

## **Clinical Evaluation of an Herbal Compound Drug in Essential Hypertension**

**\*Ajay Kumar**

**\*\*Tina Singhal**

**\*\*\*B. N. Upadhyaya**

### **ABSTRACT**

*Hypertension is the leading cause of death by way of the cardiovascular consequences of heart attack and stroke. It is a major medical problem, almost certainly the most common chronic disease in the world. At least 20–25% of patients have been seen in any practitioner's office; whether they practice general medicine or a subspecialty have hypertension as part of their medical story. Over the past 30 years, the management of hypertension has moved from a formulaic approach that experts tried to apply to everyone, to highly individualized management. We have a wide range of choices, and clearly want to use the available approaches to their best advantage. In Ayurvedic classics no disease has been found which exactly simulates with essential hypertension. Previous researcher made their effort to simulate hypertension with the disease like siragata vata, Raktagata, and Avrita vataroga etc. In this study, Chandramaradi yoga has been taken for clinical trial in patients of essential hypertension. The results of treatment were assessed as excellent, good, fair & poor at the end of 28 days of drug therapy.*

---

\*MD (Kayachikitsa), IMS, BHU, \*\*MD (Rachana Sharir), IMS, BHU, \*\*\*Professor, (Kayachikitsa), IMS, BHU