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### Rakatagata Vata (Hypertension)

Ayurveda can be described as a real science of life. It deals with the maintenance of health from both physical and psychological perspective of mankind. In service to humanity is one of the key elements of Ayurveda. Recent surveys from the world health organization have estimated around 80 percent of the global population rely on traditional medical practices. Ayurvedic review- Ayurveda is also concerned with one way of life, established from time immemorial, civilization also yields air pollution, sound pollution, and all other environmental stresses. Nidana-Though the nidana of rakatagata vata or hypertension is found directly, but in modern age several ayurvedic scholars tried to explain by considering aetiological factors mentioned in vata vyadhi.

Aharaja, Vhiraja, Manashika and the causes of hypertension:

Clinical features--sirosula (headache), anidra (insomnia), hridsula (angina pain), swasha (shortness of breath), hridkampa (palpitation).

Symptomatology--in modern medicine the majority of patients have no specific symptoms regarding their elevation of blood pressure, and will be identified only in the case of physical examination. When symptoms appear the patients see the physician:

- A. The elevated blood pressure itself.
- B. The hypertensive muscular disease.
- C. The underlying disease in the case of secondary hypertension.
  1. Headache, dizziness, palpitation, fatigue, impotence, epistaxis, haematuria, blood vision due to retinal change, insomnia, angina, dyspnoea due to cardiac failure, lack of concentration and irritability.

Curative treatment of Ayurveda--shodhana, shamana, ahara, and vihara

Internal purification (Antharparimarjana), External purification (Bhiparimarjana) |

Internal purification is vasti, virechana, vamana

External purification is snehana, swedana, abhanguya, mardana.

List of materials used in treating hypertension:

Single herbs--arjuna, sarpagandha, bhringaraj, jatamansi, shankhapuspi, punarnava, lasun, rudraksha guduchi, shatavari.

Churna powder--sarpagandha churna, swirasta churna

Vati pill -- sarpagandha, prabhakar, chandraparbha

Asaba and Arista--Arjunarishta, punarnava asava

Rasaudhi--Prabal pisti

Conclusion

Raktagata vata or hypertension after all this discussion we can conclude as future Ayurvedic practitioners, all of us have a major task to introduce it into our National Health Service in the UK. The government is spending billions of pounds for major diseases especially for the elderly. Longevity of life is increasing in all western countries. As a practitioner, our aim should be to help the human race globally to introduce more ayurveda practice because the new medicines are creating new disease every day. The God has created this earth to use all the natural resources for our benefit. The Human race belongs to panchamahabuta. Our body and nature are attached intimately. We cannot survive without nature. Thus, as a practitioner we must try to introduce Ayurvedic medicine using leaflets, brochures regarding diet, lifestyle, and herbal remedies.