



A NON-PHARMACOLOGICAL APPROACH TO HYPERTENSION THROUGH AYURVEDA; THE TRADITIONAL INDIAN MEDICINE

Anjana Warriier

Pankajakasthuri Ayurveda Medical College, Bangalore.

Abstract:

Worldwide, raised blood pressure is estimated to cause 7.5 million deaths, about 12.8% of the total of all deaths. This accounts for 57 million disability adjusted life years (DALYS) or 3.7% of total DALYS. Variations in the levels of risk factors for hypertension, such as high sodium intake, low potassium intake, obesity, alcohol consumption, physical inactivity and unhealthy diet, may explain some of the regional heterogeneity in hypertension prevalence.²

Non pharmacological approach in Hypertension management is gaining acceptance as the elevated blood pressure has emerged as a metabolic disorder affecting the masses with varied etiology. This includes diet, lifestyle modifications and different methods to boost mental health. Even though poor mental status as a cause of hypertension has not been fully established, deteriorating mental health has emerged as a co-morbidity in chronic hypertensive cases³. Hence different psychological approaches like behavioral cognitive techniques, biofeedback, relaxation methods are being practiced extensively.⁴

In this paper, we will focus on the non pharmacological remedies in Traditional Indian Medicine, Ayurveda with special reference to a treatment modality named Satvavajaya and how the same has established its effectiveness in Hypertension management.

Ayurveda, though its importance as a treatment method is widely accepted, is basically a way of living practiced over generations in India. There are three different treatment modalities mentioned that is treatment through worship (Daivavyapashraya), through medicine and therapies (Yuktivyapashraya) and treating the mind through counseling (Satvavajaya)⁵. The third modality is gaining importance in the current scenario as the so emerged lifestyle disorders have an inevitable link with stressful ways of living.

This branch of treatment incorporates counselling a patient and correcting the thoughts, helps him to overcome fear and spiritual



counseling. The same methods can be correlated to modern Psychotherapy techniques deployed. Therefore, this paper attempts to give a brief review on the various counseling techniques practiced among Ayurveda Physicians and to throw light to the code of conduct mentioned in the Ayurveda scriptures explaining how to live a life happy and healthy.

Biography:

Dr. Anjana Warriier is a practitioner of Ayurveda Medicine, currently pursuing masters in Psychology from Indira Gandhi National Open University. She has an experience of 5 years dealing with patients both in India and Singapore. Also holding a Masters degree in Business, has been involved in various dimensions of healthcare delivery. Throughout the career, patient counseling had been the integral part of all the roles held.

Recent Publications:

1. The global epidemiology of hypertension
2. Chronic Psychosocial Stress and Hypertension
3. Psychological approaches in hypertension management

International Conclave on Hypertension and Healthcare | July 19, 2020 | Vienna, Austria.

Citation: A NON-PHARMACOLOGICAL APPROACH TO HYPERTENSION THROUGH AYURVEDA; THE TRADITIONAL INDIAN MEDICINE - Anjana Warriier - Bangalore.; Hypertension Conclave 2020; July 19, 2020; Vienna, Austria.