

HYPERTENSION: A CASE STUDY**Tanvi Singh***

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ABSTRACT

Hypertension (HBP) is perhaps the most predominant conditions seen today by clinicians, influencing an expected 73 million- - or 1 out of 3- - grown-up Americans, just a single third of whom have accomplished control of their hypertension (HBP). Key to the administration of this unavoidable ailment are the issues of precise analysis and keeping up control through suitable treatment. Precise determination relies principally upon solid estimation. Throughout the long term, it has become progressively perceived that pulse (BP) estimation happening in clinical settings produces far less precise and dependable readings than do different techniques, strikingly 24-hour mobile BP observing and home BP estimation. Past strategy, there are extra difficulties to acquiring precise readings, including passionate variables that produce

either dishonestly raised or brought down outcomes, having the capacity to misdirect the clinician. The fitting determination of antihypertensive specialists, at the legitimate portions, is a mind boggling issue requiring more noteworthy comprehension of our pharmacologic alternatives. The commitments of a portion of the later and remarkable examinations and preliminaries are referenced here, in spite of the fact that there is no endeavor in this short audit to coordinate medication classes with convincing signs. The preliminaries talked about include such pharmacologic medicines as diuretic treatment, alpha-blockers, ordinary beta-blockers, calcium channel blockers, angiotensin-changing over protein inhibitors, and angiotensin receptor blockers. Preliminary results shed light on the general advantages and disadvantages of these specialists, regularly inside the setting of different patient attributes, for example, age, and danger status. Effective administration of HBP is a multi-faceted and progressing attempt, in which creating information continually tempered by new inquiries pushes us toward the objective of improving the lives of our patients.

KEYWORDS: Hypertension, Patient, Blood, Age.

INTRODUCTION

Hypertension, otherwise called high or raised pulse, is a condition where the veins have steadily raised pressing factor. Blood is conveyed from the heart to all pieces of the body in the vessels. Each time the heart thumps, it siphons blood into the vessels. Circulatory strain is made by the power of blood pushing against the dividers of veins (courses) as it is siphoned by the heart. The higher the pressing factor, the harder the heart needs to siphon.

Hypertension is a genuine ailment and can expand the danger of heart, mind, kidney and different infections. It is a significant reason for sudden passing around the world, with as much as 1 out of 4 men and 1 out of 5 ladies – over a billion people –having the condition. The weight of hypertension is felt lopsidedly in low-and center pay nations, where 66% of cases are found, to a great extent because of expanded danger factors in those populaces in ongoing many years.

Numerous individuals with hypertension don't see indications and might be unconscious there is an issue. Side effects can incorporate early morning cerebral pains, nosebleeds, unpredictable heart rhythms, vision changes, and humming in the ears. More serious structures may display weakness, queasiness, spewing, disarray, tension, chest torment, and muscle quakes. Whenever left untreated, hypertension can cause relentless chest torment (likewise called angina), coronary episodes, cardiovascular breakdown, and an unpredictable heartbeat, which can prompt an unexpected passing.

Hypertension can likewise cause strokes by hindering or blasting veins that supply blood and oxygen to the cerebrum, just as kidney harm, which can prompt kidney disappointment. Hypertension makes harm the heart by solidifying veins and diminishing the surge of blood and oxygen to the heart.

Recognizing hypertension is finished with a fast and effortless trial of circulatory strain. This should be possible at home, yet a wellbeing expert can help evaluate any dangers or related conditions.

Lessening modifiable danger factors is the most ideal approach to forestall hypertension and related sicknesses of the heart, cerebrum, kidney and different organs. These elements incorporate unfortunate eating regimens (inordinate salt utilization, an eating routine high in

immersed fat and trans fats, low admission of leafy foods), actual inertia, utilization of tobacco and liquor, and being overweight or hefty.

There are additionally non-modifiable danger factors, including a family background of hypertension, age more than 65 years and existing together infections, for example, diabetes or kidney sickness. Keeping away from dietary and social danger factors is doubly significant for those with unmodifiable or genetic danger factors.

Hypertension can be overseen by lessening and overseeing mental pressure, routinely checking circulatory strain and talking with wellbeing experts, treating hypertension and overseeing other ailments. Suspension of tobacco use and the unsafe utilization of liquor, just as enhancements in eating routine and exercise, can help decrease manifestations and danger factors from hypertension.

CASE REPORT

A 35 Year old male patient came to OPD, with the chief complain of Headache since 7 days. The patient was also suffering from restlessness, fatigue, dizziness and breathlessness since 15 days. History of smoking - approximately one pack of cigarettes per day since 25 years. Hypertension was diagnosed 3 years ago when blood pressure measured in the office was noted to be consistently elevated in the range of 180/90 mm Hg on three occasions and a pulse of 84 bpm. Patient was initially treated with amlodipine 5 mg daily for 6 months, yet his BP control had fluctuated. His family history is positive for Hypertension, with his mother dying at 72 years of age from hypertension- related cardiovascular disease (CVD). Physical assessment are unremarkable except for the presence of moderate obesity (166 cm., 94kg.), minimal retinopathy. Patient was treated on the line of management of Raktagata Vyana Vayu. Ashvaganha Churna-3gm, Sarpagandha Vati- 2 all drugs twice a day administered. Patient had been followed up every 15 days for 3 months.

Mode of action of sarpagandha ghan vati

Fixings in Sarpagandha Ghan Vati follow up on the sensory system. It diminishes circulatory strain and pulse. Along these lines, it is helpful for the administration of hypertension. It additionally has alleviating and quieting consequences for the psyche, which assists with inciting rest. Sarpagandha Ghan Vati is exceptionally helpful for the treatment of a sleeping disorder (restlessness) happening because of abnormal edginess or hyper-sensitivity of the psyche, which might be a result of a drunkard aftereffect, mental problems, meds, and so

forth It quiets the brain and diminishes hyper-sensitivity, consequently welcome on the rest. Sarpagandha Ghan Vati is shown in the accompanying ailments: A sleeping disorder (Sleeplessness), Hypertension (High Blood Pressure), Tachycardia Albuminuria, Liquor abuse and Hangover.

Mode of action of ashwagandha churna

Being an incredible adaptogen, it upgrades the body's flexibility to stretch. Ashwagandha improves the body's protection against sickness by improving the cell-interceded resistance. It likewise has strong cancer prevention agent properties that help secure against cell harm brought about by free revolutionaries. Ashwagandha is normally utilized for pressure. It is likewise utilized as an "adaptogen" for some different conditions, however there is nothing but bad logical proof to help these different employments. There is some proof that ashwagandha may decrease cholesterol levels in patients with elevated cholesterol.

DISCUSSION AND CONCLUSION

Vata is the primary causative factor for Hypertension according to Ayurved. It very well might be because of deterrent or pitta or kapha avarana. Ashvaganha Churna, Sarpagandha Vati are the helpful medication in Hypertension. The same number of mediations is utilized for this situation, so it is hard to comprehend by which intercession quiet got help. However, practically speaking the vast majority use multi interventional approach. Understanding got huge help, yet it is just a solitary case. Huge scope clinical preliminary ought to be done to build up it as broad treatment for Hypertension.