acharya charaka, chiktisa of raktaja rosas are virechana, raktavishravana, upvasa and rakta and pitta samak chiktisa[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.
- Choornam (Powder) - Choorna of sarpgandhha, arjuna and gokshura, ashawaghandha choorna, tagar
- Bhasma (Rasa preparation) - mukta pisti, Jaharmohra pisti, mukta shukti.
DISCUSSION:

Ayurveda because of its most powerful aspect of ‘swasthayasya 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 normalizes pitta and rakta, rather helps to control rata by its virtues.

Probable mode of action of Shirodhar in hypertension

In ayurveda, shirodhar 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. Shirodhar 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 shirodhar is quite effective for hypertension.

Mode of action of shaman medicine

- Dashamula Kwatha - having tridoshahara and vedanasthapaka properties, balance the vitiated vata - pitta doshas. In this disease vata and pitta vitiation leads to hypertension so dashamoola kwatha is quite effective in it.
- Punarnava kwatha 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.
- Sarpaghandha 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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