

CORRELATION BETWEEN *PITTA VRUTT PRAN VAYU* & *VYANA VAYU* IN HYPERTENSION.

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Article Received on
10 March 2024,

Revised on 31 March 2024,
Accepted on 21 April 2024

DOI: 10.20959/wjpr20249-32187



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ABSTRACT

As per W.H.O report about 40% of people aged more than 25 years have hypertension. Hypertension can be defined as elevated blood pressure. Hypertension is not directly mentioned in *Ayurvedic* literature but from etiopathogenesis and symptomatically it can be correlated with *Pittaavrutt Pran* and *Vyana Vayu*. *Avaran* means Obstruction to the normal *gati* of *Vata*. *Pitta* is formed as waste product during *nirmiti* of *Rakta dhatu* in *yakrut*. *Buddhi*, *medha* etc are *karma* of *pitta*. According to *Acharya Vagbhata* and *Acharya Charak*, *Sthan* of *parana Vayu* is *shira pradesh* and *karma* is *buddhi*, *hrudaya*, *indriya chittadhruk*, *shtheevan* etc. It is probably related with vasomotor functions ie. Circulatory mechanism. *Vyana vayu* is located in heart and works as *rasa vikshepan* ie. Ejection of blood from heart to all over body.

KEYWORDS: Hypertension, *pitta*, *pran vayu*, *vyana vayu*, *avran*.

INTRODUCTION

With rapid development in science and technology, new inventions are being invented daily. The ultimate aim of these is to make human life easy and reduce the physical efforts. But all these comes along with curse and that is lifestyle diseases caused due to low physical activities and more mental stress. Among them, hypertension tops the list. It is estimated that about 26.4% of world's population is suffering from hypertension, which is grossly 1.13 billion people. India is stamped as global capital of hypertension. In India, hypertension is responsible for 57% of stroke deaths and 24% of all CHD deaths. Prevalence of hypertension in urban population is 25% and rural is 10%. Hypertension is silent killer because 85% of

population are asymptomatic. *Ayurveda* being a holistic science which thinks of body as an entity of *doshas* and *mana*, along with *aatma* stands out contrastingly by realizing hypertension as a condition rather than disease. *Vata* in normal conditions responsible for overall wellbeing of the body (Cha.chi.28/58). But vitiation of *Vata* causes several diseased conditions, hypertension being one of them. *Vata* gets vitiated mostly due to *Avran* ie. Covering by other *doshas* or *dhatus*. Specially in hypertension, *Pran vayu* and *vyana vayu* gets covered by *pitta*.^[1]

AIMS AND OBJECTIVES

To study the relationship between pittavrutta pran vayu and vyan vayu in hypertension.

MATERIAL And METHODS

Hypertension can be defined as a chronic non communicable disease in which the pressure exerted by the blood on the wall of arteries is elevated.

Pran Vayu- It is located in the head. Its function is dharana of heart. It is achieved by controlling impulse from SA node through ANS. Hence, controlling Blood pressure subsequently.^[2]

Vyana Vayu- It is situated in the heart and its main function is circulating blood to the whole body. *Acharya Charak* states that *vyana vayu* is responsible for various movements in the body including contraction, relaxation of heart. Thus, pumping and distributing of blood all over the body.^[3]

Pitta- It is one of the three *doshas*. It is *mala* created during the formation of blood. It is responsible for digestion and metabolic changes in the body, maintain body temperature etc. vitiation of *pitta dosha* causes rise in blood pressure indirectly due to increase in its *guna*.^[4]

Avran- means *avarodha gati nirodha* ie. Obstruction to normal movement of *Vata*. *Avarana* is a unique concept in *Ayurvedic* diagnosis. *Avran* occurs when *Vata*, the mobile constituent is covered or obstructed by immobile constituents like *Pitta* and *kapha*, *dhatus*, *mala* etc. this is called *avran* on *Vata*. Covering of one form of *Vayu* by another form is called *paraspar avran* ie. Mutual covering.^[5] *Avran* technically stops or obstructs the natural movements/ functions of *Vata dosha*. *Avran* is usually not a sudden, unexpected event. It is a phenomenon of such sequential events occurring in the body since a long duration of time, along with instinctive *Chaya*, *prakopa* of *doshas*. *Balvan hetu sevan* leads to *Avran* of *dosha*. When both

these stages are neglected either by physician or patient, intentionally or non-intentionally, it ultimately leads to *Avran*.^[6] In all this process, *Vata* is the most important factor responsible because it provides movement to other *doshas* which are in *prakopa avastha*. Hence, it gets *avrut* easily and by default. The extent of *Avran* ultimately depends on *hetu*. For example, if *hetu bala* is low, then the extent of *avran* will be limited. But if the *bala* of *hetu* is high, the extent of *avran* would also be powerful ie. Maximum *lakshanas* would be visible.^[7]

Pitta avrut prana

मुर्छा दाहो भ्रमः शूलं विदाहः शीतकामिता।

छर्दनं च विदग्धस्य प्राणे पित्तसमावृते॥ (च.चि. २८/२२१)

Murcha, daha, bhrama, shool, vidaha, sheetakamita, chardi, vidaghdta.

Pitta avrut vyana

व्याने पितावृते तु स्याद् दाहः सर्वान् क्लमः।

गात्रविक्षेपसंश्लच ससन्तापः सवेदनः॥ (च.चि. २८/२२७)

Sarvanga daha, klama, gaatravikshepa, vedana, santaap.

Signs and symptoms of HTN

Headache, Nausea, Numbness and burning sensation of hands & feet, vertigo, vomiting, feeling of tiredness, restlessness, breathlessness, loss of appetite, chest pain, discomfort, bleeding from nose, swelling in legs and eyes, irritability, haziness of vision.

ANALYSIS^[8–10]

<i>PITTA VRUT PRANA</i>	<i>HYPERTENSION</i>
<i>Bhrama</i>	Giddiness
<i>Ruja</i>	Headache
<i>Daha</i>	Burning or conflation
<i>Moorcha</i>	Fainting or delusions
<i>Vaman</i>	Vomitting

<i>PITTA VRUT VYANA</i>	<i>HYPERTENSION</i>
<i>Sarvanga Daha</i>	Burning sensation of hands and feet
<i>Klama</i>	Restlessness
<i>Gaatravikshepana</i>	Feeling of tiredness
<i>Vedana</i>	Chest discomfort
<i>Santap</i>	Irritability

RESULT

By taking into consideration the functions and role of *Prana Vayu*, *Vyana Vayu*, as described earlier, we come to know that blood pressure is controlled by *Vata* especially by *Prana* and *Vyana Vayu*. As we can see in the table above, the symptoms explained in *Pittavrutt Prana* and *Pittavrut Vyana* are same as the symptoms of Hypertension. Hence, Hypertension can be related with *Pittavrutt Prana* and *Vyana Vayu*.

CONCLUSION

Hypertension is the leading cause of death or deformity worldwide. *Ayurveda* being a science of life, provides relation to hypertension even if it has not mentioned about hypertension directly. Also, *Ayurveda* has explained the normal function of circulation is done by *Prana* and *Vyana Vayu*. Any obstruction to their function leads to hypertension, especially if obstructed by *Pitta dosha*. The symptoms explained in *Pittavrutt Prana* and *Vyana* exactly relate with the symptoms of Hypertension. Hence, Hypertension can be related with *Pittavrutt Prana* and *Vyana Vayu*.

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