

HYPERTENSION



CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
Government of India

What is Hypertension ?

"A systolic blood pressure equal to or greater than 140mm of Hg and/or diastolic pressure equal to or greater than 90mm of Hg".

Types

What are the complications ?

1. Angina
2. Kidney damage
3. Stroke
4. Bleeding



What are the causes of Hypertension ?

- ★ Faulty life style
- ★ Faulty dietary habits
- ★ High cholesterol diet
- ★ Obesity
- ★ Family history
- ★ Stress
- ★ Side effect of some medicines

What are its features ?

- ★ May be asymptomatic
- ★ Headache
- ★ Dizziness
- ★ Nose bleeding
- ★ Ringing in ears
- ★ Tingling sensation in hands and feet
- ★ Blurred vision
- ★ Palpitation
- ★ Depression
- ★ Irritability
- ★ Fatigue

Pathya (Do's)

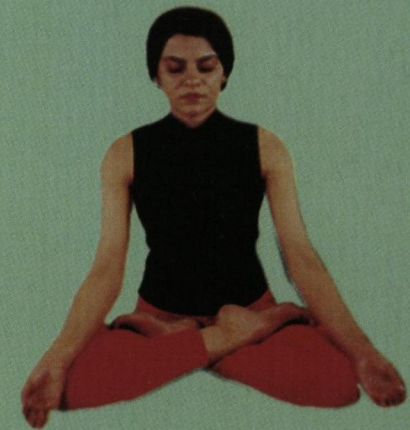
1. Dietary :

- ✓ Low sodium diet
- ✓ Low fat diet
- ✓ Fruits, vegetables regularly
- ✓ Coconut
- ✓ Butter milk



2. Life Style :

- ✓ Meditation, Pranayama
- ✓ Yogasana, Shavasana
- ✓ Moderate exercise
- ✓ Positive attitude
- ✓ If obese - weight reduction

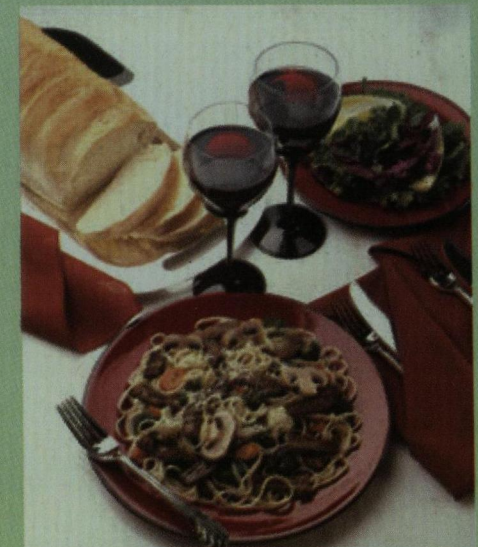


Apathya (Don'ts)

- ✗ Don't suppress the natural urges of pass urine, flatus, stools
- ✗ Avoid stress

1. Dietary :

- ✗ Junk food, salty snacks
- ✗ Canned food
- ✗ Oily & fried food



2. Life Style :

- X Stress
- X Addiction to Alcohol, Tobacco, Tea, Coffee
- X Night awakening
- X Day sleeping

How it is managed through Ayurveda ?

Some single herbs used in Hypertension:



Sarpagandha (Rauwolfia serpentina) *Shankhapushpi (Convolvulus pluricaulis)*

Ayurvedic Formulations :

- ★ *Brahmi Vati*
- ★ *Sarpagandha Vati*
- ★ *Saraswatarishta*



Brahmi (Bacopa monnieri)

Jatamansi (Nardostachys jatamansi)

Further information can be obtained from :

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