

A REVIEW ON LAKSHANAS OF SHONITHA DUSHTI WITH SPECIAL REFERENCE TO ESSENTIAL HYPERTENSION**Ankitha*¹, Dr. Likhitha D. N.², Dr. Niranjana Rao³ and Dr. Vidyalakshmi K.⁴**

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ABSTRACT

Raktavaha Stroto Moola^[1] is *Yakrit* and *Pleeha*. *Vidhishoniteeya*^[2] *Adhyaya* of *Charaka* helps to visualise and categorize it as a *Raktashritha Vyadhi* on the parlance of *Triskanda*. Essential Hypertension is an important challenge for public health in both economically developed and developing countries. Hypertension being a chronic illness constitutes an important health challenge for human public and concomitant risks of many dreadful diseases like cardiovascular, cerebrovascular and renal disorders. In more than 95% of the Hypertension cases, the exact cause will not be known. Since the clinical features of hypertension resembles the *Lakshanas* of *Rakta Dushti*, an attempt is made to analyse the *Rakta Dushti lakshanas* in Hypertensive patients.

KEYWORDS: *Rakta Dushti*, Hypertension, *Lakshanas*.

INTRODUCTION

Hypertension is the silent killer^[3] as it rarely exhibits the symptoms before it damages the kidney, brain and heart. When the blood pressure is elevated without any evident organic cause, it can be called as essential hypertension.

A category of symptoms of *Rakta*^[4] *Dushti* pertaining to the psychological changes and altered state of consciousness are similar to the symptoms of Malignant hypertension. Though hypertension is understood based on *Nidanas* and *Lakshanas* of *Rakta Dushti*, the mechanisms operating within, during the asymptomatic stage of hypertension are to be found out necessarily. Affliction of *Rakta Dushti* by *doshas* may cause multitudinous illness pertaining to different *strotas*. In case of extreme severe symptoms like *mada*^[5], *moorcha*^[6] and *sanyasa*^[7]; it has been explained that based on the strength of *Nidanas*, the disease will gain strength and exhibit the symptoms. Owing to the *Nidanas* which vitiate the *Raktavaha Strotas* may also affect the *Sanjnavaha*^[8] *strotas* and *Nidanas* vitiating the *Pitta dosha* will even vitiate the *Rakta* also due to the *Ashraya ashrayee bhava* of *Pitta* and *Rakta*. In the disease *Raktapitta*^[9], it can be observed that the *Pitta* will attain the colour of vitiated *Rakta* in turn leading to various symptomatologies. At this juncture, the symptoms of *Rakta dushti* like *Tiktaamla udgara*, *Krodha prachurata*, *Klama*, *Bhrama* and *Vidaha Annapana* mimic the symptoms of hypertension such as giddiness, physical exhaustion, sour eructations, blackouts, etc. In the present days of rapid standardization and modernization, stress has become the part of every human life within the family in various sectors which in turn has a drastic effect on gastrointestinal system of the body. Hence, undertaking preventive measures is very much necessary.

OBJECTIVES

- To assess the *Rakta Dushti Lakshanas* in hypertensive patients.

METHODOLOGY

100 cases of Hypertension were taken and observation of *Shonitha Dushti Lakshanas* were done accordingly. 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 analysed.

OBSERVATIONS ON LAKSHANAS

- Among 100 patients, 88 patients had *Tiktaamla Udgara*, 87 patients had *Klama*, 82 patients had *Krodha Prachurata*, 66 patients had *Dourbalya*, 59 patients had *Bhrama*, 54 patients had *Vidaha Annapana* and all other *Lakshanas* were found minimal.

Groups of BP Ranges

- 1) Group 1: 140-170/90-100 mmhg

- 2) Group 2: 172-200/90-100 mmhg
- 3) Group 3: 140-170/110-120 mmhg
- 4) Group 4: 172-200/110-120 mmhg

SUM OF LAKSHANAS	GROUP 1	GROUP 2	GROUP 3	GROUP 4
Group D	21	0	0	0
Group E	54	3	3	5
Group F	12	0	0	2
TOTAL	87	3	3	7

- *Ayurveda* is the science in which the signs and symptoms are examined and analysed based on the *Panchajnanendriya Pareeksha*. The measurement of blood pressure is purely dependent on the *Darshana*, *Sparshana* and *Shravana Pareeksha*. But when there is discomfort inside the body of the patient it is termed as *Vedana* which is the indicator of the occurrence of symptomatology. The *Lakshanas*^[10] of *Shonitha Dushti* can be differentiated into two phases as follows: Initial Phase and Chronic Phase.
- Initial Phase: *Agnisaada*, *Aruchi*, *Vidaha Annapana*, *Tiktaamla Udgara*, *Krodha Prachurata*, *Bhrama*, *Dourbalya*, *Tandra*, *Klama*, *Ati Sweda*, *Santaapa*, *Mada* and *Kampa*.
- Chronic Phase: *Visarpa*, *Upakusha*, *Vidradhi*, *Vaivarnya*, *Kandu*, *Aru*, *Kotha*, *Pidaka*, *Kushta*, *Charmadala*, *Raktameha*, *Raktapradara* and *Vatashonitha*.
- The *Lakshanas* like *Klama*, *Krodha Prachurata*, *Dourbalya*, *Tiktaamla Udgara*, *Vidaha Annapana* and *Bhrama* are observed in the patients having highest BP.

DISCUSSION ON RESULTS BASED ON LAKSHANAS

The *Lakshanas* are analysed based on the *Panchendriya Pareeksha*. When there is discomfort inside the body of the patient is exhibited in the form of symptoms.

The *Lakshanas* exhibited soon after the intake of *Nidanas* are considered as the initial phase and in the chronic phase, the *Lakshanas* are manifested slowly and gradually. They manifest when *Doshas* gets lodged in the sites where there is *Khavaigunya*.

In *Dosha Maana Vikalpa*^[11] among the last 3 combinations, the involvement of *Rakta* is seen with *Lakshanas* like *Moorcha*, *Sanjna Nasha*, *Chesta Nasha*, etc. But the patients selected for the study were ruled out from secondary diseases developed due to Hypertension.

Few of the *Lakshanas* which are exhibited in maximum number of patients in this study:

- **Klama:** Factors like bad working atmosphere, insecurity, loss of sleep, anxiety, fear, professional loads are considered to contribute significantly to cause *Klama*. The tiredness of body and mind without any physical and mental exertion is termed as *Klama*. In this study, 88 patients were having *Klama* along with other *Lakshanas*. Indigestion of the *Ahara* which is consumed leads to the stasis of food in *Udara* leading to *Abhishyandana*. Thus, the *Sukshma Strotas* are occluded resulting in the condition *Klama*. *Tamo Guna* gets vitiated and plays an important role in causing *Klama*.

In this study, 9 patients having raised systolic and diastolic BP of 160-200/110 mmhg are having *Klama*.

- **Krodha Prachurata:** The *Ahankara Tatva* is the main cause for *Krodha*. *Satvika Ahankara* is the *karma* of *Sadhaka Pitta* and *Krodha* is the form of *Vikruta Sadhaka Pitta*. *Acharya Charaka* emphasised *Krodha* as the *Dharaneeya Vega*. *Acharya Charaka* has also considered *Krodha* as the *Nidana* for the *Rakta Dushti*. *Krodha Prachurata* is one of the typical features where it is expressed as one of the *Lakshanas* of the *Shonitha Dushti* and it can be also expressed as *Nidana* as it becomes responsible for the impairment of *Satva* of the person.

In this study, 9 patients having raised systolic and diastolic BP of 170-200/110-120 mmhg are having *Krodha Prachurata*.

- **Dourbalya:** It is the state of a person where they lack sufficient strength. The causes of *Dourbalya* depend on the imbalance in *Tridoshas*. Imbalance in *Vata* and *Pitta doshas* will in turn effect on *Manas* and *Kapha dosha* imbalance is purely physical. Impairment of formation of *Dhatu* due to the *Rasa* and *Rakta Dushti* by the vitiated *Vata Dosha* in turn affects the formation of *Ojas* resulting in *Dourbalya*. However, *Dourbalya* occurs because of causes other than *Ojas* depletion.

In this study, 6 patients having raised systolic and diastole BP of 160-200/110-120 mmhg are having *Dourbalya*.

- **Bhrama:** *Bhrama* occurs due to *prakupita vata* and *pitta* combined with *Rajo Guna* of *Manas* resulting in the abnormal functioning of the balance mechanism of the body. However, it is associated with high blood pressure. 59 patients in this study were having

Bhrama along with other *Lakshanas* among which, 6 patients having raised systolic and diastolic BP of 160-200/110 mmhg are having *Bhrama*.

- ***Tiktaamla Udgara* and *Vidaha Annapana*:** *Vidaha Annapana* and *Tiktaamla Udgara* are caused due to the improper formation of *Ahara Rasa* in the body which in turn leads to *Pitta* and *Rakta Dushti* indicating upcoming *Koshtagata Vikaras* which are to be occurred in the patient. These both causes the burning sensation in the chest and throat region. It will also be associated with different degrees of pain along with thirst and tiredness. In some patients, *Vidaha Annapana* and *Tiktaamla Udgara* can be observed as the premonitory symptoms of the upcoming disease conditions.

In this study, 5 patients having high BP of 160-200/110 mmhg are having *Vidaha Annapana* and 7 patients having high BP of 180-200/110-120 mmhg are having *Tiktaamla Udgara*. *Vidaha Annapana* and *Tiktaamla Udgara* were present as the premonitory symptoms in few patients having high blood pressure in this study.

Discussion on *Rogamargas*

- *Lakshanas* of *Shonitha Dushti* can be differentiated based on the *Rogamargas*.^[12] *Lakshanas* like *Shiroruk*, *Krodha Prachurata*, *Sammoha*, *Bhrama*, etc can be considered under *Shiromarmagata Marga*; *Lakshanas* like *Aruchi*, *Agnimandya*, *Pipaasa*, *Ati Sweda*, etc can be considered under *Koshtagata Marga*; *Lakshanas* like *Aru*, *Kotha*, *Pidaka*, *Kushta*, etc can be considered under the *Shakagata Marga*. So, from this it can be inferred that *Shonitha Dushti Lakshanas* are not only pertained to external surface of the skin but also, they are pertained to various systems too.
- *Lakshanas* like *Krodha Prachurata*, *Bhrama*, *Klama*, etc indicate the involvement of *Marma*.
- By the findings, it can be inferred that in this study, the patients having highest blood pressure, the *Lakshanas* pertaining to *Madhyama* and *Abhyantara Rogamargas* are mostly observed.
- The *Lakshanas* pertaining to the *Bahya Rogamargas* is least observed in the study.
- By the findings, it can be inferred that more probability of vitiation of *Pitta Dosha* with *Rajo Guna* is seen in the patients in this study.

Discussion on Diastolic Blood Pressure

- The diastolic^[13] blood pressure is directly proportional to the *Marmagata* and *Koshtagata Lakshanas* in this study.
- The patients having these Lakshanas are having diastolic hypertension. However, High diastolic blood pressure symptoms can include redness or blood spots in the eyes, headaches, dizziness, generalized weakness, etc., the majority of people might not exhibit any noteworthy symptomatology. The following figure depicts the same as:

LAKSHANAS	160/110	170/110	180/110	190/110	200/110	200/120
SHIRORUK	+		+		+	
KRODHA PRACHURATA	+	+	+	+	+	+
TAMADARSHANA			+	+		
BHRAMA	+		+	+	+	
DOURBALYA	+		+	+	+	+
AKSHIRAGA		+				
TANDRA	+	+	+			
NIDRAATIYOGA	+	+	+	+		
KLAMA	+	+	+	+	+	+
SAMMOHA						
ATI SWEDA	+		+			+
SHAREERA DURGANDHA						
SANTAPA	+		+			
LAVANAASYATA						
MUKHAPAKA						
POOTIGHRANA						
ASYA GANDHA						
UPAKUSHA						
VISARPA						
PRAMILAKA	+	+	+	+		
VIDRADHI						
VAIVARNYA						
AGNISADA						+
PIPAASA	+		+			
GURUGATRATA	+	+	+		+	
MADA						
KAMPA						
SWARAKSHAYA						
ARUCHI					+	+
VIDAHA CHA ANNAPAANA	+		+		+	
TIKTAAML A UDGAARA	+		+	+	+	+
KANDU						
ARU						
KOTHA						
PIDAKA						
KUSHTA						
CHARMADALA						
RAKTAMEHA						
RAKTA PRADARA						
VATASHONITA			+			

CONCLUSION

- The maximum extent of *Koshtagata Lakshanas* are observed in the patients in this study.
- Intake of foods that are salty or spicy will make people feel angrier, which raises blood pressure. *Nidanas* like *Katu*, *Amla Ahara*, *Krodha*, *Chinta* and *Shrama* will induce *Krodha Prachurata*.
- Intake of foods that are sour or spicy can stimulate the nerves in the vestibular system, raising blood pressure and causing *Bhrama*.
- Fatigue caused due to lack of sleep, stress, etc factors risk of developing high blood pressure is maximum.
- *Vidaha Annapana* and *Tiktaamla Udgara* can be observed as premonitory symptoms prior to the manifestations such as *Shiroruk*, *Dourbalya*, *Agnisaada*, etc. in patient having high blood pressure.
- Even though *Doshas* play a vital role; *Rakta* gives *Ashraya* to these *Doshas* to manifest in the form of *Mada*, *Moorcha* and *Sanyasa*. From this it is observed that, even though there is *Kshaya* of *Doshas*, if there is association of *Rakta*, then the severity of the symptoms will be more. Hence, it is inferred that, diagnosis should be made in the initial stages itself even in case of *Shonitha Dushti*.

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