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:

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

How it is managed through Ayurveda?
Some single herbs used in Hypertension:

![Sarpagandha (Rauwolfia serpentina)](image1) ![Shankhpushpi (Convolvulus pluricaulis)](image2)

Ayurvedic Formulations:

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

![Brahmi (Bacopa monnieri)](image3) ![Jatamansi (Nardostachys Jatamansi)](image4)

Further information can be obtained from:

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