

# A Review for Management of Hypertension with Special Reference to Ayurveda and Swasthya

Dr. Sayali S. Shinde<sup>1</sup>, Dr. Vrinda Kaknurkar<sup>2</sup>, Dr. Tejashree D. Kupekar<sup>3</sup>, Dr. Nishant S. Taralkar<sup>4</sup>

MD Scholar, PG Department of Rog Nidan Evum Vikriti Vigyan<sup>1,3,4</sup>

HOD of Rog Nidan Evum Vikriti Vigyan Department<sup>2</sup>

Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune, India

**Abstract:** Hypertension, commonly known as high blood pressure, is a leading global health concern and a major risk factor for cardiovascular diseases, stroke, and kidney dysfunction. The rising prevalence of hypertension underscores the need for comprehensive and integrative management strategies. This review explores the condition with special reference to the Ayurvedic concept of Swasthya (holistic health), focusing on prevention and personalized care.

In Ayurveda, hypertension is understood as a manifestation of imbalances in the doshas (Vata, Pitta, and Kapha) and is influenced by factors such as stress, improper diet, sedentary lifestyles, and disrupted circadian rhythms. Ayurvedic interventions, including herbal medicines (e.g., Arjuna, Brahmi), dietary recommendations, Panchakarma therapies, and lifestyle practices like yoga and meditation, aim to restore balance and promote systemic harmony.

This review highlights the parallels between contemporary medical approaches and Ayurvedic principles, emphasizing the potential of integrative strategies to enhance hypertension management. While modern medicine focuses on symptom control and pharmacological interventions, Ayurveda provides a complementary framework addressing the root causes through preventive and holistic measures. The integration of these paradigms not only aligns with the goal of achieving optimal health (Swasthya) but also promotes sustainable and personalized care. Further research is needed to validate and incorporate Ayurvedic practices into evidence-based hypertension management protocols.

**Keywords:** Ayurvedic, Swasthya