



# A SYSTEMIC REVIEW ON PRIMARY HYPERTENSION -AN AYURVEDIC APPROACH

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## ABSTRACT

Hypertension is a serious disorder where the blood vessels have a constantly elevated pressure, which makes the heart's pumping laborious. It is caused by a stressful lifestyle. This increased strain on the heart also increases the pressure on the blood veins feeding various bodily tissues and organs, which might harm the corresponding organs. It is a precursor to pathogenesis and a risk factor for illnesses that impact organs including the heart, brain, kidney, and others. Since many persons with hypertension go untreated for a long time or until they do, it can be said to be a silent killer. According to estimates, 1.13 billion individuals globally have hypertension, making it a difficult task to take into account to normalize the excessively elevated blood pressure. According to Ayurveda, systemic arterial hypertension is caused by vitiated Doshas, namely Vata and Pitta predominate Tridoshas, which obstruct the passage of these Doshas in their respective Srotas (micro-channels). For a better outcome while treating the condition from an Ayurvedic perspective, the notion of Avarana (occlusion in the functioning of Dosha in the normal state) should be taken into consideration. Therefore, an effort is made here to comprehend hypertension from both modern and Ayurvedic perspectives and to explore the condition's therapy from an Ayurvedic perspective.

**KEYWORDS** - Doshas, Vata, Pitta, Tridosha, Srotas, Avarana

## INTRODUCTION

Whereas, on the one hand, the current medical system manages hypertension by pharmaceutical and lifestyle changes, with novel molecules being identified to regulate hypertension. Treatment methods in Ayurveda include identifying Dosha morbidity, bodily immunity, Bala (strength), Rogi (patient) as well as Roga (illness), Agni (digestive fire), etc. But reducing cardiovascular and other risk factors related to hypertension is the overarching objective, which is identical. The prevalence of hypertension varies globally, regionally, and across countries' levels of income. The highest frequency of hypertension (27%) is seen in the African region.

Hypertension is one of several lifestyle-related disorders brought on by factors including a hectic way of life, lack of sleep, and shifting environmental conditions. Ayurvedic ideas such as Raktagata Vata, Pachaka Pitta, Prana Vayu Apana Vayu, Sadhaka Pitta, and the pathological condition of Avalambaka Kapha Bhava may be used to understand hypertension even if it cannot be clearly linked to any disease. The disease is also impacted by the presence of Manasika Doshas like Raja and Tama Doshas.

## FACTORS OF HYPERTENSION

Although the exact cause of hypertension is unknown, modifiable risk factors for hypertension include physical inactivity, tobacco and alcohol use, excessive salt consumption, a diet high in saturated and trans fats, and a low intake of fruits and vegetables. Overweight or obesity is another risk factor for hypertension. A family history of hypertension, being older than 65, and having co-occurring disorders like diabetes or renal disease are additional non-modifiable risk factors. In Ayurveda predisposing factors like Madyapana (alcohol intake), Atisnigdha (oily food), Divaswapa (sleeping at day time), Ati Madhura Rasa (sweeter intake), Bhaya and Shoka (mental stress), Ritu Sandhi (transitional phase between two season), Nidaanarthaka Roga (diseases that precipitates Hypertension) like Madhumeha (diabetes), Hridayaroga (heart disease), Vrikka Roga (renal disease). Additional variables, such as a decrease in physical activity and an increase in Snigdha (oily food) consumption, cause an increase in Kapha Dosha, Medodhatu (fat tissue), and Beejadoshaja (genetic predisposition).

## PATHOGENESIS OF HYPERTENSION

In terms of relative frequency, primary hypertension accounts for 95% of cases and secondary hypertension for 5%. Chronic rise of arterial blood pressure exceeding 140/90 mmHg without a known reason is referred to as essential hypertension. Arterial hypertension causes a prolonged rise in blood pressure due to increasing cardiac output or systemic vascular resistance. In addition to the aging-related increase in pulse pressure, hypertension is also influenced by the renin-angiotensin-aldosterone system, the autonomic nervous system, bradykinin endothelin EDRF (endothelial derived relaxing factor), and nitric oxide ANP (atrial natriuretic peptide).

According to Ayurveda, the pathology of hypertension is caused by the Vata Dosha becoming vitiated and becoming trapped in the Rakta Dhatu (blood), which impairs blood flow. Pitta Dosha will get vitiated as Raktadhatu is disturbed,

and Kapha Dosha would become vitiated as the balance between the Doshas is disturbed. When Apana Vata is disrupted, conditions like Udavarta (upward migration of Vata) can occur that raise organ pressure, aggravating hypertension.

### AVARANA OF HYPERTENSION

Vata's regular function is crucial and can be hampered by the other two doshas, Pitta and Kapha, or by Rakta and Meda Dhatu. The usual operation of the Vata Dosha is disturbed as a result of the Avarana, and the exacerbated Rakta Dhatu will hinder the normal operation of the Vata, leading to the development of Raktaavrita Vata.

### CLASSIFICATION OF HYPERTENSION BY SEVERITY

Category	Systolic BP(mmHg)	Diastolic BP(mmHg)
Normal	<130	<85
High normal	130–139	85-89
Hypertension		
Stage I	140-159	90-99
Stage II	160-179	100-109
Stage III	≥180	≥110

### DISCUSSION

According to modern medicine, modifying one's lifestyle, eating a better diet low in salt, exercising regularly, keeping a healthy weight, giving up smoking, and consuming less alcohol are the best ways to prevent hypertension. Drugs used to treat hypertension include beta blockers, calcium channel blockers, vasodilators, and spironolactone, sometimes known as Aldectone in cases of resistant hypertension. Because Ayurveda emphasizes that prevention is always preferable than treatment, it is always preferable to prevent disorders that may lead to hypertension. Avoiding the causes of the disease is thought to be the primary line of care for all illnesses. As soon as the therapy for Raktagatavata (hypertension) is being planned, the concept of Avarana should be taken into account. Maintaining a healthy lifestyle and engaging in Dinacharya, Ritucharya, and Shodhana (body cleanliness) are crucial steps to take in order to prevent hypertension and keep the body's Doshas, Dhatus, and Mala (excretory products) in balance. Raktagata Vata mentions Virechana (therapeutic purgation) and Raktamokshana (therapeutic elimination of blood).

If Sthaulya (obesity) is the cause of hypertension, Medohara (reducing extra fat) Chikitsa should be used. There are several herbs used to treat hypertension, including Ashvagandha (*Withania somnifera*), Punarnava (*Boerhavia diffusa*), Sarpagandha (*Rauvolfia serpentina*), and Rasayanas including Brahma Rasayana. In Ayurveda, maintaining Pathya Ahara (a healthy diet) is crucial for managing hypertension.

## CONCLUSION

When many organs or tissues are affected, the illness known as hypertension manifests and causes its problems. Hypertension is a sickness that often goes undiagnosed for a long time. Therefore, it is crucial to have regular checkups that include blood pressure monitoring. According to Ayurveda, a sickness should be identified as early in the disease's Kriyakala (stages of manifestation) as feasible to make it Sukha Sadhya (simple to manage). Due to Vata hear avarana, it is crucial to identify and treat the avarana initially; only then can subsequent therapy be successful. In order to control secondary hypertension, the underlying etiologic illness must be addressed. The risk factors for hypertension should constantly be taken into account, especially for the cardiovascular and renal systems, and treatment should be planned accordingly. Following the guidelines for good health, or Swasthavrita Palana, is crucial in preventing hypertension and maintaining the balance of the Tridoshas (Vata, Pitta, and Kapha), which are many of the causes of hypertension.

## CONFLICT OF INTEREST -NIL

## SOURCE OF SUPPORT -NONE

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