

Hypertension

Causes of hypertension:

1. The principal cause of hypertension among young people is physical and mental stress. Pressure on the mind and body experienced in everyday life is called stress. In today's medical jargon. Stress especially affects the emotional people and those with a weak mind. Stress causes abnormal tension on the blood vessels that leads to hypertension. In the long run, hypertension affects the kidneys, heart and brain adversely, which may cause brain haemorrhage, paralysis, kidney disorders, heart attack etc.

2. Overeating, and an unhealthy diet particularly the excessive consumption of salty, sour, spicy, fried, hot, pungent and oily foods is an open invitation to hypertension. Therefore avoid such foods. Studies have revealed that obese persons are highly vulnerable to high blood pressure. Shodhan Kalpa, an Ayurvedic product of the Ashram can be obtained for a mere Rs. 20 to control obesity, thus avoiding unnecessary expenses.

3. Salt has the natural tendency to increase blood pressure. The salt that is present naturally in fruits and vegetables is enough for our body's daily salt requirement. Therefore salt should be used sparingly while cooking.

4. The stimulation caused due to the consumption of intoxicants like tobacco, alcohol and narcotics also increases blood pressure.

5. Kidneys are impaired by prolonged use of painkillers like aspirin etc, antibiotics, sulpha drugs, etc. and consequently they become inefficient in excreting the accumulated toxins. These accumulated toxins and impurities can lead to an increase in blood pressure.

6. According to Ayurveda, aggravated Pitta increases blood pressure. All the above causes aggravate pitta.

Signs and Symptoms:

Headache, giddiness, perplexity, uneasiness, palpitation, difficulty in breathing even with a small amount of exertion, insomnia, weakness of the sense organs are some of the chief symptoms of hypertension.

Treatment:

Modern medicines, for controlling and regulating High blood pressure, fail to eradicate the ailment completely. Instead, they cause adverse side-effects to the kidneys and other parts of the body and can lead to dreadful diseases like renal failure in the long run. **In view of the limitations of allopathic medicines, even western physicians today are attracted to the remedies prescribed by the Indian Rishis and sages in ayurveda and Yoga-Shastra.**

Hypertension can be very easily controlled through meditation, Yogasanas, pranayama and japa of mantras. Hypertension is not found among spiritual aspirants practising meditation and pranayama regularly. Therefore, take recourse to pranayama and home remedies, which are completely side-effect free and have by and large been successful.

One attains mental peace through meditation. Meditation and Asanas, (Shavasana is particularly helpful to relax physical and mental tensions and thereby control blood pressure) are helpful in dilation of the blood vessels. The blood circulates in the body through Prana. When the life-giving Prana is weak, the blood circulation also slows down. Pranayama strengthens the Prana and thereby blood circulation is improved. The blood, blood vessels and the mind become purified. Pranayama is also helpful in reversing atherosclerosis. The blood-vessels become soft and elastic and blood pressure is kept under control. Japa of mantras promotes the Sattvic tendencies of the mind, which in turn purifies the thoughts and behaviour, and thereby strengthens will power. Japa of the mantra, "" Shanti" also helps in controlling blood pressure.



Treatment:

1. Mix equal quantities of saptamrita lauha, swarnamakshik powder and praval pishti. 500 mgs of this mixture taken twice a day with ghee helps pacify aggravated pitta.

2. Make a concentrate by soaking 15 to 20 grams of black raisins for 5 to 6 hours in 200 ml (a glass) of water. Boil the black raisins in the same water till it is reduced to about 50 ml. Take this concentrate along with 3 to 5 grams of Triphala churna before going to bed at night. Triphala is a soothing, mild, and excellent purgative. It is also a good rasayana. A regular user of Triphala is saved from hypertension.

3. Mix equal quantities of Sarpagandha, Shankhapushpi and Jatamasi. 3 grams of the mixture taken 2 to 3 times a day helps control blood pressure quickly.

4. The Blood pressure controlling Raisin treatment:

Soak one raisin in Gulab jal (extract from rose) overnight. Eat it, chewing well in the morning. The next day eat two raisins in like manner. In this way keep increasing the number of raisins by one daily, until it reaches 21 on the 21st day. From the 22nd day onwards start decreasing the number of raisins by one daily (20, 19, 18 and so on) until you reach one. Repeat this process with an interval of a few days. High Blood pressure is effectively controlled on repeating this process thrice. Strict observance of dietary restrictions is necessary during this course and after.

5. Blood pressure can also be controlled by wearing a mala of genuine Rudraksha beads around the neck.

Recommended Diet:

Amla, cow's milk and ghee are highly beneficial in controlling high blood pressure. Regular consumption of Amla murabba also helps in controlling blood pressure. Moong ginger, lemon, pomegranate, apple, and grapes are also beneficial in this ailment.

Prohibited diet:

Tea, coffee, oily, hot and spicy foods, curds, tomatoes, potatoes, cottage cheese, sweetmeats, meat, fast foods, foods heavy to digest, cold and stale foods are to be avoided, as they are harmful. They increase blood pressure.

To be avoided:

Sleeping in the daytime, staying awake late at night, over exertion, moving out in the sun are harmful to a patient of hypertension.

Marks of Good Health:

One who is natural, simple, equanimous and fearless in mind, speech and action is known to be mentally healthy. Such a person is cheerful, self-assured, contented and disciplined in all circumstances, and is ever optimistic.

One who has good digestive power, a strong nervous system, natural hunger, easily gets a sound and undisturbed sleep, has a radiant face and bright eyes, is known to be physically fit.

One who lives according to the etymological meaning of the word swastha (healthy) (swa = Self or the Atman, Stha = established, i.e. one established in the Self) is said to be spiritually healthy.

“One who is established in his True Self "the all-pervading Supreme Being is known to be Swastha.”

Thus supreme health is experienced only by the "Brahmavettas" who are established in the Supreme Self.