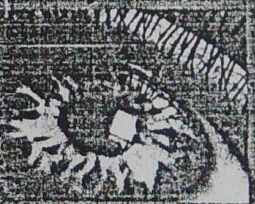
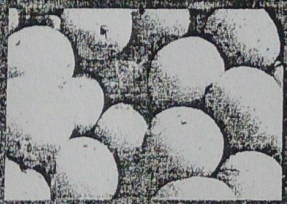
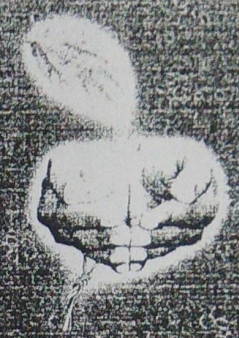


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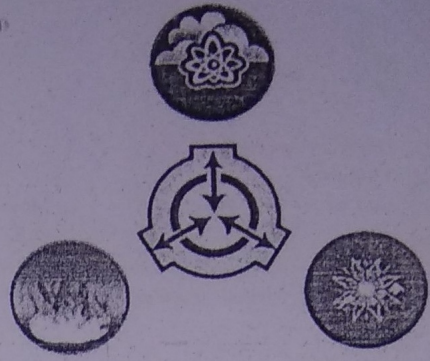
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Dosha Dushya Vivechana in Hypertension with special reference to Geriatrics - An observational Study

Shashidhar H Doddamani*, Thamizh selvam N, Vijaykumarswamy, G Hiremath, Channabasavanna B Mashalkar.



Introduction:

Geriatrics is Grace period of life, which is undesirable, inevitable, starts from 60 years. In old age people suffer from number of diseases which make life miserable, Hypertension is one among them.

Hypertension is an important health problem of modern society. It is most important single factor responsible for death from cardiovascular and cerebrovascular disease. The incidence of HTN tends to rise with advancement of age. Hypertension as such has not been described in Ayurveda and there is no direct refence of HTN but some signs and symptoms mentioned under different conditions make us to feel that it was already mentioned earlier, on theoretical grounds it has been tried to correlate many conditions like Raktagata Vata, Rakta Pradusha Vikara, Raktavritta Vata, Siragata Vata, Rakta Vriddi, Pittavrita Vata, Pittavrita Udana, Brama, Mada, Murcha, Sanyasa, Damani Praticharya. Some Scholars differs from this and prefer to give Raktachapadhikyata, Uecha Raktabhara, Vyanabala Vaishamyia Etc.

As there is no clear cut correlation with any Ayurvedic disease and less understanding about the involvement of dosha and dushya in HTN. So it is difficult to treat the HTN according to Ayurvedic line of treatment. Keeping the above view an observational study was conducted in Central Research Institute of Panchakarma Cheruthuruthy, Kerala, to evaluate the Dosha, Dushya Vivechana in Essential Hypertension.

Aims and Objective:

- The Evaluation of the Dosha Dushya vivechana of Essential Hypertension in elderly subjects.
- To formulate the standard line of treatment in Ayurveda.

Methods and Materials:

Design of study	-	Pre test designed observational study
Level of study	-	O.P.D
Period of study	-	3 months
Sample size	-	22

Selection of sample: samples were selected from the OPD CRIP, Cheruthuruthy.

Inclusion criteria:

1. Patients of age group of 60 and above, irrespective of sexes.
2. Patients having at least 3 symptoms with elevated pressure included.
3. Symptomatic EHT patients were included.
4. All mild moderate and severe EHT cases were included.
5. Fresh and treated cases were selected

Exclusion criteria:

1. Patients having secondary HTN
2. Asymptomatic cases were not included.

Diagnostic criteria: ICD – 10 Criteria for HTN

Method of measurement: Blood pressure was measured in sitting standing and lying position and the mean value was taken for statistical data

Assessment criteria: involvement of dosha & dushya in the symptoms

1. Headache (vata , rakta)
2. Giddiness (vata, pitta and rakta)
3. Palpitation (vata)
4. Insomnia (vata , pitta)
5. Fatigue (vata , rakta)
6. Chest Pain (Vata, Pitta)

Dosha dushya vivechana in EHT was done based on the above 6 symptoms. These symptoms are commonly associated with the EHT

Investigations:

Blood: RBS, Lipid Profile, Urea, Creatinine,

Urine: Routine and Microscopic.

ECG and Chest X Ray were taken to rule out the cardiomegaly whenever necessary.

Observations and results:

Age: In this study it was observed that most of the subjects were belongs to the age group between 60-69 i.e. 16 subjects. And rest 6 subjects were belongs to 70-79.

Sex: It was observed that out of 22 cases 13 male and 9 female.

Diet: It was observed that most of the subjects were belongs to mixed diet habit.

Prakriti: It was observed that the maximum numbers of subjects are having the vata pitta prakriti (13) And 8 subjects were of pitta kapha prakriti and one subject is of kapha vata prakriti.

[Note: Prakriti assessment was done with CCRAS standard questionnaire format]

Symptoms: It was observed that out of 22 subjects, 21 subjects had headache, 16 had giddiness, 20 had palpitation, insomnia 11, 17 fatigue and 10 had chest pain.

Research officer (Ayurveda), Central Research Institute of Panchakarma Cheruthuruthy, Kerala. email: shd_ayu@yahoo.co.in



Objective parameters:

Vital data:

Sl no	Vital data	Mean	±SD	±SE
1	Pulse	76.82	8.04	1.71
2	Systolic blood pressure	169.36	24.68	5.26
3	Diastolic blood pressure	93.82	11.79	2.51

n = 22

Biochemical Parameters

Sl no	Biochemical Parameters	Mean	±SD	±SE
1	RBS	136.09	76.98	16.41
2	Total cholesterol	219.36	43.77	9.33
3	HDL	48.05	11.57	2.52
4	LDL	140.91	39.88	8.50
5	VLDL	39.27	16.76	3.57
6	Triglycerides	213.77	86.62	18.47

n = 22

Discussion:

After scanning the literature in Ayurveda many conditions like *Raktagata Vata*, *Rakta Pradusha Vikara*, *Raktavrita Vata*, *Siragata Vata*, *Rakta Vriddhi*, *Pitavrita Vata*, *Pittavrita Udana*, *Brama*, *Mada*, *Murcha*, *Sanyasa*, *Damani Praticharya*. All the conditions are having the involvement of *vata* and *pitta dosha* and *rakta* is invariably involved except *dhamanipratichaya*.

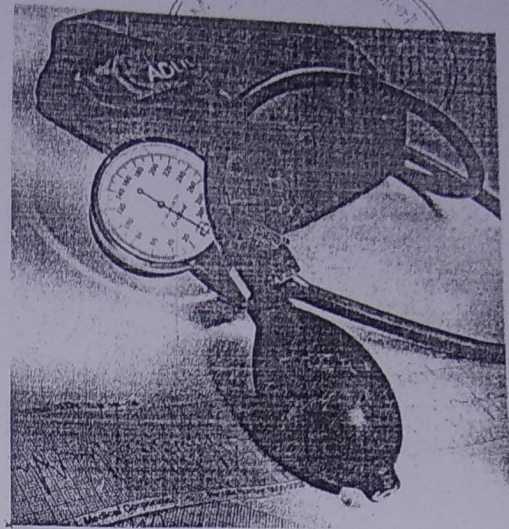
It is very difficult to name new disease so acharya charaka foreseen such problems centuries ago and suggested solution according to his principle, any new disease can be successfully treated after proper understanding the involvement of *dosha*, *dushya* and *adhastana* of *vyadhi* keeping the above guide lines this study has been conducted in elderly patients

Total 49 cases were enrolled, and study was conducted in 22 Geriatric symptomatic HTN cases with 13 male and 9 female. Subjective parameters like headache, giddiness, and palpitation, insomnia, fatigue and chest pain symptoms included for assessment of *dosha* and *dushya*. Objective parameters pulse, blood pressure, blood sugar, blood cholesterol and other pathological investigations done to exclude secondary HTN.

As for as the symptoms of EHT is concerned it is very difficult to diagnose the disease because some time it is asymptomatic in nature and some times symptoms are variable and very vague even than some symptoms are being as follows

Headache: is a main symptom of EHT which occurs due to chala guna of *vayu* while explaining the disease caused by vitiated blood in *vidhi shonita* chapter *shiroruk* is considered. *Chakrapani* writes in all the *shiroroga rakta dushti* is very important ie vitiation of *rakta dhatu* is regarded as invariable cause.

Giddiness: *bhrama* has been mentioned as a symptom of a pathological condition in which *kapha* is decreased and both *vata* and *pitta* are



increased. In *madhava nidana*, it has been recognised as a disease which is caused by *pitta* and *vata*.

Anidra: it is a symptom explained in many diseases which is due to *vata* and *pitta vyadhi*. *Charaka* considered *nidranasha* is due to *vata vriddhi* where as *vagbhata* considered under the *pitta vriddhi*.

Hrid drava: occurs due to chala guna of *vata* which is one of the *vataja nanatmaja vikara*.

Uraha sula: *shula* is caused by *agni* and *vayu*. The pain in *hridhaya pradesha* can be termed as *hrith shula*. Responcible *dosha* is *vata* with *agni* ie *pitta* when *amlata* in *rakta* is increased the manifestation of pain will occur.

Klama: where the person feel tiredness without doing any work which is mentioned under *shonita roga*

Subjective parameters revealed that in 22 cases headache (21), giddiness (16), palpitation (20), insomnia (11), fatigue (17) and chest pain (10). After analysing the *dosha* and *dushya* in the above symptoms it is concluded that HTN is *Vata Pradhana* and *Pitta* associated disease and *dushya* involved is *Rakta*.

This study revealed that *vata* and *pittadosha* and *rakta* is involved in hypertension so treatment of EHT should be planned.

Conclusion:

1. Though so many conditions are being mentioned in the classics none of the disorder represents entirely essential hypertension.
2. Essential hypertension is the common condition in old age.
3. On the basis of Essential Hypertension symptoms it is concluded that EHT is *Vata Pradhana* and *Pitta* associated disease and *dushya* involved is *Rakta*.
4. Treatment of EHT can be planned according to the *dosh dushya* involved in that particular condition.