

# Role of Panchakarma in Stress-Induced Hypertension – A Case Report

Nakade Mamata Mahadevrao, Panchal Krupali Dipakkumar\*, Chaudhari Vaishali, Gaikwad Pranesh

## ABSTRACT

Hypertension is very common manifestation nowadays specially in younger age group due to lots of stress, poor diet, poor gut health, sedentary lifestyle, lack of sleep, and lack of exercise and there are many more such reasons. In modern science, there is only one treatment and that is antihypertensive drugs which are not necessary in each and every patient. In some patients, only removal of cause can normalize the condition. Here, in this study, a 32-year-old female patient came with the complaints of *Bhrama Prachiti* (Giddiness), *Atisweda Pravrutti* (excessive sweating), *Timirdashan* (blurred vision), and *Shirahshoola* (headache) from the past 2.5 years. Assessment was done on the basis of subjective and objective parameters. In the treatment, *Panchakarma* followed by *Shamana chikitsa* has been given to the patient. In *Panchakarma*, *siravedha* and *shirodhara* given in the gap of 7 days for 1 month and *Shamana chikitsa* was given for continue 1 month. After the treatment, notable results were obtained in the sign and symptoms and patient got extreme relief. Although *Ayurvedic* treatment can give good results in giving patients quality of life.

**Keywords:** Hypertension, *Panchakarma*, *Shamana chikitsa*, *Shirodhara*, *Siravedha*  
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## INTRODUCTION

In present era, stress is most common thing to any age group. However, in these 5–6 years, it is observed that stress is most common in age group between 25 and 35 years and the reasons are stress about carrier, stress about future making, stress about family planning, stress about pressure of family for marriage, etc. There are more reasons which cause stress in younger generation. After period of time, this continuous stressful life creates conditions such as hypertension. This is most common nowadays. Patients of stress-induced diseases are increasing day to day. The other reasons also include less exercise, no meditation, sedentary lifestyle, and not following daily regime. Moreover, in present scenario, main reason behind this much stress is COVID-19 pandemic.

A study by Indus Health Plus revealed that 10–12% of people under the age group of 25–35 years are under the risk of high blood pressure (BP), resulting from stress and ignorance of the symptoms.<sup>[1]</sup> The prevalence of hypertension in urban Pune is 20–40%, while in rural areas, it is around 12–17% and the prevalence of pre-hypertension is as high as 60–70%.<sup>[1]</sup> 15–20% of those in the younger age group have complained for restlessness and unexplained sweating and high stress levels.<sup>[1]</sup> Evident increases in stress levels among females in Pune due to which the cases of hypertension among them has increased.<sup>[1]</sup>

According to *Acharya Charaka*, it is not necessary to give a specific name to every disease. In those conditions, the physicians should treat the patient by considering the nature of disease, its sites, etiology, and *dosha-dushya Sammurchhana*,<sup>[2]</sup> it is called as *Yuktivyapashraya chikitsa*. There is no such disease mentioned in *Ayurvedic* texts as hypertension but on the basis of sign and symptoms, we may know about the *dosha-dushya sammurchhana*, *vyadhi prakar*, and *vyadhi swabhav* on the basis of all these a physician that can give treatment to the patient by doing *Yuktivyapashraya Chikitsa*. In hypertension according to its pathogenesis *Shodhana chikitsa* and *Shamana chikitsa*, both can be applied according to *vyadhibala* and *rugnabala*.

Department of Panchakarma, Dr. D. Y. Patil College of Ayurveda and Research Centre, Dr. D. Y. Patil Vidhyapeeth, Pune, Maharashtra, India.

**Corresponding Author:** Dr. Panchal Krupali Dipakkumar, Department of Panchakarma, Dr. D. Y. Patil College of Ayurveda and Research Centre, Dr. D. Y. Patil Vidhyapeeth, Pune, Maharashtra, India. E-mail: krupalidpanchal@gmail.com

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However, *Panchakarma* which is *Shodhana chikitsa* gives quick results and sometimes when *doshotklesha* is more *Panchakarma* has to be done.

## MATERIALS AND METHODS

A female patient having complaints of *Bhrama Prachiti* and *Atisweda Pravrutti* came to the hospital. Detail history and family history were taken. Systemic examination, *Astavidha parikshan*, was done. Assessment criteria of patient include subjective parameters and objective parameters before and after treatment. The treatment which is given to the patient is mainly *Panchakarma*, that is, *Siravedhan* and *Shirodhara* followed by *Shamana* (pacification) *Chikitsa*.

## CASE REPORT

A 32-year-old female patient came to the outpatient department (OPD) having complaints of *Bhrama Prachiti* (Giddiness), *Atisweda Pravrutti* (excessive sweating), *Timirdashan* (blurred vision), and *Shirahshoola* (headache)<sup>[3]</sup> [Table 1] from the past 2.5 years. Before that, the person was alright, but in year 2020, her parents met with major accident which caused very deep

**Table 1:** Assessment of subjective parameters

Parameters	Findings	Grade
Bhrama (Giddiness)	No Giddiness	0
	Giddiness once or twice a week	1
	Giddiness more than twice a week	2
Atisweda Pravrutti (Excessive Sweating)	Giddiness Daily	3
	No Excessive Sweating	0
	Excessive sweating while doing heavy work	1
Timir Darshan (Blurred Vision)	Excessive Sweating while doing no work	2
	Excessive sweating while at rest	3
	No blurred vision	0
Shirahshoola (Headache)	Blurred vision while doing excessive work	1
	Blurred vision while doing no work	2
	Blurred vision while at rest	3
Shirahshoola (Headache)	No headache	0
	Once/twice a week	1
	More than twice a week	2
	Continuous headache	3

**Table 2:** Shaman Chikitsa

Medicine	Dose	Anupaana	Duration
Mukta Vati	1 BD After meals	Warm water	1 month
Prasham Vati	2 BD After meals	Warm water	1 month

BD: 2 times a day

**Table 3:** Observations

Parameters	Before Treatment	After Treatment
	Bhrama (Giddiness)	3
Atisweda Pravrutti (Excessive Sweating)	3	1
Timir Darshan (Blurred Vision)	2	0
Shirahshoola (Headache)	3	0
Blood Pressure	180/100 mmhg	130/80 mmhg

wound on her mind and then after all these symptoms have started. After repeated attacks of this symptoms, she was taken to the general physician that there she was advised to take regular medicine for hypertension. However, she did not take any medication which has been prescribed and came to our hospital having above complaints and with that because no any medication in mean time she also got refractive error and got eye specs. When she came, she also told that she sometimes also feels burning sensation in the chest. During her on examination, pulse was 82/min and blood pressure was 180/100 mmhg that all systemic examination were also done but all came normal. The patient also having irregular menstrual cycle from year 2020. The patient was operated for Renal Calculus in 2021. She does not have any family history of hypertension. The patient was having vegetarian diet but spicy food, stale food, oily food, and also stressful married life due to which she also got divorce last month. After seeing all these sign and symptoms, the patient was diagnosed with *Pittavritta Vata*.<sup>[4]</sup>

## Objective Parameter

Assessment of change in blood pressure was measured in spine position with mercury sphygmomanometer.

## Treatment

The treatment was given for 1 month. Started with *Siravedha* (bloodletting) from left cubital fossa and *Shirodhara* (Continue pouring of medicated oil or decoction on centre of the forehead for certain period of time)<sup>[5]</sup> with *Jatamansi Kwatha* in the gap of 7 days followed by *Shaman Chikitsa* [Table 2].

## Sampraptighataka (Etiopathogenesis) of Hypertension<sup>[6]</sup>

- *Dosha: Vata (Vyana, Udana, Prana)*
- *Pitta (Pachaka, Sadhaka)*
- *Kapha (Avalambak, Tarpaka)*
- *Manas (Raja, Tama)*
- *Dushya: Rasa, Rakta*
- *Strotas: Rasavaha, Raktavaha, Samjnavaha*
- *Strotodushiti: Sanga*
- *Agni: Jatharagni, Dhatwagni*
- *Adhishthana: Manodaihika (psychosomatic), hridaya, sira, dhamani*
- *Rogamarga: Madhyama (Marmasthisandhi)*

## Observation

On the 1<sup>st</sup> day when patient came to the OPD at that time during on examination patients, blood pressure was 180/100 mmhg and pulse was 82/min after history taking it was decided that 1<sup>st</sup> session of panchakarma was started from same day. Hence, *siravedha* from left cubital fossa has been done and 20 ml of blood was taken and after that *shirodhara* with *jatamansi kwatha* was performed for 30 min. After doing this this procedure, it is observed that patient who came with complaining of *bhrama prachiti* (Giddiness), *atiswedapravrutti* (Excessive sweating), *timirdarshan* (Blurred vision), and *Shirahshoola* (headache) out of which right after doing *siravedha* excessive sweating and giddiness decreases and after doing *shirodhara* blood pressure and pulse also lowers down, that is, 140/90 mmhg and 76/min, respectively [Table 3].

## DISCUSSION

In this study, the patient got extreme relief from all the symptoms which are giddiness, excessive sweating, blurred vision, and headache all this has been seen right after first setting of *siravedha* and *shirodhara*. When patient came for 2<sup>nd</sup> setting which is after 7 days of 1<sup>st</sup> setting, she said that the refractive error of she got it is completely gone now she can read easily without eye specs. In this study, the main motive is to remove the obstruction caused by *pitta dosha* in *prakrut gati* of *vata dosha*. As *rakta dhatu* and *pitta dosha* have *ashrayashrayi sambandh* due to that here in this case *vata, pitta, and rakta* that are the main factors which take part in the etiopathogenesis of the disease. The probable mode of actions can be as follows.

## Mode of Action of Siravedha

In the present study, *pitta dosha* get vitiated due to continue stress which had obstructed *prakrut gati* of *vata dosha* so due to this

obstruction *rakta dhatu* due to *Ashrayashrayi sambandh* with *pitta dosha* has increased pressure over heart and blood vessels and resulted into high blood pressure. Thus, here *siravedha* has removed obstruction created by vitiated *pitta dosha* and *vata dosha* gets its normal *gati*, Which lowers the pressure over heart and blood vessels.

### Mode of Action of *Shirodhara*

In this present study, main causative factor is excessive stress. Due to this excessive stress, *Vata and pitta dosha* get vitiated. So here, pacification of *vata and pitta dosha* and lower down the stress is the main. Moreover, for stress management, *shirodhara* is best treatment. *Shirodhara* is deeply relaxing and induces a relaxant state; these effects are mediated by the brain wave coherence, alfa waves, and a down regulation of the sympathetic outflow.<sup>[6]</sup> The center of the forehead, which was evolution wise related to the third eye, is connected atavistically to the pineal gland.<sup>[6]</sup> This spot is known as *Agnya Chakra* in the yoga tradition.<sup>[6]</sup> Focusing on *agnya chakra* with closed eyes during meditation leads to psychosomatic harmony.<sup>[6]</sup> As the *kwatha* drips on the *agnya chakra*, it is proposed that the meditation-like effect is a consequence of stillness of mind leading to adaptive response to the basal stress.<sup>[6]</sup>

### CONCLUSION

In this present study, stress is the main key factor behind the etiopathogenesis of hypertension. Moreover, after doing this study, it was observed that *siravedha* and *shirodhara* give notable results in sign and symptoms of hypertension. *Vata* and *pitta* are the main causative factor which is vitiated by continuous stress and in this condition *siravedha* and *shirodhara* gives best results.<sup>[7]</sup> So that it can be said that panchakarma gives best result in hypertension.

Still there has to be lots of research work should be done on hypertension, because there are lots of things in *ayurvedic* texts which can be give extraordinary results in patients. Moreover, patient's relief is more important. As it is a single case study, intervention over a large scale should be done in the management of hypertension as *panchakarma* and *ayurvedic* treatment gives marked results.

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