- 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

材 Sarpagandha Vati

× Saraswatarishta



Brahmi (Bacopa monnieri) Jatamansi (Nardostachys Jatamansi)

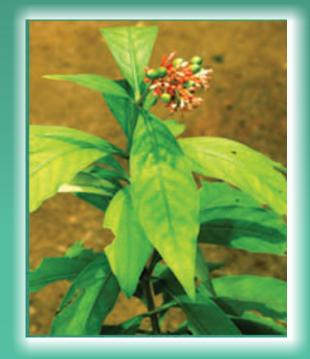
Further information can be obtained from :

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HYPERTENSION





CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES Ministry of AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy) Government of India

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". Pathya (Do's)

1. Dietary :







What are the causes of Hypertension ?

- Faulty life style
- Family history
- Faulty dietary habits
- High cholesterol diet
- Obesity
- O Stress
- Side effect of some medicines

What are its features ?

- May be asymptomatic
- Headache
- Dizziness
- Nose bleeding
- Ringing in ears
- Constant Constant
- Blurred vision
- Palpitation
- Depression
- Irritability
- Fatigue

- 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)

X Junk food, salty snacks

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

1. Dietary :

X Canned food

X Oily & fried food

