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Effect Of *Sarpaghandaghan Vati* and *Arjunarishta* In *Raktaghatvata* w.s.r To Hypertension: A Case Study Khushboo bhardwaj¹

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1. Assist. Professor Dept. of Kayachikitsa, GNAC&RI Gopalpur, Ludhiana.

Corresponding Author:-Khushboo Bhardwaj, Assist. Professor Dept. of Kayachikitsa, GNAC&RI Gopalpur, Ludhiana. Email;- bhardwajkhushboo73@gmail.com

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ABSTRACT: -

Hypertension is a common disease in present era. Every fifth person is found hypertensive. Most adults develop it, in later half of their life more than 50% of the deaths and disabilities from heart disease and stroke together kill more than 12 million people each year. It has been predicted that by the year 2020 there will be a 75% increase in the global cardiovascular disease burden occurring. Hypertension results from a variety of reasons like stress, obesity, genetic, factors, over use of salts in the diet and ageing. As we all know, hypertension is a silent killer because it rarely exhibits symptoms before it damages the heart, brain, or kidney. At present era there are many anti-hypertensive drugs are available in modern medicine, but none of them is free from untoward effects. *Ayurveda* can be described as a real science of life. *Ayurveda* concentrates on achieving the promotion of health, prevention and management of disease for a healthy and happy life in the ailing society. The principles of *Ayurveda* are focused on maintaining good health by good diet and good lifestyle. In *Ayurveda* texts books there is no clear pronouncement of Hypertension; According to *Acharya Charak*, sometimes neither it is possible nor it's necessary to identify a disease by a name (*Anuktavyadhi*). An *Ayurvedic* physician should attempt to understand *Samprapti* (pathogenesis) of a given clinical conditions on the basis of signs, symptoms, acuteness, chronicity, complication with investigative findings in each case and should plan the management accordingly.

Key Words;- Hypertension, lifestyle, *Ayurveda*, Silent- killer.



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INTRODUCTION

Hypertension or high blood pressure is an asymptomatic medical condition in which systemic arterial blood pressure elevated beyond the normal values^[1]. Blood pressure may be different at different times of the day. It usually higher after exercise, or under stress. Having higher blood pressure for short intervals of time is normal. However, when blood pressure stays high for a longer duration, it can lead to cardiovascular dysfunction and other serious health problems.^[2] High blood pressure can strain to the heart and damage arterial blood vessels, and increase the risk of congestive heart failure, Myocardial infarction, pulmonary failure, cerebral aneurysm and kidney failure. Though a lot of potent anti-hypertensive drugs are available today but none of them is free from untoward effects. These medications are particularly poorly tolerated by the elderly. Fatigue, cold extremities, bradycardia, and heart failure are all common side effects of beta-blockers. Angiotensin-converting enzyme inhibitors, on the other hand, might induce cough, rash, and other side effects.

Ideally, an antihypertensive drug should achieve optimum blood pressure control and improve patient's well being. Any treatment administered should be directed not only to control blood pressure, but also prevent target organ damage, thereby preserving cardiac and

renal functions. Hypertension is a major risk factor for the development of coronary artery disease, stroke, congestive heart failure and renal disorders.

As per World Health Organization (WHO) report, about 40% of people aged more than 25 yrs had hypertension in 2008. Hypertension is directly responsible for 57% for all coronary heart disease (CHD) deaths in India.^[3] The WHO rates Hypertension also as one of the most important cause of the premature death worldwide^[4]. In an analysis of worldwide data for the global burden of Hypertension, 20.6% of Indian men and 20.9% of Indian women were suffering from Hypertension in 2005. Hypertension is a silent killer because most sufferers (85%) are asymptomatic. In 95% of the cases of Hypertension, the exact underlying causes to be due to genetic and environment factors.^[5]

Hypertension is not directly described as *vyadhi* (disease) in *ayurveda* but it can be understood by assessing the involved *Doshas*, *Dushyas* etc.

Some *Ayurveda* scholars are correlate hypertension with the *Raktagata vata*. According to *Maharshi Charaka*, it is not essential to give a specific name to the every disease. In those conditions the physicians should treat the patient to be considering the nature of disease, its sites, etiology and *Dosha-dushya sammur-chhana*^[6].

CLASSIFICATION OF HYPERTENSION^[7]:-

Category	Systolic(mm Hg)	Diastolic(mm Hg)
Optimal	<120	<80
Normal	120 - 129	80- 84
High Normal	130- 139	85- 89
Grade 1HTN(mild)	149- 159	90- 99
Grade 2HTN(moderate)	160- 179	100- 109
Grade 3 HTN(severe)	>or = 180	> or = 110
Isolated Systolic HTN	>or = 140	<80

RISKS FACTORS;-

1. Hereditary
2. Obesity
3. Physical inactivity
4. Smoking
5. Alcoholism
6. Gender (men or postmenopausal women)
7. Age > 45 years
8. Dyslipidemia
9. Diabetes mellitus

CASE HISTORY

Chief complaints:- Headache, Acidic belching, Nausea, Palpitation since last 3 months.

A 35 years old patient she was asymptomatic for last 3 years suddenly she was suffering from with symptoms like headache, palpitation, chest tightness, acidic belching, sweating & nausea since 3 months. After taking detailed history, doing complete examination & all investigations like USG abdomen, renal artery Doppler, which were normal, doctor started her Antihypertensive treatment. She had taken this treatment for 2 months but didn't get relief from any medicine so; she was come to our hospital for better *Ayurvedic* treatment. Patient was diagnosed as *Pittavrittavata*, *doshadusti* was *pitta*, *Rakta*, *Vata* & *Rasa*.

Family history; - Her father was hypertensive and all other members in family are apparently well.

Personal history; - Appetite was normal, sleep abnormal, tea addiction, burning micturition and bowel habits were regular.

General examination; - No pallor, icterus, edema, clubbing was present, no lymph node were palpable.

Systemic examination; - On respiratory examination B/L chest symmetrical without any tenderness or dullness, No any added sound heard.

Cardiovascular system; - No any visible vein or scar, tenderness absent, apex beat normal in position & character S1 & S2 heard normally, no murmurs found.

Genito-urinary system: - No any local bulge/organomegaly/prolapsed found.

Locomotors system; - she had normal gait & postures. Joint movements are proper in all possible directions, muscles bulk & strength properly found, No evidence of swelling or crept in joints.

Diagnostic criteria:- Acidic belching, nausea, vomiting, palpitation, chest tightness, sweating, vertigo.

Intervention:-

S.N	Drugs	Dose	Duration
1	<i>SarpagandhaghanVati</i>	2tab BD after meal	1 month.
2	<i>Arjuarishta</i>	40ml BD after meal	1 month.

Lifestyle chart was given containing *Ahara, Vihara and Achara*

Pathya apathya;-

S.N		PATHYA	APATHYA
1	Ahara	In diet more use of wheat, Barley, green gram, horse gram, Bitter gourd, Bottle gourd, Turnip, Carrot, Radish, Indian gooseberry Cucumber, Black grapes, Pomegranate, Apple, Pineapple, milk etc	Patient was advised to avoid <i>mamsaha</i> (meat), eggs, oily and spicy food. Excessive intake of <i>Lawanras, Amla ras</i> . Avoid smoking and alcohol.
2	Vihara	Daily-Exercise <i>Langhan</i> <i>Yoga: Balasana, Vajrasana, Pawanmuktasana, Shavasana. Pranayama: Bhastrika, Kapalbhati, Anulom- Vilom and Nadishodhan, Bhramari, Pranav, Shavasan</i>	1. Avoid Excitation, provocation, quarrelling, worries and anxieties. 2. Tight clothing. 3. Excessive indulgence in sexual activities.

Follow up: - 1st, 15th, 30th, day of intervention.

S.N	Days	Systolic(mm Hg)	Diastolic(mm Hg)
1	1 st day	150mm hg	95mmhg
2	15 th day	130mmhg	90mmhg
3	30 th day	110mmhg	80mmhg

DISCUSSION

In Ayurveda hypertension can be considered as a *RaktajRoga*, where the *vata* is the associated (*anubandha*) *dosha*. Thus, the term *raktagatavata* is more appropriate to the condition instead of the above two. Therefore the treatment principles of *Raktajrogas* like *Raktapittahari Kriya, Virechana* And *Raktamokshana* can also be administered effectively in hypertension.^[9] In the *Ayurvedic* texts of *Ashtanga Hridaya, Vagbhata* introduces *Arjuna* as a potent remedy for treating wounds, improving cardiac functioning

and preventing hemorrhages and ulcers.

- *Prana Vayu*; - *Hridaya Dhruka* means the *Dharana* of heart is the typical function of *Prana Vayu*. It can be correlated with the vagal inhibition of nervous system. Vasomotor center controls the blood pressure by autonomic nervous system. In the same way *Prana Vayu* also controls the blood pressure by controlling of *Vyana Vayu*. So the pathology of *Prana Vayu* can be because of abnormality of heart as well as vessels and developing hypertension.

- **Samana Vayu**;- After the digestive process *Samana Vayu* can help in the transport of Rasa into the heart from the digestive organs. Apart from the heart it circulates in the whole human body. Thus it proves that the *Samana Vayu* has an important role in the blood circulation and blood pressure
- **Vyana Vayu**: - This is responsible for contraction, relaxation and various movements in the human body. With the help of *Vyan Vayu*, heart will be contracts and propels blood continuously to all over body. So, it is proves that the involvement of *Vyana Vayu* in regulation of blood pressure.
- **Apana Vayu**;- Vitiation of *Apana Vayu* hampers the excretion of *Purisha and Mutra*. So, these are affecting homeostasis of human body which may be affect blood pressure. So it proves that *Apana vayu* also plays important role in regulation of normal blood pressure.
- **Mana (Mind)**:- There is a close interrelation between the body and mind (*Mana*), *Manasik Bhavas* like *Krodha* (anger), *Chinta* (worry), *Bhaya* (fear) etc. plays an important role in the pathogenesis, progression and prognosis of all disease. This fact is focus that the *Mana* plays an important role in hypertension. Modern medical science also considers that the involvement of psyche (*Mana*) can be causative factors for hypertension. **Action of drug Rauwolfia Serpentina**^[10] is a well proven antihypertensive drugs. Reserpine, the purified alkaloid of R. Serpentina, was the first potent drug widely used in the long- term treatment of HTN.^[11] Alkaloid Reserpine possesses marked and long lasting hypotensive activity-
 1. By action on the vasomotor centre, it leads to generalized vasodilatation, with a lowering of blood pressure.^[12]
 2. By depressant action on the cerebral centres, it soothes the general nervous systems. Studies have shown *Sarpagandha* to have anti-adrenergic and anti-depressant property.^[13]

Fermented Ayurvedic Formulation For Arjunarishta:-

It contains Arjuna tvak (Terminalia arjuna bark)

Dhatakipushpa (Woodfordiafruticosaflowers)

Madhukapushpa(Madhuca indicaflowers)

Mridvika or draksha i.e. dry grapes (*Vitis vinifera*) Gur or jiggery.

Its Chemical composition :- like Arjunic acid, Arjunollic, Arjunetin, Arjunones and other Glycosides and Tannins^[14]

CONCLUSION

Hypertension is a lifestyle disorder. It is treated with changes in our lifestyle and medicines. In modern science there are various anti hypertensive allopathic drugs are available for the control of blood pressure. These anti hypertensive drugs can help to control blood pressure, but that doesn't cure permanently high blood pressure. When we stop treatment, our blood pressure and it related health problems will be rise. So, for a healthy future, everyone have to follow the *Ayurveda* regimens about the hypertension i;e proper dietary habits, proper exercise, yoga, meditation along with *ayurveda* herbs whereas beneficial to balancing of mind, which reduce stress and maintain the blood pressure. This article is proved that the planning of proper herbal medications as per *ayurveda* guidelines will definitely control the high blood pressure without any hazardous side effects of drugs.

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