INTRODUCTION
Hypertension is a common lifestyle disorder. It is very important risk factor for cardiovascular diseases. The prevalence of hypertension increases with age. The disease hypertension is not clearly mentioned in samhita granthas. It is an anukta vyadhi.

Hridaya is formed from cream layer of shonita and kapha. It is the mulasthana of rasavaha and pranavaha srotasa. It is the seat of vyana vyayu, sadhaka pitta and avalambaka kapha. Charaka Acharya stated clearly about circulation in Grahani chikitsa adhyaya. Heart contracts with the help of vyana vyayu and do the rasa raka vikshepana karya, hence nourishment of all dhatus takes place continuously. Sadhaka pitta is responsible for discrimination, intelligence, pride, enthusiasm. Avalabaka kapha helps heart to perform its normal functions by its nourishing property.

AIM AND OBJECTIVES
1. To study etiological factors of Essential Hypertension.
2. To study etiological factors of Essential Hypertension in ayurvedic view.
3. To study preventive aspect for Essential Hypertension in Ayurvedic & modern view.

MATERIAL AND METHOD
This is a review article. References regarding hypertension from modern medicine books and various correlating references from samhita granthas were collected.

According to modern view, these are the etiological factors for Hypertension:
1. Role of genetics: Epidemiological studies suggest that 20% to 60% of primary hypertension is inherited and the remainder is acquired or environmental.
2. Age and sex: Blood pressure increases with age in both men and women.
3. Weight: There is 1mmHg rise of systolic blood pressure for every 1.25 kg of weight gain.
4. Salt intake: Whos intake of sodium chloride is 3gms or less per day have low average Blood pressure. Salt intake more than 3 gms per day leads to increase in blood pressure.
5. Alcohol intake: There is strong and independent positive relationship between alcohol intake and increase in blood pressure.
6. Physical activity: Sedentary individuals have a 20% to 50% increased risk of developing hypertension.
7. Smoking: Tobacco smoking has been reported to cause sharp rise in blood pressure.

In Ayurveda, as previously mentioned, Hypertension is an anukta vyadhi. By the presentation of this disease in patients, one can elaborate the etiological factors, dosha-dushya involvement and srotodushit in it.
Etiological factors according to Ayurveda

These can be classified into following groups:

1. Aharaja hetu
2. Viharaja hetu
3. Manasika hetu.

1. Aharaja

Three dravyas viz. Pippali, lavana and kshara should not be used in excess. Lavana rasa in excess causes raktadushti. It is tikshna, ushna and kledakara.

Vidahi, ushna, drava, snigdha annapana is responsible for raktavaha srotodushi, hence causes hypertension.

Acharya Charaka says all the the dysfunctions in the body are due to Gramya ahara consumption. Gramya ahara consumption with diwaswapa, alcohol consumption, Vishamashana, adhyashana, emotional factors like lobha, shoka, bhaya, krodha, moha are seat for many diseases in the body.

Excess of alcohol consumption is factor responsible for medovaha srotodushi. Apachita meda gets accumulated in the inner wall of blood vessels, which causes dhamanipratichaya. Due to dhamanipratichaya, blood pressure increases.

Excess of fatty food consumption (medovardhaka ahara) leads to medovaha srotodushi. Modern science considers weight gain to be a major risk factor for onset of EHT. The Framingham’s study showed approximately 1mm Hg rise of Systolic Blood pressure for every 1.25 Kg of weight gain.

Ati Guru, sheeta, snigdha bhojana or atimatra bhojana leads to rasavaha srotodushi. Hridaya is the mulasthana of rasavaha srotasas. Hence, due to kha - vaigunya in hridaya, it causes increase in blood pressure.

2. Viharaja hetu, i.e. lifestyle regimen

Diwaswapa, sthaulya, avayayama vega dharana are the main factors causing this disease.

Diwaswapa (sleeping during day time) after meal is snigdha, tridosha prakopaka, but mainly kapha dushtikara. It leads to agnimandya, resulting in ama formation. Ama causes medo dhatwagni mandya resulting in obesity. Obesity is directly related to hypertension.

Vegdharana is important nidana found now-a-days. Vegdharana of mala, mutra leads to pratiloma gati apana vayu, this leads to increased pressure on heart. Udavarta can be considered the main cause for heart diseases. Ashru vega dharana and nishwasa vegdharana leads to hridroga.

Avayayama hetu is found commonly in present era. There is lack of physical exercise, sedentary lifestyle of people in these days. This hetu is responsible for medovaha srotodushi, Sthautyala or prameha and results in hypertension, as these factors are interrelated.

3. Manasika hetu

Ati chinta (excess worrying) is the hetu for rasavaha srotodushi and it also affects manovaha srotasas. Due to excess worrying, hridaya sthita sadhaka pitta gets vitiated leading to increase in blood pressure.

Due to Ati shoka, bhaya, krodha sadhaka pitta gets vitiated leading to hypertension.

PREVENTIVE ASPECTS OF HYPERTENSION

Main and the very first motto of Ayurveda is to maintain healthy status of body and then to treat the disease.

It is always better to take preventions for any disease than to treat it.

Nidana parivarjana is the first step in control & management of disease EHT. So, one should avoid the above mentioned etiological factors for this disease. Nidana parivarjana is preventive as well as basic line of treatment in a disease.

Charaka Acharya says Sansshodhana, Sanshaman and Nidana parivarjana are the three basic treatment principles for a disease.

1. Sansshodhana

Seasonwise shodhana karma like vanama, virechana, vasti, nasya, raktamokshana can help in prevention as well as in management of disease.

For stress management, Shirodhara, shirobasti can be useful.

2. Shamana

Shamana yoga can be used in EHT according to cause, dushya, desha, bala, kala.

3. Nidanaparivarjana

Charaka Acharya explains that by leaving all other things behind, one should take care of his body because if there is lack of body, there is no use of all other things.

As seen in etiology, stress factor while taking food is responsible for agnimandya and further disease progress, Ahara should be taken as per Ahara vidhi.

Ayurveda explains importance of Trimarma. Hypertension causes major effects in 3 main organs viz. Heart & blood vessels, nervous system(shiras). Marmaghat to trimarmas can result directly into death or permanent impairment of these organ functioning. Hence trimarmas should be protected in EHT.
As avayama, i.e. lack of physical exercise is the cause for EHT. Vyayama can help reducing risk for the disease. Vyayama gives laghavata in the body, agnividdhi, dosha kshaya, sthaityra and important one is dukha sahinishnuta. Emotional factors like chinta shoka will not affect EHT if vyayama done regularly.

The disease can be prevented or target organs can be saved from damage.

DISCUSSION
Hypertension is a burning issue in present era. Number of hypertensive patients come to Ayurvedic hospitals for treatment. As hypertension is not stated in Ayurvedic classical texts, it has become important duty of scholars to understand it in Ayurvedic terms, to give better quality of life to patients. If we follow proper regimen of diet and lifestyle, there will be no need of medicines. And if we don’t follow regimen then also there is no need of medicines because medicines are of no use without following diet and lifestyle regimen.

In short, the following preventable measures should be followed in prevention for hypertension: Reduced salt intake.

Increase physical activity as avayama is the etiological factor for EHT.

Avoidance of excess alcohol, fatty food consumption, Avoidance of Diwaswapa.

Stress management with exercise, meditation.

Food intake with proper vidhi like ushna, snigdha, without anger or sadness during sevana kala.

CONCLUSION
There is a major role of dietary and lifestyle factors in the etiology of EHT.

Lifestyle modifications, dietary changes, preventive measures, daily exercise, stress management play important role in prevention and control of this disease. One can prevent the disease and its complications by lifestyle and dietary modifications. The purusha (body) is Rasaja and one should take care of it with proper food, liquid, Achara.

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