

A CLINICAL STUDY ON HYPERTENSION (RAKTAGATA VATA) AND ITS MANAGEMENT

Dr. Snehamayee* and Dr. Sarat Kumar Panigrahi

India.

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*Corresponding Author

Dr. Snehamayee

India.

UNDERTAKING

Here with I do under take the article entitle HYPERTENSION (RAKTAGATAVATA) AND ITS MANAGEMENT is an original article and not published any were / any magazine at any time.

This is being submitted for kind consideration and publication in your journal.

Thanking you Yours Faithfully

Prof. Dr. Snehamayee Mishra M.D., Ph.D. (Kayachikitsa)

Hypertension and its management

रुजस्तीव्राः ससन्तापा विवर्ण्य कृशताऽरुचिः।

गातं चारुपि भुक्तस्य स्तम्भश्चासृग्गतेऽनिले॥ (च.चि. 28/31)

शोनाः पदेहा रक्तम्यं विरकां रक्तमाक्षणम्। (च.चि. 28/92)

1. गुर्वङ्गं तुष्टतेऽत्यर्थं दण्डमुष्टिहतं तथा।

सरुक् श्रमितमन्यर्थं मासमेदागतऽनिले॥ (च.चि. 28/32)

2. विरकांमांसमेदः स्थ निरुहाः शमनानि च॥ (च.चि. 28/93)

सामान्य लक्षण'

1. सम्पूर्ण शरीर में तीव्र वेदना (Severe bodyache)
2. सन्ताप (Feverish sensation)
3. विवर्णता (Discolouration of the body)
4. कृशता (Lean & thin body structure)
5. भोजन में अरुचि (Anorexia)
6. सर्वशरीर में फुन्सियों का होना (Boils all over the body)
7. भोजनोत्तर शरीर में स्तम्भ (Stiffness in the body after meals)

According to Ayurveda

चिकित्सा सिद्धान्त²

1. शीतल द्रव्यों का प्रदेह 2. विरेचन चिकित्सा 3. रक्तमोक्षण

पथ्य सेवन वर्तमान समय में आयुर्वेद के विद्वान रक्तगत वात की तुलना आधुनिक चिकित्सा विज्ञान में वर्णित उच्च रक्तचाप (High Blood Pressure) से करते हैं, क्योंकि दोनों व्याधियों के लक्षणों में पर्याप्त समानता मिलती है। चिकित्सा सूत्र की दृष्टि से भी रक्तगत वात को उच्च रक्त चाप मान सकते हैं। अतः उच्च रक्तचाप की चिकित्सा भी रक्तगत वात के समान ही करनी चाहिए।

Arterial pressure, like most physiological measures, is variable. Hypertension can be primary or [essential when there is no obvious precipitating factor, or the much less common secondary hypertension where there is some identifiable cause.

Symptoms

Hypertension has the following symptom -

Headache, Nose bleeding, Shortness of breath.

*Primary Hypertension ----- No causative factors.

*Secondary Hypertension----

A- Sleep Apnoea

B-Problems with thyroid

C-kidney disease

D-Alcohol Abuse

E-Side effects of medication

F-Drug Abuse Risk factors for hypertension Genetic factors-Familial hypertension Race-More common in blacks Age-Prevalence increases with age. Obesity-Especially centripetal obesity Alcohol- Regular consumption of alcohol has a pressor effect Stress-Chronic psychological stress may lead to hypertension Drugs-NSAIDs, Oral contraceptives, Sympathomimetics Metabolic syndrome and Insulin resistance syndrome-Associations of essential hypertension include non-insulin dependent DM, Atherosclerotic cardiovascular diseases and dyslipidaemia [syndrome x].

Complications

1. Heart failure- I) LVF followed by congestive failure, or ii) CHF without
2. preceding LVF due to hypertrophied ventricular septum encroaching on right ventricular

cavity.

3. Angina pectoris- Usually with transient rise of blood pressure.
4. Cerebrovascular accident -Cerebral haemorrhage, thrombosis, or subarachnoid haemorrhage, Dementia.
5. Aortic dissection.
6. Hypertensive encephalopathy.F] Malignant hypertension.
7. Renal damage – Trace of protein urea and hyaline casts common. Renal failure in malignant hyper tension.
8. Haemorrhages – Epistaxis, rarely hematemesis or haemoptysis.

Management

The object of treatment of hypertension is to reduce the risk of complication and improve life expectancy.

Principle of treatment:

- *Consume whole grains.
- *Consume fresh vegetables.
- *Consume low fat dairy products.
- *Reduce alcohol intake.
- *Holistic exercise, Yoga, Pranayama etc.
- *Physical exercise regularly.
- *Monitor body weight.
- *Relief of stress.
- *Change the life style.
- *Moderate sodium intake (2g/day).
- *Avoid package food, industrial food, processing food etc.
- *Sleep for 6 to 8 hours.
- *No smoking.
- *Avoid oral contraceptive.
- *Avoid all other causative factors.

Treatment According to Ayurveda

Ayurvedic treatment for hypertension includes sodhana chikitsa and samanchikitsa. Under the heading of sodhana chikitsa three main karmas are involved.

- *Virechana karma.

*Lekhana karma.

*Raktamokhana.

Under the category of samana chikitsa many more medicines are recommended according to the different Samhitas. Like

1. Chandrakala rasa.
2. Pravalpisti.
3. Punarnava mandura.
4. Sweta parpati.
5. Brahmi vati.
6. Lasona guggula.
7. Navaka guggula.
8. Sarpagandha churna.
9. Jatamansi churna.
10. Sankhapuspi churna.
11. Dasamula kwatha.
12. Rasna kwatha.
13. Sarasatwa rista.
14. Arjuna rista.
15. Dhatraya rista.
16. According to my concept a combi formulation is prepared as churna to
17. recovery the condition of hypertension. These are the following drugs which have more efficacy to reduce the condition.



Sarpagandha.



Aswagandha.



Sankhapuspi.



Bramhi.



Jatamansi.

**Arjun****Amalaki****Aswagandha**

Ashwagandha is a nontoxic herb for its ability to modulate stress and anxiety. It is also known as Indian ginseng, winter cherry or by its scientific name *Withania somnifera*. It is a herbaceous shrub whose roots and berries are used for its medicinal properties. It relieves stress and anxiety. It increases muscle strength. Reduced cholesterol levels. Ashwagandha may also provide reproductive benefits for both men and women. It may help improve cognition, memory and the ability to perform motor responses after instruction. At last, it supports the health of heart.

Sarpagandha (*rauwolfia serpentina*)

By relaxing the blood vessels and regulating nerve function in the muscles leading to the heart, sarpagandha brings down high blood pressure and facilitates the circulation of blood through the heart passages at a normal, healthy pace.

Brahmi

Brahmi vati, an Ayurvedic medicine is explored for its efficacy in the management of essential hypertension. Hypertension is emerging as one of the most prevalent disorders with high rate of complications, morbidity and mortality.

Sankhspuspi

According to Ayurveda sankhapuspi helps to calm down the brain and relieve stress as well anxiety. It is acting as a brain tonic due to its Medhya property. It also improves memory. It may have some effect on lowering blood pressure and is usually given to treat high blood pressure.

Jatamansi

In Ayurveda jatamansi is also known as tapaswani. It acts as a brain tonic. It has antioxidant property. It helps to improve memory by preventing cell damage. It is effective in treating insomnia. It is helping to improve the quality of sleep. It may help to lower blood pressure. It exhibits cardio protective effects by reducing oxidative stress, lipid peroxidation and inflammation in the cardio vascular system.

Arjun

Arjun has the properties of antioxidant, anti-inflammatory and antimicrobial. It helps reduce the risk of heart diseases. Also, it strengthens and tones the heart muscles and helps in proper functioning of the heart. The botanical name is Terminalia Arjuna. It strengthens the cardiac muscle and regulates the heartbeat. Also, it is beneficial for the healing process in case of an injury sustained on the bones.

Amalaki

Amala is very famous in world of Ayurvedic medicines for its countless medicinal properties. It has been used in medicines for thousands of years. It is one of the best healing herbs of Ayurveda. Out of the six rasas in Ayurveda, Amala has the six rasas. It is known as the magical herb of Ayurveda. Its deeply rejuvenating properties along with its high concentration of anti-oxidants and vitamin c, make it incredibly supportive for the entire body. Also, it is known to strengthen the immune system, support healthy digestion and elimination, and enhance longevity.

Clinical Study

80 patients were selected for study.

Plan of study: The patients are divided into two groups.

Group-A- 40 patients treated with A³S²JB Powder – 5 gms twice daily with Lukewarm water.

Group- B- 40 patients treated with Amlodipine – 40 mg once in the morning.

N.B. – All the research patients were advised with equal ahara and vihara.

Design of Experiment

The treatment group A were treated with the trial drug A³S²JB CHURANA 5 gms twice daily with luke warm water for 30 days (trial group).

The treatment group B were administered Amlodipine 40 mg once in the morning for 30 days (control group).

Preparation of Trial Drug

Aswagandha, Arjuna, Amalaki, Sankhapuspi, Sarpagandha, Jatamansi and Brahmi. The drugs are in equal quantity. The microfine powder was prepared.

Dose: 5 gms of superfine powder was administered to each patients twice daily.

Clinically Assesment

Maximum improvement in group A was 80 %. Moderate improvement in group A was 15%. Mild improvement in group A was 5 %. In group B maximum improvement was 90%. Moderate improvement was 10%.

CONCLUSION

The present study is an account of the condition hypertension vis- a-vis Raktagatavata as described in Ayurveda. This condition is fatal it may leads to death if not treated and also it is the causative factor for the Heart Stroke, BrainStroke and other diseases like Hemiplegia etc. If left on treated, hypertension can cause persistent chest pain (Angina pain), Heart attack, leads to Heart failure and an irregular Heart beat which can lead to a sudden death. It also damages the Kidneys, Brain, Eyes and Heart. Hypertension accelerates Atherosclerosis, increasing the risk of Heart attack, Stroke and Kidney failure.