



AYURVEDIC PERSPECTIVE OF PATHOGENESIS OF HYPERTENSION

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ABSTRACT :

Heart disease is now the world's leading causes of death, claiming 17.3 million lives each year. Latest statistics in India suggest that, there are roughly 30 million heart patients. Of the 30 million heart patients in India, 14 million reside in urban areas and 16 million in rural areas. The word *HRIDAYA* is made up of *HRI- DA- YA*. *HRI* means *Aharan*, physiologically it means Venous Return or Preload, *DA* means *Danarthaka* or the Stroke Volume i.e. After load and *YA* means *Gatyarthaka* i.e. Rhythmic Contractility of Myocardium or heart rate. Heart is a aerobic organ and seat for *oja*, *indriya*, *sadhak pitta*, *atma*, *pranvayu*, *avalambak kapha*, *mana* and *vyanvayu*. It is mulasthan for *pranvaha* and *rasavahasrotas* and due to *rasa vikshepana karma* it gets associated with *udakvaha*, *raktavaha* and all the *srotas* of the body. Today's day to day life full of *Atyadhik lavana sevana*, *Amla katu aahar*, *Atyadhik Manshashan*, *Avyayama*, *Bhay*, *Shok*, *Chinta*, *Krodha* which leads to heterogeneous disease called as hypertension. The various mode of

Sampraptis being involved are discussed below.

KEYWORDS : *Hridaya*, *Ras rakta samhana*, *oja*, *lavana sevana*, *chinta*, *krodha*, *hypertension*, *samprapti*.

INTRODUCTION

Hypertension is one of most common problem of present time. Especially in industrialised and developing countries like India.

Exercise, anxiety, fear, emotional disturbances are now part of today's day to day life is leading cause of transient elevation of blood pressure.

More than 95% of patients have no identifiable underlying cause of hypertension. They are said to be have Essential hypertension or Idiopathic hypertension. In 70% of those with essential hypertension seen with family inheritance where genetic factors are effective.

Hypertension increases risk of cardiovascular diseases. In India it causes 85% of cerebro vascular accidents in which mortality rate is quite high. It also

leads to subsequent complications, hence hypertension is called also called as silent killer.

In spite of tremendous advancement of modern system of medicine i.e. antihypertensive agents till date an ideal drug which can control hypertension and is harmless also having rejuvenating effects is necessary to manage the highly prevailing disease. Ayurveda has described rational treatment where the medicine not only modifies disease but also limits subsequent complaints.

MATERIAL AND METHODS : Study of literature of ayurved samhita and modern medicine in reference with

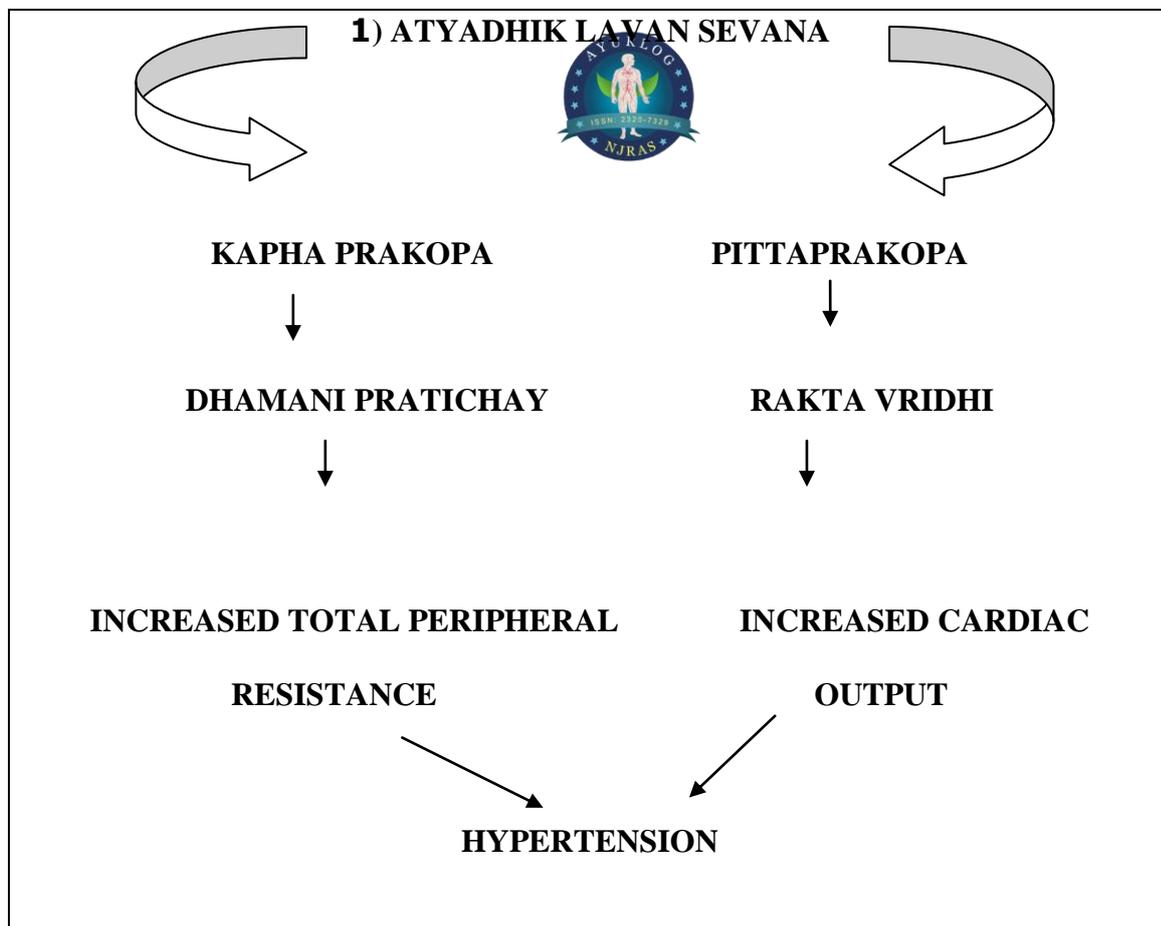
concept of hypertension and representing various modes of sampraptis.

MATERIALS : Charak Samhita , chakrapani tika, vidyotini tika, Harrison's internal medicine, web

SAMPRAPTI:

Samprati denotes various stages of disease progression. It gives idea about dosh dhatu samoorchana along which treatment should be done.

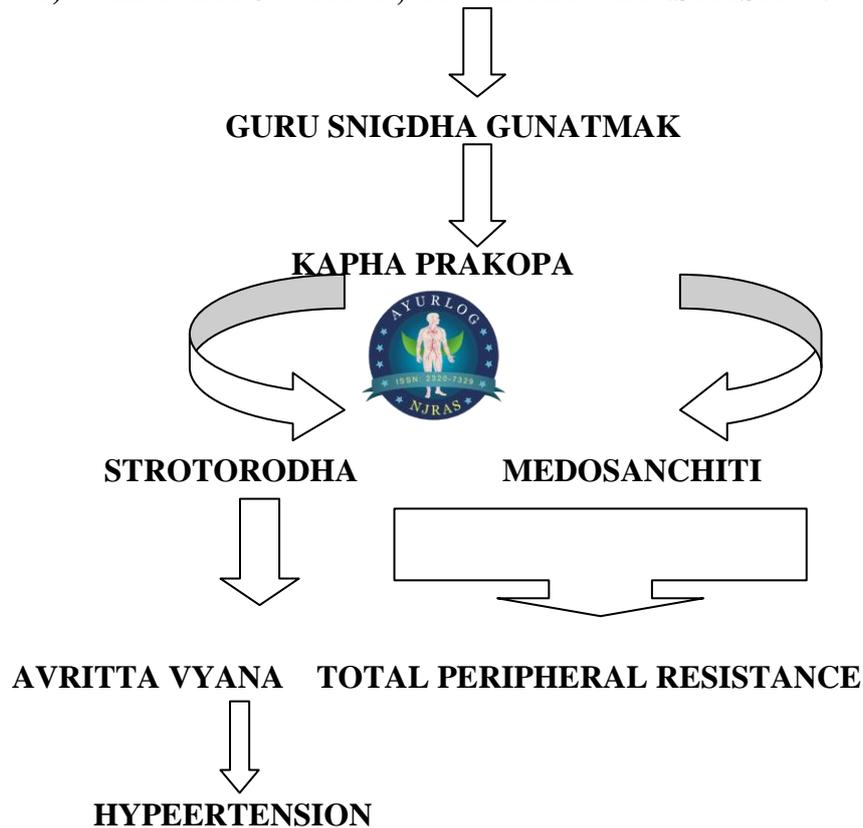
Essential hypertension is not explained in classical text of samhitas. But according to vyadhi lakshanas we can know its samprapti, which explained in anukta vyadhi concept of acharya charak (Su) Various samprapti can be explained according to aetiological factors were as follows:



LAVAN RASATMAK AAHAR :

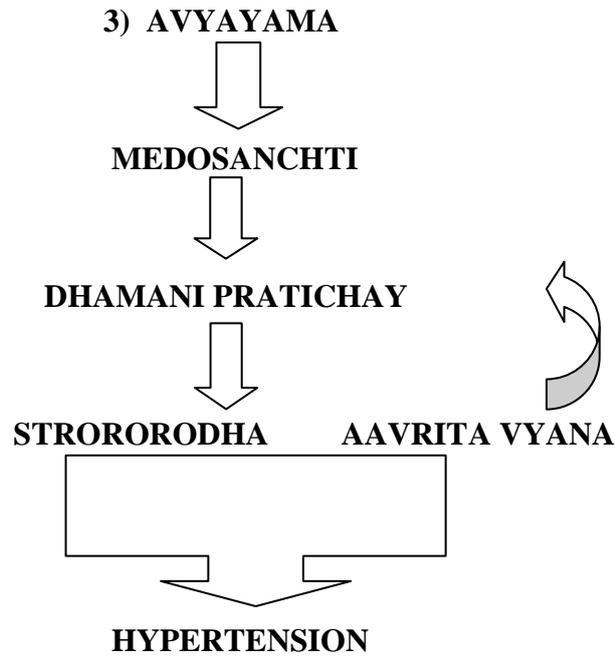
- Dietary salt i.e. lavan ras is now days become point of focus in aetiopathogenesis of hypertension.
- Lavan ras causes kapha prakopa as its saman gunatmak 1prabhav which leads to increase clotting tendencies of blood i.e. sang due to kapha. May lead to dhamanipratichay.

- Dhamanipratichay obstructs blood flow and thus increases total peripheral resistance which then increases blood pressure.
- Lavan ras also vitiates pitta. In raktapitta chikitsa charak has explained pitta prakop causes swedan of dhatus increasing blood volume. It furthers increases cardiac output which results in to Hypertension

2) AMLA KATU AAHAR, ATYADHIK MANSHASHAN

- Amla, katu gunatmak aahar vihar, mansashan are snigdha guru gunatmak in nature. It causes kapha prakopa. This kapha prakopa leads to excessive fat depoistion in body i.e. medosanchiti.
- Kapha prakopa causes medosanchiti which obstruct normal blood flow in circulatory bed. It increases toatl

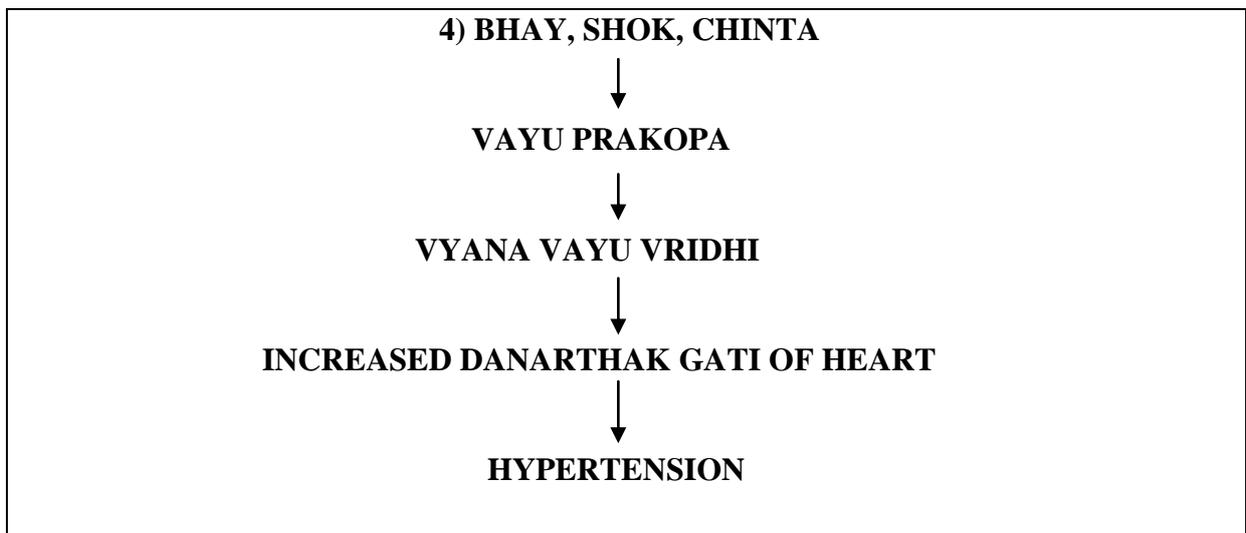
- peripheral resistance. For which heart has to increase force of contraction which inturns causes HTN.
- Kapha prakopa causes strotorodha which hampers ras rakta smvahana karma of vyana vayu and results into hypertension.



- Avyayam is very common in developing India. IT professionals where jobs are less exertional. Avyayam causes medosanchiti in body.
- Medosanchiti has hazardous ill effects as strotorodha and dhamanipratichay.



- Due to strotorodha or dhamanipratichay increases total peripheral resistance and therefore increases blood pressure. Also, dhamanipratichay may results into severe cardiac complications.

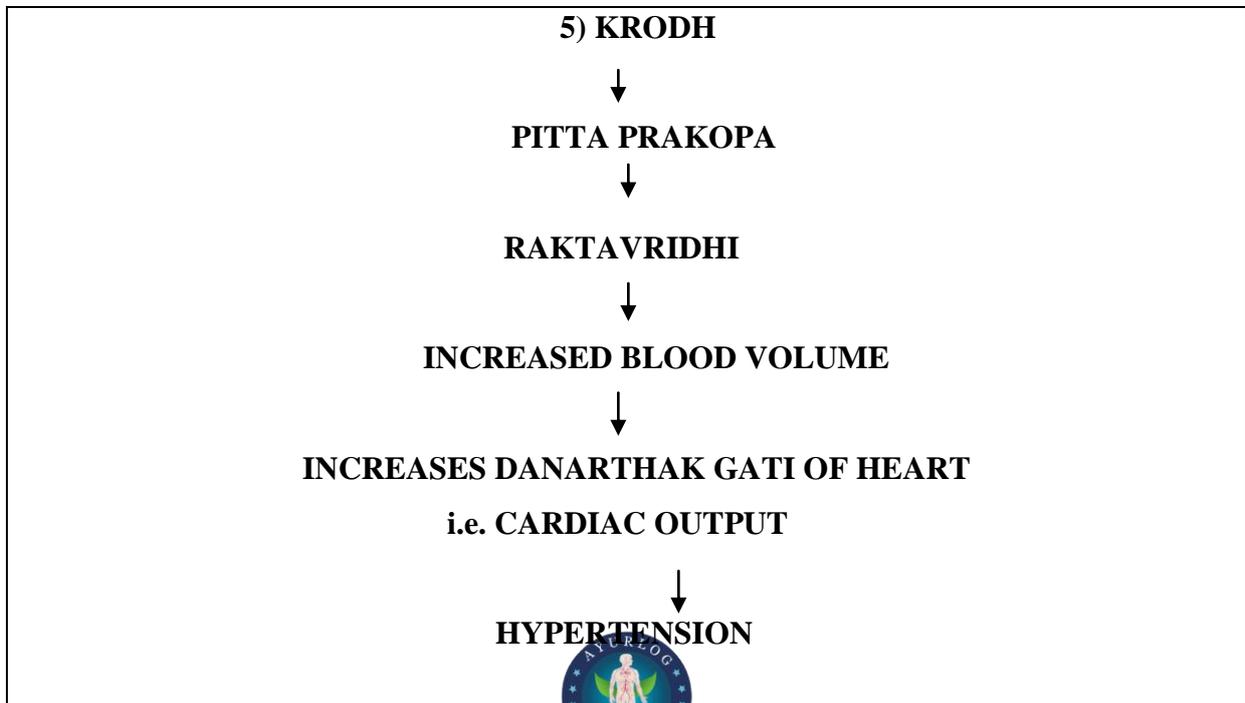


- Hridaya is seat of mansik bhavas. Any subject i.e. vishay dyan cannot be percieved without mind which itself explains its workout.

- Mansik bhava like bhay, shok, chinta, are main reason for vitiation of vata i.e. vaatprakopa.

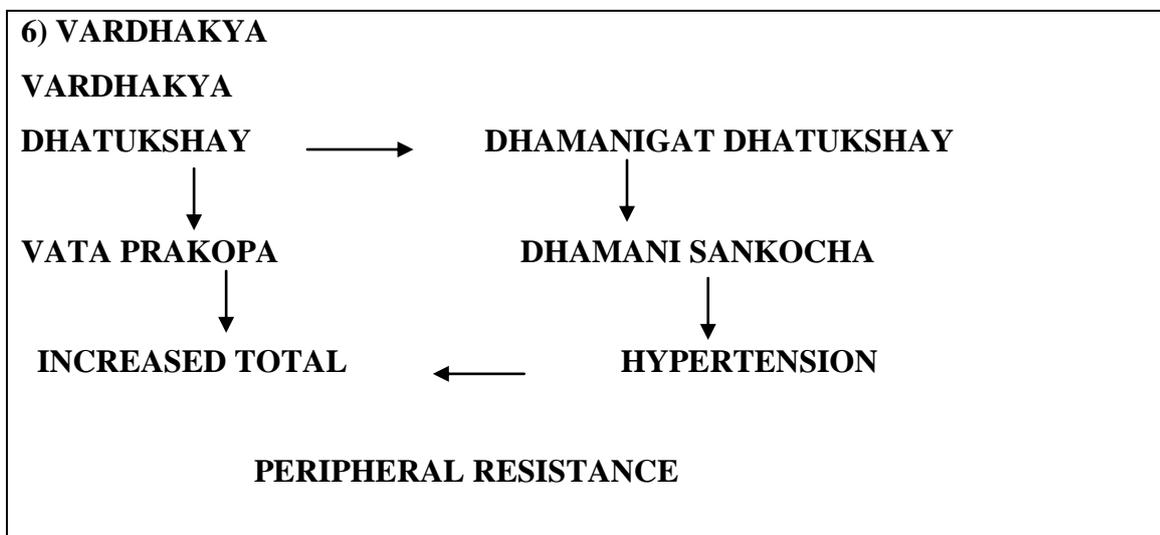
- Prakupit vata goes to hridaya there it vitiates vyana vayu causing vyana vayu vridhi.

- Vyana vayu is responsible for danarthak gati i.e. increased cardiac output which inturns causes hypertension



Krodah is one of dharnaiya vega which inturns causes pitta vridhi. Pitta vridhi is responsible for raktavridhi. This increases blood volume.

- It icreases danarthak gati i.e. cardiac output where it increases blood pressure.



- Vaardhakya is seat of agnimandya and dhatukshay.
- Dhaukshay leads to vaat prakopa.
- Prakupit vata vitiates vyana vayu and thereby causes increased cardiac ouput which results into HTN.
- Dhatukashay leading to dhamanisankocha which decreases lumen of blood vessels causing obstruction to blood flow.
- Hence, total peripheral resistance is increased after which heart has to workout more to counter. Thus it causes increase in blood pressure.

SAMPRAPTI GHATAKA:

Vata : Prana, Vyana, Apana

Pitta : Sadhaka

- Dosha : Kapha (Avalambaka)
- Dushya : Rasa, Rakta, Meda
- Agni : Jatharagni Mandhya Janita Aama, Rasa, Rakta Dhatvagni Janita Aama
- Srotasa : Rasavaha, Raktavaha, Pranavaha, Manovaha
- Srotodusti Sanga, Vimarga Gamana
- Udbhavasthana Aamashaya
- Roga Marga : Kostha, Shakh

DISCUSSION :

Essential hypertension is one of most burning problem of modern era. WHO declared by 2017 India will be hub of hypertension. HTN is heterogenous disease involving multiple systems shows its deadly ill effects all over body. Based on

concept of Anukta Vyadhi acharya charak had discussed that we should be able to name unknown disease according to its dosh-dushya sanghtana, poorvarup, lakshanas.

Atyadhika lavana sevana leads to increase in osmotic pressure and resultant kapha pitta prakopa causes increasing fluid volume and peripheral resistance responsible for hypertension.

Amla, katu ahar and atyadhik mansa aahar leads to increased medasanchiti which causes strotorodha and avruta vyan vayu, which increases peripheral resistance thus develops hypertension.

Hridaya being seat of mansik bhavas, the stress,shok,chinta,bhay leads to vyan vayu prakopa causing increase in heart rate and cardiac output which results into hypertension.

Vardhyakya denotes considerable dhatukshay causes dhamani gat dhatukshay and dhamani sankocha leads to development of peripheral vascular resistance results into hypertension.

CONCLUSION:

Hypertension is heterogenous disease which is irrespective of age, sex, marital status and race. The samprapti involves vyan vayu prakopa due to sedentary and stress full life. Dhatukshay in vardhakya and kapha pitta samoorchana due to ati amla, lavana katu, mansa aahar, junk foods



sevana leads to avrita vyan vayu leading to hypertension.

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