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Research Article

TO DETERMINE THE EFFECT OF AYURVEDA MEDICATION IN THE MANAGEMENT OF ESSENTIAL HYPERTENSION

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ABSTRACT

Essential hypertension can be defines as rise in blood pressure of unknown cause. It usually clusters with other risk factors such as ageing, weight gain, insulin resistance, diabetes and hyperlipidemia. Hypertension is common in developing countries, especially in urban area with sedentary lifestyle and low awareness, treatment and control. Though hypertension as a disease is not described in classical Ayurveda texts, there are many theories which can be adopted to treat. Data of four patients diagnosed with hypertension visiting OPD of Ayushakti Ayurveda Pvt Ltd were recruited for the study and the data of the same is analyzed in this case report.

This present study shows that this approach when administered in Hypertensive patients, they were able to significantly decrease the systolic as well as diastolic blood pressure without any toxic- or side effect. We were able to minimize the dose of antihypertensive modern molecules gradually when these polyherbal formulations were used

along with Shirodhara and Heartdhara. With the help of this Ayurveda protocol hypertensive patients can be treated successfully by providing strength to the heart muscles.

KEYWORDS

Hypertension, Ayurveda, Anxiety, Shirodhara, Heartdhara.

INTRODUCTION

In developing countries essential hypertension is one of the major public health problems that may be due to rapid urbanization, disturbed lifestyle, low metabolic activities, stress and some bad habits like tobacco, alcohol consumption. The incidence of hypertension increases with age due to thickening of blood vessel walls, arteriosclerosis, decrease in the elasticity and lumen of the blood vessels and so on. Essential hypertension is a major issue due to its complications on cerebral, cardiac and renal systems. Systolic blood pressure above 140 mm of Hg and Diastolic blood pressure above 90 mm of Hg is the diagnostic criteria for hypertension 1. In India the majority of about 14 % of the population suffer from essential hypertension². The current therapeutic strategy involves use of various pharmacological agents like β blockers, ACE inhibitors, calcium channel blockers, α blockers, angiotensin antagonists and diuretics. However use of these drugs is affected because of various side-effects and cost-effectiveness³. This approach has led to a further hunt into Indian herbs and herbal remedies.

Hypertension as a specific disease is not described in ancient Ayurveda books, however, the disease hypertension is interpreted in terms of Raktagata Vata, Siragata Vata, Avrita Vata, Dhamani Prapurana, Rakta Vikshepa, Vyana Prakopa, Raktamada, Uchharaktachapa. Also it can be understood by

assessing the involved Dosha, Dooshya, strotas. In Ayurveda there is no standard protocol accepted to treat hypertension, but there are many proposed theories which can be adopted to treat hypertension. In these different points of view no one has denied the fact that in hypertension, the main pathogenesis occurs in Rakta which resides in the blood vessels. Also psychological stress plays a role in the increase in hypertension and heart diseases⁵.

Data of four patients diagnosed with hypertension visiting OPD of Ayushakti Ayurveda Pvt Ltd were recruited for the study and the data of the same is analyzed in this case report.

Case summary

Name- Mr. ABC, DOB- 16/03/1966, Case number- P000232255

Date of registration – 26/06/2021, Age when case is registered- 55yrs

Diagnosis – Hypertension

Major complaints –

- High blood pressure since April 2021, in general checkup, he found his blood pressure was ranging around 150/100 mm of Hg

- He followed a few home remedies etc. for a month. But was unable to see the result.
- He wanted to avoid Allopathic medicines
- Herbs-
- Raktashanti 2-2 tablets after food
- Sumedha 2-2 tablets after food
- Jivanrakshak 2-2 tablets after food

Results -

In Aug 21, His blood pressure was 136/90 mm of Hg

In Sept 21, His blood pressure was 130/90 mm of Hg

After following the diet for 4 more months,

In Dec 21, His blood pressure was 120/70 mm of Hg

Advised to reduce the Ayushakti herbs. (Reduced the dose to the half quantity i.e. once in a day. He was monitoring his BP and informing us) After following for 2 more months, On Feb 22, His blood pressure was 120/80 mm of Hg, hence he was advised to reduce the Ayushakti herbs. (Reduced the dose to alternate days for 30 days then once in 2 days for 30 days. He was monitoring his BP and informing us) After following the diet for 2 more months, On Apr 22, His blood pressure was 120/80 mm of Hg. Consultant decided to stop the Ayushakti herbs. On May 22 during a follow up visit his blood pressure was 120/70 mm of Hg.

Case-2

Name- Mr.XYZ, DOB- 05/09/1981, Case number- P000250376

Date of registration – 26/02/2022, Age when case is registered- 40yrs

Diagnosis – Hypertension with anxiety.

Major complaints –

- High blood pressure since Jan 2021
- Anxiety since Jan 2021

Previous history-

- Patient had Covid-19 infection in Jan 2021.
- The anxiety issues developed after Covid-19 infection.
- He found there was High blood pressure too. So he started with Allopathic medicines. Still, his blood pressure was 150/90 mm of Hg. He wanted to stop dependency on Allopathic medicines

Therapy given –

- Shirodhara
- Heartdhara

Herbs-

- Raktashanti 2-2 tablets after food
- Sumedha 2-2 tablets after food
- Bliss 2-2 tablets after food

Results -

In first month of the treatment,

– Improvement in stress management and anxiety issues. His blood pressure was 140/80 mm of Hg; still he was using Allopathic medicines and Ayurvedic herbs

In Second month of the treatment,

Not much anxiety issues, His blood pressure was 110/70 mm of Hg

Hence he was **advised to reduce the Allopathic medicines**

(Alternate Day for the first 15 days then once in every 2 days.

He was monitoring his BP and informing us)

In Third month of the treatment,

- Not much anxiety issues
- His blood pressure was 124/70 mm of Hg
- **Advised to reduce the Allopathic medicines**
(Once in a week and then stop it completely.

He was monitoring his BP and informing us)

Case-3

Name- Mrs. XYZ, 33 Years female.

She was diagnosed with hypertension three months back. She resisted taking allopathic antihypertensive medicines. She had anxiety and too much work as well as family issues related to stress.

Herbs-

- Raktashanti 2-2 tablets after food
- Sumedha 2-2 tablets after food
- Bliss 2-2 tablets after food

Therapy given –

- Shirodhara
- Heartdhara

Results -

03/04/2022 150/100 MM OF HG

10/04/2022 130/90MM OF HG

01/05/2022 130/88MM OF HG

08/05/2022 120/88 MM OF HG

29/05/2022 110/80 MM OF HG

Now she is stable on Ayushakti herbal remedies.

Case-4

A 43-year-old male visited Ayushakti Ayurveda with a known complaint of Hypertension and Type- II Diabetes for the past 7 years. He had other complaints like low energy feeling, severe acidity and loads of stress. When he visited Ayushakti he was on Telma 40 OD dose.

Herbs-

- Raktashanti 2-2 tablets after food
- Sumedha 2-2 tablets after food
- Bliss 2-2 tablets after food
- Syrup Gulkacid 2-2 tsp before food for acidity.

Results -

11/07/2022 140/98 Mm of Hg

24/10/2022 130/90 MM OF HG

07/11/2021 146/92 MM OF HG

19/12/2021 130/90 MM OF HG

06/02/2022 130/80 MM OF HG

27/02/2022 130/88 MM OF HG **Advised to reduce Telma 40 to Telma 20**

06/03/2022 124/82 MM OF HG

20/03/2022 118/80 MM OF HG

10/04/2022 110/82 MM OF HG **Advised Telma 20 on alternate day.**

24/04/2022 110/78 MM OF HG

08/05/2022 110/80 MM OF HG

22/05/2022 110/80 MM OF HG **Advised to stop Telma 20**

19/06/2022 110/78 MM OF HG

Case-5

A male patient aged 57 visited Ayushakti Ayurveda on 8th January 2022 with a K/C/O hypertension for the past 12 years. He was on a combination of Amlodipin plus Telmisartan (Telma AM 40/5) BD and tablet Cardivas 0.3 OD. He had no history of stress or Anxiety

Herbs-

- Raktashanti 2-2 tablets after food
- Sumedha 2-2 tablets after food
- Bliss 2-2 tablets after food
- Syrup Gulkacid 2-2 tsp before food for acidity.

Therapy given –

- Shirodhara
- Heartdhara

Results -

08/01/2022 170/98 Mm of Hg

22/01/2022 130/90 MM OF HG

12/02/2021 110/62 MM OF HG **Advised to reduce Telma AM 40/5 to OD dose**

26/02/2021 112/70 MM OF HG

19/03/2022 119/72 MM OF HG **advised to reduce Telma AM 40/5 to 1/5 OD dose**

09/04/2022 130/82 MM OF HG **Advised to stop Telma AM 40/5**

21/05/2022 124/76 MM OF HG

21/06/2022 112/80 MM OF HG

DISCUSSION

Hypertension is attributed to multiple factors including stress, faulty dietary habits, and disturbed lifestyle. Management of these modifiable risk factors is necessary for optimal treatment outcome. Ayurveda provides a holistic approach towards disease management. It not only provides pharmacological treatment but also addresses psychological and behavioral aspects through Yoga, dietary corrections, and lifestyle management. Manas bhavas like Chinta, Bhaya and Krodh play an important role in the pathogenesis of the disease; hence sometimes treatment focus can be on these factors. Hypertension pathology may be due to vitiation of Pitta and Rakta due to excessive intake of Katu (Pungent) and Lavana (Salty) rasa.

Raktashanti tablets have Sarpagandha (*Rauwolfia serpentina*) and many alkaloids which are mainly effective in hypertension and psychotic disorders and various circulatory disorders⁷. Sarpagandha is reported to have indolealkaloids which are located mainly in the roots and are useful in circulatory disorders, hypertension, psychotic disorders, insomnia etc⁸. Arjun (*Terminalia arjuna*) in tablet Jivanrakshak possesses prostaglandin E₂ like activity like coronary vasodilatation and hypotension⁹. It is observed that with Arjuna bark powder improvement was observed in fall in both systolic and diastolic blood pressure also it has an antioxidant effect¹⁰. Jaharmohara (*Serpentine*) is mainly used in Hrud Daurbalya, which means weakness of cardiac muscles, it consists of Magnesium and Silicate mainly. Jaharmohara (*Serpentine*) possesses cardio tonic activity as it shows improvement in cardiac muscles architecture^{11, 12}.

As per Ayurveda there are many vital points called Marma in the forehead and head and stimulation of these spots can give beneficial results. Essential



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