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Ayurvedic Management of Essential Hypertension - A Case Report

Meghana P Karanth¹ and Mallika K J^{2*}

¹Department of Samhitha and Siddhanta, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, Karnataka, India

²Department of Samhitha and Siddhanta, Government Ayurveda Medical College and Hospital, Shimoga, Karnataka, India

ABSTRACT

Hypertension defined as a systolic Blood pressure \geq 140mmhg and or a diastolic pressure $>$ 90mm Hg is one of the most common chronic diseases. Hypertension whose etiology cannot be determined is termed as Essential Hypertension.

In the present era people are turning towards Ayurveda for management of lifestyle diseases with the fear of adherence to conventional treatment. This is a case study of Essential Hypertension considering it as Raktashritavyadhi treated on the concept of *Vidhishonitiya Adhyaya* of *Charakasamhitha* with Deepana, Upavasa, Virechana and Raktamokshana as the line of Treatment:

KEYWORDS

Essential Hypertension, Vidhishonitiya Adhyaya, Raktashrita Vyadhi



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INTRODUCTION

Hypertension defined as a systolic Blood pressure \geq 140mmhg and or a diastolic pressure $>$ 90mm Hg is one of the most common chronic diseases. In an analysis of world wide data for the global burden of Hypertension, 20.6% of Indian men and 20.9% of Indian women were suffering from Hypertension in 2005. The rates for Hypertension in percentage are projected to go up to 22.9 and 23.6 for Indian Men and Women, respectively by 2025.

Here is a case study which reported fluctuating Hypertension since a month without any typical symptom except that for clinical sign with increased blood pressure and it was treated on the concept of *Vidhishonitiya Adhyaya* of *Charakasamhitha*.

Case Report:

A Hindu, married, 40 years old male patient visited (Jan 29th 2018) the OPD of the Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan. The OP No. was 098223 with the complaint of Raised blood pressure since a month.

History of the present illness revealed that the patient was apparently normal a month back. When a routine master check up was done he was informed that his blood pressure has increased and it was

160/114mmhg. In the further follow-ups both systolic and diastolic were high with 160/100mmhg and 150 /100 mmhg respectively. He was advised to start antihypertensive medication but patient was reluctant to take medication as he had no symptoms regarding this and also thought it may cause adherence to the drugs for the lifetime. So he approached for getting the Ayurvedic management for the condition. His past history was nothing specific. His family history did not reveal any genetic relation with the hypertension and family.

His personal history revealed that he is a person following systematic scheduled food habits and activities with good appetite and regular bowel habit, micturition 5-6 times/day with sound sleep of 6 hours in the night.

General examination of the patient revealed BP of 160/90 mmhg on the day of admission in the evening with pulse rate 80/min.

Treatment Protocol:

Patient was advised for admission and the treatment was adopted based on the lines of *Vidhishonitiya* chapter of *charakasamhitha*- that is *Upavasa*, *Shodhana* therapy i.e *Virechana* and *Raktamokshana*. The drug administered was *Haritakichurna* with *Takraas Anupana*. Table 1



Table 1 Schedule of treatment

Day	Observations- BP	Advice	Diet
1	Evening-160/90mmhg	<i>Shivagutika</i> 1 bd	Buttermilk 1 lt/day and <i>Mudgayusha</i> in before food
2	Morning-160/90mmhg Evening-150/90mmhg	<i>Hareetakichurna</i> 2 tsp with 200 ml <i>Takra</i>	Buttermilk 1lt/day and <i>Mudgayusha</i> in the evening
3	Morning -140/90mmhg Evening-140/100mmhg	<i>Hareetakichurna</i> 2 tsp with 200 ml <i>Takra</i>	Buttermilk 1 lt/day and <i>Mudgayusha</i> in the evening
4	Morning -130/80mmhg Evening-120/80mmhg	<i>Hareetakichurna</i> 1 1/2 tsp with 200 ml <i>Takra</i>	Buttermilk 1 lt/day and <i>Mudgayusha</i> in the evening
5	Morning -110/80mmhg Evening-130/80mmhg	<i>Hareetakichurna</i> 1 tsp with 200 ml <i>Takra</i>	Buttermilk 1 lt/day and <i>Mudgayusha</i> in the evening
6	Morning -110/80mmhg Evening-130/80mmhg	<i>Hareetakichurna</i> 1 tsp with 200 ml <i>Takra</i>	Buttermilk 1 lt/day and <i>Mudgayusha</i> in the evening
7	Morning -130/80mmhg Evening-130/80mmhg	<i>Raktamokshana</i> -Morning- <i>SnigdhaTilayavag</i> 70 ml blood removed	Noon - <i>Kichadi</i> <i>siravyadhadone</i> at cubital fossa
8	Morning -110/80 mmhg Evening-110/80 mmhg	Discharged with medication of <i>Hareetakichurna</i> 1 tsp for 15 days	Diet Advice ; Morning - Raw diet Noon and Night routine food. Take buttermilk throughout the day as much as possible. Adopt fasting with only liquids for a week for next three months.

DISCUSSION:

According to *Ayurveda* Essential Hypertension is considered as *Raktashritavyadhi* and treatment was planned based on *Vidhishonitiyaadhyayaadhyaya*.

As there was *Vishamavega* observed in the value of Blood pressure *Anulomana* of *vata* to normalise *gati* was necessary. *Ushnaveerya* of *Anulomanadravya* brings back the *vilomagati* of *vata* and thus contribute in reducing the level of Hypertension¹.

Hareetaki was the drug of choice as both *Deepana* and *Anulomaka* required².

Takra– Buttermilk because of its *Laghu-Rukshaguna* , *Ushnaveerya*, *Agnideepana* and *Tridoshashamaka* was chosen as a part of *Anupana* and also for *Upavasa* being adopted (fasting therapy) advising to take it throughout the day and keeping the patient only on *Mudga* preparations³.

Finally it was the *Raktamokshana* that was planned to remove the vitiated blood from the body. Since it is a *Shonitajavikara*, *Siravyadha* was the choice made⁴. The patient was advised to take *Ghrutayuktayavaguin* the morning as a part of *Poorvakarma* and 1 hour after that the procedure was carried out with needle.No.18 at cubital fossa.

Blood pressure was monitored twice a day and on observation that it was not fluctuating again, patient was advised the diet and was discharged on the next day.

CONCLUSION

On an overview a case of essential hypertension with no typical clinical



symptoms but only with recorded high level blood pressure was effectively managed through *Deepana- Upavasa – Virechana* and *Raktamokshana* in an eye of *Vidhishonitiya Adhyaya* of *Charaka Samhitha*.



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