



A Conceptual study of Hypertension in Ayurveda w.s.r. to Manasika Hetu.

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ABSTRACT

Hypertension is characterized by a sustained increase in blood vessel pressure, which complicates the heart's ability to pump effectively. This condition significantly increases the risk of cardiovascular diseases, including coronary heart disease, heart failure, ischemia, hemorrhagic stroke, renal failure, and peripheral artery disease. Stressful lifestyle (i.e. indulging in bhaya, shoka, chinta, krodha etc) is one of the causative factors involved in the pathogenesis of Hypertension. These psychological stressful factors can be understood in Ayurveda under the broad heading of Manasika hetus. Thus it is very important to understand the role of Manasika hetus for both prevention as well as management of Hypertension.

Keywords: *Hypertension, Manasika Hetu, Psychological Stressful factor.*

INTRODUCTION

Hypertension is one of the common disorder of this modern era and stress related lifestyle is one of the common etiological factor. It is most important public health problem in developed and developing countries. Approximately 7.6 million deaths and 92 million disability per year are attributed to high blood pressure.¹ They are many risk factors involved in pathogenesis of Hypertension one among them is psychological stressful factor such as

bhaya(fear), shoka(sorrow), chinta(overthinking), krodha(anger) etc. All these factors can be taken under broad umbrella of Manasika hetus.

Hypertension is the lateral pressure exerted by the blood on the wall of arteries. Rakta is drava dhatu therefore it has natural property of flowing. To maintain the circulation upto end tissues, additional force is required which is provided by the contraction and relaxation of heart. This particular pressure exerted by circulation is known as Blood pressure. Blood pressure is a result of many physiological activities and this process is considered to be done by some organs like heart and the energy which controls the movement of this heart and other organ.

In Ayurveda three Humors (Vata, Pitta, Kapha), Seven Dhatus (Rasa Rakta etc), three Malas (Mutra, Purisha etc) are considered as the root cause of body functions.² Therefore to understand the blood pressure in terms of Ayurveda consideration of Vata (Prana, Vyana, Apana), Pitta (Sadhaka), Kapha (Avalambaka), Dhatus like Rasa and Rakta, Strotas by which it travels Hridaya, Oja and the functions of mana are necessary.

Vyana vata helps in circulation of rasa, rakta throughout the body. Hridaya has been considered the root of rasavaha and raktavaha strotas. This Hridaya contracts and relaxes itself making clear that circulation of Rasa Rakta takes place with help of vyana vayu,³ therefore its self-originating energy (i.e. Chetana) is conducted by the vyana vayu throughout the body and gives pulsating capacity to artery.

Sadhaka pitta is considered as complex of substances which are related to manasa and its emotional state. Also, it appears to be psycho-physiological in its function.⁴

Avalambaka kapha is sara of kapha giving energy to heart for working continuously.⁵

Mana is considered to be seated in a hridaya with its vishayas. Hridaya and shira are related with each other through the ubhayatmaka mana. So, when Mana makes the contact with Shira via Manovaha srotasa, all the Indriyas start functioning.⁶

Mana is regarded as the governing force behind all psychological states and sensory perceptions, known as indriyas. The potency of the indriyas is derived from the Manas, which is typically characterized as the aspect of an individual that encompasses thoughts, emotions, and volitional functions. Disruptions in these processes can lead to psychological disorders. Mastiska is identified as the locus of Mana. It is noted that Mana operates under the influence of Vata, and both Mana and Vata are said to function in a synergistic manner. Consequently, it is evident that an imbalance in Mana can lead to disturbances in Vata, and vice versa, resulting in various pathologies. Mana is affected by psychological stressful factor such as

Anger, Fear, and Overthinking etc. Thus avoiding of these factors is important for prevention as well as management of Hypertension

AIMS & OBJECTIVES:

1. To understand Hypertension as per Ayurveda perspective
2. To understand the role of Manasika hetus in Hypertension

MATERIALS AND METHODS

The literature for this article is collected from classical text books of Ayurveda, Modern text books, Research articles, Thesis and Scientific data available on Internet.

OBSERVATION

The three Dosha, Rasa-Rakta Dhatu, Strotas through which they travel, Mana, Oja and Hridaya are involved in pathogenesis of Hypertension in Ayurveda. Along with other hetus it is important to consider the Manasika hetus for prevention as well as management of Hypertension.

DISCUSSION

Hypertension represents a significant public health issue in both developed and developing nations. It is the most prevalent cardiovascular condition, presenting a considerable challenge to public health across populations. It causes majority cerebrovascular attack in which mortality rate is quite high.⁸ Without knowing etiological factors prevention and treatment of disease is not possible. Therefore, it's important to understand its etiological factors for both prevention and management.

Hypertension has been described in detail in modern books with its etiology, pathogenesis, symptomology and treatment. There is no such clear description about this disease in classics, but Acharya have stated that every disease is not to be named but can be understood on basic principles of Ayurveda.⁹

According to these basic principles it can be said that hypertension is caused by Vata (Prana, Vyan, Apana), Pitta (Sadhak), Kapha (Avalambaka), Dhatu (Rasa and Rakta) and Oja dushti.

Along with medical treatment it's important to consider Nidan (causative factors) for management of disease. Among various nidana, Manasika nidana (Psychological factors) also plays important role in treatment.

In Ayurveda avoiding etiological factors of disease is considered as the first line of management.¹⁰ Manasika Hetus (Psychological Factors) such as Bhaya, Shoka, Chinta, Krodha etc, plays important role in Pathogenesis of Hypertension. Thus, understanding of these factors for management of Hypertension is necessary.

Hridaya is seat of Manasika bhavas, any subject i.e. vishay dhyana cannot be perceived without Mana (mind) which itself explains its workout. Manasika bhavas like Bhaya, Shoka, Chinta are main reason for visitation of vata i.e. vata prakopa. Prakopit vata goes to the Hridaya (Heart) there it vitiate vyana vata leading to its vriddhi. Vyana vayu is responsible for danarthaka gati i.e. increase cardiac output which in turn causes Hypertension.

Krodha is one of the dharaniya vega which in turn causes pitta vriddhi. Pitta vriddhi is responsible for rakta vriddhi this increases the blood volume leading to increase in danarthaka gati i.e. increase in cardiac output which results in hypertension.

CONCLUSION

Hypertension is the leading contributor to cerebrovascular and cardiovascular diseases, resulting in elevated rates of mortality and morbidity. Due to modernization, man is forced to live his life in stressful psychological condition leading to various diseases one among such diseases is Hypertension. This psychological stressful factor can be taken under broad umbrella of Manasika hetu. This Manasika hetu plays very important role in development, progression as well as management of Hypertension. Therefore, it is very important to understand the role of Manasika hetu in Hypertension according to Ayurveda.

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