

## 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 :

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Ministry of AYUSH  
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### 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)

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



1. Dietary :
  - ✘ Junk food, salty snacks
  - ✘ Canned food
  - ✘ Oily & fried food



