

Clinical Evaluation of Arjuna Vachadi Yoga in the Management of Vyanabalavaishamya (Hypertension)

LK Sharma*, G Venkateshwarlu, T Maheswar** and Kiran Kale****

Abstract

A single blind clinical study comprising 122 patients suffering from Vyanabala vaishamya (Hypertension) having systolic blood pressure > 140 mm Hg and diastolic blood pressure > 90 mm Hg. With subjective parameters viz. Bhrama, Sirahshoola, Shama, Kshubhata, Anidra, Hridrava etc. has been carried out at the OPD of RRI (Ay). Nagpur during the year 2000-2004. As per the selection criteria all the patients were treated with Arjun Vachadi yoga churna consist of Arjuna (Terminalia arjuna Roxb). Vacha (Acorus calamus linn.), Jatamansi (Nordostachys Jatamansi DC.), and Brahmi (Baccopa monnieri Linn), 3gm dose thrice daily. The total effect obtained by Arjuna Vachadi yoga was 30.21% Good response, 39.58% fair response, 25% poor response, 5.2% No response. Analysis shows that the clinical efficacy of trial drug is significantly effective in reducing Systolic Blood Pressure and Diastolic Blood Pressure i.e. $P < 0.05$.

*Assitant Director, ** Research officer (Ayurveda), Regional Research Institute(Ayurveda), Nagpur-440009.