

Dietary Approches in Hypertension

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Abstract: Hypertension is one of the common conditions encountered in the clinical practice. It is one of the major risk factor for the development of cardiovascular morbidity and mortality. Hypertension is an important health problem of the modern society. There are 600 million Hypertensives in the world at risk for heart attack, stroke and cardiac failure. Resulting in a remarkable high morbidity of our country. Several studies and several drugs have been introduced in various system of medicine, still the world is in search of a therapeutic measures which are very effective, safe and without adverse effects. Ayurveda is a comprehensive system of medicine that the treatment is highly personalized and holistic, and restore the innate harmony of the individual. Explanation about the hypertension in Ayurvedic is not direct. In this study, various dietary habits for the prevention of Hypertension will be discussed.

Keywords: Diet, Pathya-Apathya, Hypertension, Ayurveda management

I. INTRODUCTION

Hypertension is one of the most common lifestyle diseases in present era. Every 5th person is found hypertensive. Most adults develop it in last half of their life¹. Hypertension results from variety of reasons like stress, obesity, genetic factors, over use of salts in the diet etc. Hypertension is called a silent killer because it rarely exhibits symptoms before it damages the heart, brain, or kidney².

Hypertension is a major health problem associated with significant morbidity & mortality. An unhealthy diet & physical inactivity contribute to around 30% of preventable morbidity & mortality due to Hypertension (WHO-2013). The prevalence of Hypertension and its adverse effects are increasing in an alarming rate. According to *Ayurveda*, Hypertension may be compared with a type of *Hrudaroga* associated with alteration in *Rasa Vikshepana Bala*.

Among the several psychosomatic diseases, the cardiovascular disorder like Hypertension is quite significant. Hypertension' (persistent raised arterial pressure) although, the handy literature is not observed in *Ayurvedic* classic, review of previous theoretical and clinical works on this topic point out certain mode of involvement of *Dosha* and *Dushya* in the genesis of it. Most of efforts shows a prime role of *Vata* in association of remaining dosha pitta kapha.

According to *Acharya Charaka*, in case of unknown disease, the physician should try to understand the nature of the disease through *Dosha*, the site of manifestation, etiological factors and then should initiate the treatment³. Hence it becomes necessary to study multiple factors like *Dosha Vriddhi*, *Dhatu Dushti*, involved *Srotas* and their role in causation of hypertension for proper understanding of disease and its *Samprapti* to plan its *Samprapti Vighatanameva Chikitsa* and prevention⁴.

II. METHODOLOGY

Role of Aahara [Diet] and Vihara in Hypertension –

Aahara is one of the source of all life and everyone in the world looks for it. According to *Charak Samhita* Food is essential for Complexion, good voice, long life, understanding, happiness, satisfaction, growth, strength and intelligence⁵. *Aahara*, *Nidra*, and *Brahmacharya* are *Trayopstambha* (three sub pillars), which maintain the body itself, as explained by the *Acharya*. Here *Aahara* has been placed first which shows that it is most important to maintain and sustain the life⁶. Food is the one thing that promotes health in both diseased and normal people, so it is considered as *Mahabhaishajya*⁷ (Ultimate Medicine).



The eating habits and lifestyle of the present time, particularly of the young generation, are not good in view of health. A man tends to eat even when he is not truly hungry. Overeating and an unbalanced diet are prevalent issues.

Modern dietary guidelines, such as consuming large amounts of sodium, hydrogenated fats, and refined sugar, are responsible for numerous lifestyle disorders, including diabetes mellitus, hypertension, and kidney-related illnesses.

Aahara, *Vihara* and *Achara* comes under *Nidana Parivarjana*. The patient and the disease carefully and collectively must be in the mind of physician at the time of therapy for any ailment.

Pathya and Apathya in HTN

Pathya Aahara & Vihara -

Anabhishyandi, Vatanulomaka, Avidahi, Pittashamaka,

Fresh food, Swarna Siddha Jala Pana

Godhum, Jawar, Yava, Mudga, Dugdha, Rason

Tilataila Abhyanga, Ghrita Nasya at sleeping time

Chandra Bhedana Pranayama (Pranayama-Janardana Swami),

Nimbuka, Amra, Dadim

Apathya⁹ (Ch.Su.24/5-10)

Excessive alcohol i.e. *Bahu-Tikshna-Ushna Madya*)

Excessive salt, alkaline, acidic and pungent food intake, *Kulattha, Masha, Nishpava* and *Tila Taila*.

Excessive spicy food intake & meat of the animals living in holes.

Pindalu, Mulaka, Nuts

Dadhi, sour Mastu, Sura and *Sauviraka*.

Sleeping during day time & avoidance of night sleep.

Excessive anger, excessive exposure to the sun and fire.

Suppression of the urge for vomiting, avoidance of blood letting (in Sharada)

Exertion, external injury, heat, taking food before previous food is digested.

Discussion –

Ayurvedic texts to provide no straight reference to Hypertension, here is an effort to understand the possible pathogenesis in terms of involved factors like *Doshas*, *Dushyas* etc. *Acharya Charak* has given a guideline to understand a new clinical entity not described by him in the *Samhita*. He narrates as a Physician should not be puzzled while coming across a new clinical entity as it is not necessary that each and every disease should have nomenclature. That if a physician is unable to diagnose the disease, he should diagnose and treat the unknown disease by its *Prakruti*, *Samuthan* and *Adhishtan*. He can design a treatment protocol for such disease, the disease by ruling out vitiated *dosha* out of *Tridoshas* and main *Nidan* factors. According to *Dosha Dushti* proper *Pathya* and *Apathya* should be given in every disease as *Nidana Parivarjanam* is the first line of treatment for every disease.

II. CONCLUSION

Aahara (diet) & *Vihara* (lifestyle) are the main factors which influence on our health status and are responsible for generation of diseases. *Aahara* is the most important factor in life. Proper diet, taken in proper manner can lead to better health or else can lead to diseases. In the busy schedule of day-to-day life, people find it easy to sacrifice the rules to consume food for saving time or due to the afflicted mind. These are not considered as a reason for causing diseases by common man, but they are the most important and proven factors in causing psychosomatic and metabolic diseases.

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