

# 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)

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

### 1. Dietary :

- X Junk food, salty snacks
- X Canned food
- X 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 :*

**Director General**

**Central Council for Research in Ayurvedic Sciences**

No. 61-65, Institutional Area, Opp. 'D'-Block, Janakpuri, New Delhi-110058

Telephone : +91-11-28525520/28524457, Fax : +91-11-28520748

E-mail : dg-ccras@nic.in

Website : www.ccras.nic.in

www.indianmedicine.nic.in

© C.C.R.A.S. 2015

This document is meant for publicity and distribution only. Not for commercial purposes. Reproduction of this material is possible only after taking permission from Director General C.C.R.A.S.