

Understanding of hypertension in Ayurveda

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Hypertension is a life-style disorder. Hypertension causes 6% of death worldwide. Data from prospective observational studies and from randomised control of antihypertensive agent have shown a consistent continuous linear relation between usual blood pressure level and risk of coronary heart disease and stroke.

Hypertension is commonly taken as prolong and excess of tension and stress caused by blood on arteries. It is an elevated arterial pressure level >140/90 mm of Hg. Though few theories are proposed for the hypertension still the etiopathogenesis of hypertension is not crystal clear.

Scattered references are available in ayurvedic literature indicative of etio-pathogenesis and complications of hypertension. Hypertension is *Tridoshaja Vata-pitta pradhan* disorder with *Dusthi* of *Rasa, Rakta, meda*. The causative factor for *Rakta* and *Rasa Dusthi* are excessive intake of salt, alcoholic beverages, fatty diet and worries, which are similar to the causes of hypertension. The clinical picture of *Rakta Dusthi* includes *bhrama, Daha, Shirashool* similar to that of clinical features of hypertension. In hypertension there is increased resistance to the flow of blood in arteries resulting into increase pressure over arterial wall this indicates towards the involvement of *Vata, Raktavha srotasa* and *Rasa-Rakta Dusthi* and *Pitta*. Arteriosclerosis is indicative of *Dhamani pratichaya* which is one of the *Kaphaja Nanatmaja Vikara* this indicates the involvement of *Kapha* and *Medo Dhatu* in *Samprapti* of hypertension.

The details of understanding of etiopathogenesis, symptomatology, complication of hypertension and its line of treatment according to Ayurveda will be presented in full paper during seminar.

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