

A Nidanatmaka (epidemiological) Study on Raktagata Vata (Hypertension)

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ABSTRACT

Human life has been considered as a valuable opportunity to achieve the prime goal of life viz. *Dharma, Artha, Kama & Moksha*. To achieve this, one needs a Healthy and Calm life. Whole Ancient culture tried to achieve all four prime goals of life, so that they had a smooth, sound, safe, assured steady & healthy life style. On the other hand today mankind is trying to gain good financial status to fulfill all the Physical Desire. Therefore today's Metaphysical Society is facing unsteady, weekend hard & everyday changing lifestyle. The miserable gift of Stressful, Hectic lifestyle, Diet habits, Environmental changes that man has become victim of many diseases. One such potent gift is Hypertension. According to Ayurveda all diseases are caused by doshas only and hypertension is no exception to this. All diseases are to be understood thoroughly in terms of *Nidana* (aetiology), *Purvarupa* (prodromal signs), *Rupa* (signs and symptoms), *Upashyas* (therapeutics) and *Samprapti* (pathogenesis) for planning of correct line of treatment. Knowledge of the etiological factors responsible in as much as it helps selection therapy to cure the disease by alleviating that particular vitiated *dosha*. It also helps in obtaining the knowledge regarding the complications and diseases to be developed in future due to that particular vitiated *dosha*. If anybody takes such diets as unwholesome and unctuous, among others, then the diseases to be caused in future by intake of such diets can be very well inferred and cured.

Keywords: Nidana, Raktagata vata, Hypertension.

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INTRODUCTION

Hypertension is the "SILENT KILLER" of mankind. It is commonly Asymptomatic, Readily detectable, and usually easily treatable and of uncured them often leads to

Lethal Complication. The main concentration of *Ayurveda* is over preventive cardiac care and supportive therapy in case of Hypertension. We are approaching the first light of the 21st century. This century is guessed to be the fastest century ever witnessed by mankind in the context of scientific researches and place of the lifestyle. We being in the field of healing on one side should appreciate the newer horizons of scientific researches and at the same time we need to take care about its inevitable side effects like accelerated life style. We have observed some hazards of this life style in the form of some metabolic syndromes and Hypertension. It is a most common disease in present era. Every fifth person is found hypertensive. Most adults develop it, in later half of their life. Hypertension is dreadful disease which is multifactorial in its origin with a chronic aetio-pathogenesis when thought adapting the principle of *Dosha, Dhātu* and *Mala* theory the pathology seems to be centered on *Shonita Dhātu* and *Tridosha*. So it falls in the *Madhyam Rogamarga* (intermediate route) & hence it is *Yapya* disease (difficult to cure). Although there has been widespread dissemination of knowledge of hypertension, it is poorly treated in most of the populations including India. Among the persons identified as being hypertensive, only half are being treated and out of those receiving treatment, only half have their blood pressure normal. Health is the fundamental right of human being. It is the supreme foundation of virtue of wealth enjoyment and salvation. It is based on the three principles of life which may be termed as *Trisutra* viz. *Hetu, linga & Aushadhi*. *Hetu* is one of the three Sutrās. . So, present study effort is to evaluates the aetiological aspect of the disease *Raktagata Vata* (Hypertension).

MATERIAL AND METHOD

Total 30 uncomplicated cases of *Raktagata vata* (Hypertension) were selected and registered irrespective of their age, sex, religion, socio-economic status etc. The patients were registered from outdoor of the Government Ayurvedic College and Hospital; Kadamkuan Patna-03.

Nidana

The factors which are responsible for occurrence of the diseases are considered as *Nidana* of that particular disease.

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Nidana is described in three phases as *samvayikarana* (aggravation of doshas), *Asamvayikarana* (combination of dosha *dushya*), *Nimitkarana* (cause like diet, lifestyle and bacteria)

External Factors:-

- **Asatmyendriyarth Samyoga:-** It is an unwholesome association of specific sense organ with their respective objects. The unwholesomeness or otherwise of the associations is a function of the ease or difficulty with which the organism adapts to the impingement of the stimulus input. Adaptability is strained when the stimulus is all too deficient (*Ayoga or hinayoga*) or when it is excessive (*Atiyoga*).¹ When it is improper (*Mithyayoga*). These constitute a potent cause for the onset of ailments, both physical and mental, by the vitiation of *Doshas* due to unadaptability.
- **Pragyaparadha:-** The second of factors, "error of judgement", refers to the actions that the individual resorts to while satisfying his needs and transacting with the environment.² Such actions are bodily, vocal and mental. Thus in each of the three modes of action, there could be deficient, excessive, or improper applications, when they are likely to lead to disturbances. Inadequate or excessive improper applications are referred to as errors of judgement (*Pragyaparadha*), for they fail to preserve health and cause the disease.
- **Parinama:** variations in the seasons which are cold, hot or rainy bring about changes in the balance *Doshas*.³ Even here, the concept of inadequacy, excessive or improper applications is relevant. When the particular season is excessive it is *Atiyoga*, the season is poorly so it is *Ayoga or hinayoga*. When the seasons are unnatural it is *mithyayoga*.

All these three factors are general pathways for all diseases, same way the predisposing factors of hypertension are presumed to follow these pathways for causing the disease. With the existing knowledge, no factor is accurately established but sparing a few.

Internal Factors

Prakriti

The bodily constitution of the individual plays a major role in reacting with the several external factors. If the constitution of the individual possesses sufficient adaptogenic capability against the pathogenic stressors then there will be no any development of disease. This constitution is determined at the time of conception, it continues till the end of the life. This constitutional adaptogenicity is entirely controlled through genetic factors. That is why *Ayurvedic* classic identifying the constitution before proceeding to diagnosis.

The environmental factors like salt, obesity and trace elements can cause the disease. When the genetic sensitivity is existing in the individual. All the external factors also depended on the *prakriti* of the individual.⁴ It is presumed that *Vata*, *Pitta* and combination of these *Prakritis* are more prone to *Raktagata vata* (Hypertension) than other constitutions. In addition to somatic disposition certain other factors also play some role in the genesis.

Sara

It is the bodily constituent which is in its purest state (*Visuddhatarodhatun*). There are about eight *Saras* are recognized in accordance with the seven body constituents (*Dhatu* and *Sattvasara*). Among these *Rakta* & *Medosara Purusa* are more prone to hypertension.

Bala

It is the strength that which determine the disease proneness. Here *Bala* means not only the physical strength, but the power to react with environmental factors. It is a physical endurance or adaptogenic power which we call as *Bala* in Ayurveda. It can be assessed by the capacity of doing exercise.⁵ Usually *hina bala* people are more prone to *Raktagata vata* (Hypertension) than others.

Increased levels of exercise have been shown to be associated with lower rate of cardiovascular diseases in long term observations of men. One component of the beneficial effect exercise may be lowering of pressure. Recently, better-controlled studies, though still in the number of subjects involved, have, shown a significant fall in blood pressure in hypertensive subjects after repeated period of moderately intense isotonic exercise. Other studies have shown a decrease in plasma catecholamine levels to accompany the falls in blood pressure, suggesting that the antihypertensive effect of exercise is related to modulation of sympathetic nervous system activity.

Agni

The power of *agni* can influence the process of any disease as *Vagbhata* says '*Roga sarveapi mandagni*' all the disease are resulted from impairment of *Agni*. This can be further explained in terms of *Ama*. The *Ama* an erroneous metabolite can cause obstruction to the pathways and cause several diseases according to the site, the *dushya* involved, the etiological factors etc. In the similar way hypertension is also not spared from this concept. In the early stages of hypertension, the impairment of *Agni* plays a positive role in the development of disease, but it is seldom observed in the hypertensive patients with the GIT problems like, mild appetite, mild impairment

of digestion. This is the reason that the small quantities of *Ama* when associated with other predisposing factors can establish the disease.

Vayah

Age is another factor which is thought to be playing significant role in the aetiopathogenesis.⁶ But, the recent studies considered it as a myth. In westernized accultured societies, blood pressure tends increase with age. On the average elderly people have higher blood pressures than younger patients. Blood pressure does not rise with age among primitive people who consume relatively low-sodium, high-potassium diets and remain lean and physically active "through out lives". The rise in systolic blood pressure with age observed in this and other westernized countries reflects the replacement of elastic tissue with the collagen in the media. In *Ayurveda* the predominance of *Dosha* according to age is narrated. The old age is predominated by *vata*. But by mere vitiation, *vata* cannot cause the hypertension unless it is associated with other *doshas*. The *dhamani pratichaya* is also another factor taking place in the old age. This mechanism can be attributed for the genesis.

Satva

Mental disposition is also an important factor to assess in the psychosomatic diseases like hypertension. The individuals whose mental disposition is predominated by *Raja* and *Tamo gunas* are more prone to this disease because of their sensitivity and reactivity towards the stressful stimuli and less adaptogenic capability.⁷

Vyadhikshamatva

It is first quoted by *Charaka* and further analysed by *Chakrapani*. This is in two forms, one is attenuation of manifested disease and the second is the prevention of unmanifested. Several factors are present in the body, who are continuously acting to bring the normalcy in the abnormal *doshas & dhatus*. If this power is impaired, the predisposing factors may take upper hand in vitiating the *doshas* and causing the disease.

DISCUSSION ON DEMOGRAPHIC DATA

Dietary habits

Maximum patients i.e. 86.67% were non vegetarian (mixed diet) while 13.33% were vegetarian. *Mamsa* has been mentioned among the causes of "*Shonitaja Roga*" (Ch.su.24/5). Some of the symptoms of *Shonitaja Roga* are similar to those of HTN, So it can be said that *Mamsa* (non veg. diet) might have some role in the pathogenesis of HTN.

Aharaj Nidana

The dominance of *Rasa* in the diet of the patients of the group was *Lavana* (73.33%) and *Katu* (30.00%) and *Virrudha ahara* (23.33%), *Vishmasan* (43.33%). *Lavana* and *Katu rasa* both cause vitiation of *Pitta* and *Vata* which help in establishing a pathology of HTN.

Viharaj Nidana

Most common cause reported by the patients of the group *Ratri Jagarana* 63.33% which is most common cause for *Vata Prakopa* followed by *Atapa sevana* 30.00% which also causes *prakopa* of *Pitta*.

Manasika Nidana

Chinta i.e. anxiety was the *Manasika Nidana* reported by 73.33% patients of this series, followed by *vishad* 26.67%, *Bhaya* 13.33%, 10% had *shoka*, and 23.33% patient had *krodha*.

Above observed data reveals the fact that maximum numbers of patients indulged in *Vata-Pitta prakopaka* and *Rasa-Rakta dustikara Nidana* along with *Krodha*, *Shoka*, *Bhaya* etc. *Mana* and *Manovaha srotodustikara Nidana*, which play key role for the necessary pathogenesis of HTN as described in Conceptual study.

CONCLUSION

It has been found that *Manasa Bhavas* like *Chinta* (worry), *Krodha* (Anger), *Bhaya* (Fear) etc. play an important role in the etiopathogenesis, progression and prognosis of disease as well as response to the treatment of the disease *Rakta-gata vata* (hypertension). Improper lifestyle and food or sometimes unknown factors can vitiate *dosha* and *dhatus* which results in raised blood pressure which can lead to improper body functioning. In case of doubt regarding the diagnosis of a particular disease, examination of the causative factors responsible for this disease clarify the position. Thus the knowledge of etiology serves the above mentioned purposes. The Blood pressure depends upon contraction of *Hridaya* and *Dhamanis* at primary level. *Vata doshas* is main cause of these conditions. Apart from general *nidana* for *Vata kopa*, the incidence of *Rasa Rakta dushti* also is to be taken-

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