

**A REVIEW ON SHONITHA DUSHTI NIDANAS WITH SPECIAL  
REFERENCE TO ESSENTIAL HYPERTENSION****Ankitha<sup>1\*</sup>, Likhitha D. N.<sup>2</sup>, Niranjan Rao<sup>3</sup> and Vidyalakshmi K.<sup>4</sup>**

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**ABSTRACT**

*Acharya Sushruta* evaluates the status of *Shonitha*<sup>1</sup> *Dhatu* as the *Chaturtha Dosha*, as the expression of symptoms caused by *Shonitha Dushti* varies widely from local to the overall body features and also *Shonitha Dushti* takes the credit by its unique manifestation and treatment protocol. In *Ayurveda*, the symptoms and causative factors of Hypertension resembles that of *Shonitha Dushti*.<sup>[2]</sup> The prevalence of Hypertension<sup>[3]</sup> among adults in developing countries like India is up to 29-30%. Hypertension is considered as primary phase for many dreadful disorders like cerebrovascular, cardiovascular and renal disorders. Since the cause of Essential Hypertension is also not known and its treatment mainly aims at directly reducing the blood pressure values than reducing the underlying cause. Hence, an attempt is made to analyze and ascertain the relationship between *Shonitha Dushti* and elevated blood pressure values through observational study.

**KEYWORDS:** *Shonitha Dushti, Rakta, Nidanas, Lakshanas,*

Hypertension, Blood pressure.

## INTRODUCTION

The most fundamental characteristics of human life are the prevalence of illnesses and deaths. Human development has always involved analyzing these issues and looking for potential solutions. With these developments and advancements, it becomes increasingly important to develop new diagnostic techniques and assess the factors that contribute to morbidities and fatalities.

Since *Shonitha* has unique variety of manifestation of symptoms and has distinct presentation and management strategy, it has been considered as the *Chaturtha Dosha* by *Acharya Sushruta*.

Adult prevalence of Hypertension in developing nations like India is up to 30% and it is rising quickly, with more cases occurring in urban than rural populations. Numerous terrible diseases including cerebrovascular, cardiovascular and renal diseases are considered to have hypertension as their initial stage. Since the underlying cause of essential hypertension is also unknown, the primary method of treatment is to simply lower blood pressure levels. Therefore, pinpointing the root cause of the rise in blood pressure values would aid in providing effective management and preventing the emergence of terrible diseases. Similarly, the *Lakshanas* of *Shonitha Dushti*<sup>[4]</sup> if left untreated it will lead to certain features related to *Marmas*, *Indriyas* and other vital organs.

## OBJECTIVES

- ❖ Literary review on *Shonitha Dushti* and Essential Hypertension.
- ❖ To assess *Shonitha Dushti* Lakshanas in Essential Hypertension patients.

## MATERIALS AND METHODS

The primary sources of data were collected from various *Ayurveda* classical textbooks, contemporary textbooks, articles, journals and other web sources were referred for the matters related to study.

A case proforma was prepared consisting of chief complaints, *Nidanas*, *Lakshanas* of *Shonitha Dushti* and Blood Pressure findings. Retrospective Observational study was carried out among 100 Hypertensive patients and findings were analyzed.

## Inclusion criteria

- Patients aged above 25 years.

- Diagnosed cases of Essential Hypertension.
- Patients of either gender will be taken.

#### Exclusion criteria

- Secondary Hypertension.
- Patients with other underlying diseases.

## RESULTS

### Groups

Group 1 – (140-170/90-100)

Group 2 – (172-200/90-100)

Group 3 – (140-170/110-120)

Group 4 – (172-200/110-120)

- In group 1 among 87 patients; 78 patients who have done more *Nidanas* are having average increase of systolic BP because, the patients who have done more *Nidanas* are not practicing it regularly.
- Patients having high BP fall under Group 3 and Group 4 are 10 in number. Among 10 patients, 2 patients having 180/110 mmhg have done 85-91 *Nidanas* are having more *Lakshanas* i.e., 11-14. Since in these 2 patients as the *Nidanas* and *Lakshanas* are more, it can be inferred that, these 2 patients might have developed Hypertension due to the *Rakta Dushti Nidanas*.
- 2 patients who have highest BP (200/110-120) are having only 7-9 *Lakshanas* and they have done 50-70 *Nidanas* on an average. Among these *Nidanas*; *Lavana*, *Amla* and *Katu Rasa*, *Masha*, *Lashuna*, *Yavani*, *Vartaaka*, *Matsya*, coffee, tea, *Atapa sevana*, *Chinta*, *shrama* and *krodha* are being daily practiced. Hence, in these 2 patients it can be inferred that Hypertension might have developed due to causes other than *Rakta Dushti* such as vitiation of *Avalambaka Kapha*, *Sadhaka Pitta* or *Prana Vayu*, etc.

## DISCUSSION

There are *Raktavaha Siras*, *Raktavaha Strotas*<sup>[5]</sup> and *Raktavaha Dhamanis*. All *Siras* and *Dhamanis* originate from *Nabhi*, while *Raktavaha Strotas* originate from *Yakrit*. So, since *Hridaya*<sup>[6]</sup> and *Rasavahini Dhamanis* is considered as the *moola* of *Praanavaha*<sup>[7]</sup> *Strotas*, any pressure in the arteries might hamper the normal flow and functioning of *Hridaya* and other arteries.

*Rakta* being liquid in nature, the volume of the *Rakta Dhatu* can increase or decrease. Since *Pitta* is the *Mala* of *Rakta*, when the quality *Rakta* is not formed, due to the *Dravata guna* of *Rakta* there will be malformation of its quality product *Pitta*. Hence, the quantitative and qualitative imbalance of *Rakta* can be elicited by observing the features of *Rakta Vriddhi* and *Kshaya*.

Along with the normal functioning of *Rakta*, the constituents and predominance of *mahabhoota*<sup>[8]</sup> also should be known thoroughly.

Differentiation of *Rakta Dushti Nidanas*<sup>[9]</sup> has been mentioned in literature, where the *Nidanas* vary from the factors pertaining to *Ahara* to the *Manasika Bhavas* and *Agantuja* factors.

#### Other factors to cause hypertension are

- We cannot differentiate that Hypertension is caused due to these particular *Nidanas* because, some *Nidanas* may be seasonal such as *Amra*, *Dadima*, etc.
- There are certain *Rakta Dushti Nidanas* which are regularly incorporated such as *Lavana*, *Dhanyaka*,<sup>[10]</sup> *Palandu*, *Amlika*, etc. in the diet and certain *Rakta Dushti Nidanas* are rarely incorporated such as *Shigru*, *Kulatha*, etc. So, it is difficult to conclude that the Hypertension has occurred because of these regular and non-regular *Nidanas*.
- Hypertension refers to pressure of blood on the wall of arteries. Blood cannot be directly correlated with *Rakta*. Since these channels of *Rakta* are common for *Udaka*, *Dosha*, etc., *Rakta Dushti* occurs in association with these factors. *Rasa* also can be considered to be flowing through same channel. These channels may also have various defects in the form of *Sira Granthi*, *Stroto Sanga* or even a *Shleshmaja Nanatmaja Vikara* called as *Dhamani Praticchaya*.<sup>[11]</sup> *Ojas*<sup>[12]</sup> also circulates simultaneously in the same channel all over the body. The details of such components which may contribute for Hypertension other than *Rakta Dushti* are as follows:
  - 1) **Vyana vayu:** Since *Vyana*<sup>[13]</sup> *Vayu* is situated in *Hridaya*. The blood first ejected out of the heart is further distributed to all parts of the body and thereby returning back to heart is controlled by *Vyana Vayu*. Aggravated *Vyana Vayu* leads to increased *Gati* and force of ejection of blood from *Hridaya* leading to Hypertension.
  - 2) **Sadhaka pitta:** *Sadhaka*<sup>[14]</sup> *Pitta* is situated in *Hridaya*. *Nidanas* like *Ushna*, *Teekshna Ahara*, etc., will cause only the vitiation of *Sadhaka Pitta* which in turn leads to increased burden on *Hridaya* leading to Hypertension.

- 3) **Avalambaka kapha:** Avalambaka<sup>[15]</sup> Kapha gives strength to muscles of *Hridaya*. Sedentary habits vitiate the Avalambaka Kapha and Chinta does the vitiation of Prana Vayu and Sadhaka pitta in turn resulting Hypertension.
- 4) **Prana vayu:** Prana<sup>[16]</sup> Vayu does the Dharana of *Hridaya* in turn does the regulation of Blood Pressure. Since Prana Vayu has greater influence on *Hridaya*, certain Nidanas will cause the vitiation of Prana Vayu which in turn results in elevation of Blood Pressure.
- 5) **Manas:** *Hridaya* is the seat of Manas<sup>[17]</sup> Good mental health will in turn have good effect on *Hridaya*. Manasika factors like Chinta, Krodha, etc., will have a bad impact on *Hridaya* leading to Hypertension.
- 6) **Status of siras:** Thickening of wall of arteries due to various causes like fat deposition, age factors, etc., can be correlated to Siragranthi<sup>[18]</sup> which ultimately results in increase in Blood Pressure.
- 7) **Status of dhamani:** These events result into forceful expulsion of blood through Dhamanis and Siras, ultimately leading to increases resistance in blood vessels leading to Dhamani Praticchaya.
- 8) **Ojas:** Since *Hridaya* is the seat of Ojas which is one of the Pranayatanas and since Ojas resides in *Hridaya* in turn controlling the normal functioning of Manas, it can be understood that when there is impairment in Ojas; Lakshanas like Tamo Darshana, Sammoha, etc., manifest.

## CONCLUSION

In the present study of 100 patients;

- The relation of higher Nidanas with higher Lakshanas of Rakta Dushti could be established. But, the relation of higher Nidanas with higher Blood Pressure could be established only in few patients.
- All Nidanas were not consumed regularly because they were seasonal and some of them could not be regularly incorporated in diet in the present era. Also, certain Nidanas were the main spices used in daily diet. Thus, comparing all the Nidanas equally may not be relevant in this scenario.
- Nidanas like Ati lavana sevana not only does the rakta dushti but also it causes vitiation of Sadhaka Pitta. Since the Sadhaka Pitta is located in the *Hridaya*, Nidanas like Ati lavana, Chinta and Krodha may have an effect on the functionality of *Hridaya*, which will in turn cause an increase in BP.

- Since *Avalambaka Kapha* gives the strength to *Hridaya*, *Manasika* factors may cause muscles of *hridaya* to become weak in turn increasing the BP. In the patients having excessive *Chinta*, there may be the vitiation of *Sadhaka Pitta* and *Prana Vayu*.
- Since *Manas* is the seat of *Hridaya*, *Nidanas* related to *Manas* like *Chinta*, *Krodha*, *Shrama* and stress factors have a significant negative impact on *Manas*, which in turn places a burden on *Hridaya* and raises BP.
- *Divaswapna* and other sedentary life style habits will not only cause the *Rakta Dushti*, but it may also cause the vitiation of *Vatadi Doshas*.
- It can be concluded that, *Nidanas* like *Matsya*, *Dadhi* and *Masha* can lead to increase in *Abhishyandi Guna* in the body resulting in the elevation of Blood Pressure.

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