



## A study on the effect of Rose petals Arka(NASYA)on Hypertension

### KEYWORDS

Rose, Rosa centifolia, Hypertension, Nasya

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### ABSTRACT

*In present era, due to changing life style ,food habits and increasing stress the aging process becomes so fast.Due to these specific reasons,clinical issues associated with Heart diseases(Hypertension,Coronary disorder) within age;are arising enormously in society.We can correct these conditions with the help of herbal medicines & Panchakarma treatment.*

*Hypertension is abnormal increase in the blood pressure. It leads to many fatal conditions like heart failure, cerebral haemorrhage, renal disease, dissecting aortic aneurysms etc. It is characterized by the elevated blood pressure and includes symptoms like.anger,nose bleeding,irritability,violent, Shirah-shul (headache)/flush face, Bhrama (giddiness),burning sensation,sensitivity to eye, etc. According to Ayurveda, hypertension is caused by the vitiation of pitta, rakta, meda and obstructing the channels of the body. So to cure the disease a drug having the properties of reducing pitta, meda, rakta and cleaning the channels of the body is preferred. So a herbal drug ROSE WATER PETALS (ROSA CENTIFOLIA) having the similar properties has been taken for the study to understand its effect on Hypertension. An open end clinical trial was conducted on 30 patients of primary hypertension and drug was administered internally in a doSE ( 8 Drops Per Nostril for 15 days daily along with Local Snehan Swedan for 15 days. The results showed that there is mild to moderate relief in the patients with the drug and no untoward side-effects were seen in any patients.*

### Introduction:-

The 20th century is described as the age of anxiety and stress. The modern man is constantly facing symbolic stress. This stress and strain of day to day life affects one's bodily organs through several psycho-physical mechanism. The progress of medical science has helped us to conquer disease like plague, smallpox etc., but stress related diseases are rapidly increasing. Among the several psychosomatic diseases, the cardiovascular disorder like Hypertension is quite significant.

'Hypertension' (persistent raised arterial pressure) although, the handy literature is not observed in Ayurvedic classic, review of previous theoretical and clinical works on this topic point out certain mode of involvement of dosha and dushya in the genesis of it. Most of efforts shows a prime role of vata in association of remaining dosha pitta kapha. Also, Acharya Charaka permit to treat such disease without nomenclature by judging the involvement of dosha dushya only (Cha.Su.20).

It is one of the commonest causes for other major disorders like ischemic heart disease and other pulmonary and renal conditions. Hypertension is generally asymptomatic and is found on routine general examination of the blood pressure. Some patients express it with the symptoms of headache, giddiness, sleeplessness etc. According to WHO if systolic B.P is more than 160 and diastolic is less than 95 this comes under High Blood Pressure category.

(3) The symptoms generally observed in the patients of hypertension are similar to various conditions mentioned in the Ayurvedic texts like brama, anidrata etc. the causative factors to the above symptoms involve the vitiation of pitta, rakta, meda and kapha and causing the abnormal functioning of vyana vayu. (4) This occurs because of the factors causing vitiation of Pitta like spicy foods, Cigar smoking, Tobacco chewing, alcoholism, awakening late in the night (Atijagaran), excessive consumption of pungent and salty diet, and some psychological factors like fear, anger etc play a major role in the vitiation of the doshas. Because of the above causes there will be Pit-taprapkopa which vitiates Rakta and due to today's sedentary lifestyle there will be Medodhatwagnimandya which causes Dhamanipratichaya which obstructs Vyana-vayu causes Raktabhara Vrudhhi. So, we can call this disease as Pitta, Meda-Raktavrutta Vyana vata. The treatment of it include a drug which can pacify the doshas pitta and kapha and reduce meda and regulate the functions of the vyana vayu..

### HYPERTENSION@raktavegavruddhi)

#### Etiology:-

It is well known that the blood pressure varies directly with the cardiac Output and peripheral vascular resistance.

#### Increased cardiac output is encountered in -

- A)increased plasma volume i.e.rasavruddhi
- B)increased volume of R.B.C.s i.e.raktavruddhi

C) increased heart rate i.e. vyanaprakopa (vatavruddhi)

#### Increased peripheral resistance is due to :-

- A) spasm of arterioles i.e. vyanaprakopa  
 B) chronic inflammatory disease of blood vessels i.e. pit-tavruddhi  
 C) atherosclerosis leading to thickening of blood vessels due to kaphavruddhi

#### SYMPTOMS HYPERTENSION OF BASED ON HUMORAL PREDOMINANCE:-

SR NO .	VATA	PITTA	KAPHA
1	WORRY	ANGER	ATHEROSCLEROSIS
2	STRAIN	NONE BLEEDING	DULL HEADACHE
3	ANXIETY	IRRITABILITY	EDEMA
4	INSOMIA	VIOLENT	LETHARGY
5	FLUCTUATION OF B.P. READING	HEADACHE/ FLUSH FACE	
6		BURNING SENSATION	
7		REDEYE/SENSITIVITY TO EYE	

#### DRUG FOR NEW RESEARCH:-

SR NO.	DRUG	ACTION
1	ARJUNA	BETA BLOCKER. ANTIOXIDANT/ HYPOLIPIDIMIC
2	GOKSHURA	DIURETICS/ACE INHIBITOR
3	PUNARNAVA	DIURETICS
4	ROSE PETALS	REDUCES PITTA & MOOD LIFTING/ANXIOLITICS

Hence for the present study the herbal drug **Rose petals Arka (NASYA)**

Latin name- Rosa centifolia was taken for the study.

#### Selection of the drug: (1-2)

##### Properties of the drug:

Rasa:- Tikta, kashaya, madhur Veerpak- madhur, Veerya-Sheeta, Guna - Laghu, snigdha. Prabhava:- Hridya Karma:- Deepana, pachan, vatanuloman, Hridya, Doshagnata-vata-Pittashamak, Rogagnata-Hridroga, Raktapitta vicar , Dushta Raktavikara,

Rasa	Tikta, kashaya	Properties:-
Veepak	madhur,	excellent source of vitamins A, B3, C, D and E
Veerya	Sheeta,	bioflavonoids, citric acid, flavonoids, fructose, malic acid, tannins and zinc.
Guna	Laghu, snigdha	bladder infections.
Prabhava	Hridya	antiseptic in eye infections.
Karma	Deepana, pachan, vatanuloman, Hridya	soothing property to the nerves
Doshagnata	vata-Pittashamak,	mild sedative and anti-depressant.
Rogagnata	-Hridroga Raktapitta vicar , Dushta Raktavikara,	heart disease,

By the above said properties **Rose petals Arka (NASYA)** was selected for the treatment of Hypertension. It clears the path of Srotasas which is obstructed by Dusta Kapha and Dusta pitta.

**Preparation and dosage with duration of treatment- 8 Drops Per Nostril for 15 days.** daily along with Local Snan Swedan

**Aims and objectives of the study:** The aim of the study is to access the efficacy of **Rose petals Arka (NASYA)** in the cases of Hypertension.

**Material and methods:-** An open end trial was conducted in 30 patients) in the age group of 20 to 60 yr, whose informed consent was obtained before commencement of the study.

The study was conducted in PMT'S Ayurved College & Centre For Post Graduate Shevgaon Dist :-Ahmednagar & Shatayu Hospital, Ambedkar Chowk, Shevgaon,

Dist:-Ahmednagar 414502 Signs and symptoms as well as Blood Pressure examined. Dosage: : **8 Drops Per Nostril for 15 days.** ONCE in a day.

**Dose & Duration: 8 Drops Per Nostril for 15 days.**

**Inclusion criteria:** • Patients between the age group of 20-60 years of age. • Patients diagnosed as hypertensive. • Patients not having any fatal complications.

**Exclusion criteria:** • Patients above 60 years of age. • Patients having complications like previous history of stroke, cardiac failure etc. • Pregnant, lactating and cachexic patients were excluded from the study.

**Assessment:** Patients are asked to come for checkups once in a week for two visits.

The most common symptoms of hypertension, headache (shirashula), giddiness (bhrama), hridravaya (heaviness the chest), oedema (shotha), dyspnoea (shwasaktata) anger, nose bleeding, irritability, violent, Shirah-shul (headache)/flush face, Bhrama (giddiness), burning sensation, sensitivity to eye, are recorded for their presence or absence and the assessment is made by the following based on the relief of the symptoms Blood pressure was checked by the sphygmomanometer and the categorized as normal (120/80 mm of Hg), mild (140/100 mm of Hg).

**Results (Table 1):-** Out of 15 patients, 13 patients completed the trial.

It is observed that of the 13 patients 9 has Shirahshula, 07 has Bhrama, 08 had Hridadrava, 06 has Anidra, 03 patients has Smrutibhramsha, 05 has Swasa kastata, 08 has Shotha, 06 patients having Atisweadapravrutti, 07 patients are Habitual to tobacco or alcohols, 10 patients are having Krodhachachurata, All the patients were consuming mixed diet and all the patients were Married. Of the 15 patients 06 were mild Hypertensive patients, 06 were moderately Hypertensive and 03 were severely Hypertensive.

**TABLE NO :-Showing the result obtained**

Symptoms	Before treatment	After treatment
Anger (Krodha)	10(74.97%)	08(67%)
Irritability	08(67%)	07(70%)
Violent	08(67%)	06(55%)
Burning sensation	07(70%)	05(33%)
Bhrama(giddiness)	07(70%)	06(55%)
Shirshoola(headache)	09(75%)	08(67%)
Hridadrava	08(67%)	06(55%)
Red eye/sensitivity of eye	06(55%)	04(30%)
Anidra (insomnia)	06(55%)	04(30%)
Shotha/Edema	06(55%)	04(30%)
Mild hypertension	06(55%)	05(33%)
Moderate hypertension	06(55%)	05(33%)

Severe hypertension	03(25%)	01(0.8%)
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After giving the **(8 Drops Per Nostril for 15 days.** along with Local Snadan Swedan.

It is observed that mild Hypertensive patients were 08, Moderate- 03 and 1 patient has got complete relief.

It is also observed that this drug decreases the symptoms of Shirahshula (50%), Bhrama (60%), Swasakastata (75%), Shotha (50%), Urahshula (50%).

#### Discussion and conclusion: -

Hypertension is the disease which, though has not been mentioned directly in Ayurvedic texts it can be considered as Avrutta vata, specifically as PittaMeda-Raktavrutta -Vyana. **Rose petals Arka(NASYA)** is the drug which has Kapha-Pittahara properties as well as - Laghu,snigdha. -hridya Deepana, pachan, vatanuloman,Hridya, -vata-

Pittashamak, is easily digestible and which absorbs the Kleda of Medadusti, Pittadusti and relieves obstruction. So the drug was taken for the study and the study was conducted to know its effects. From the above study it was observed that a few symptoms of the hypertension have reduced but the overall effect showed moderate effect of the **Rose petals Arka(NASYA)** on Hypertension. From this study it can be concluded that **Rose petals Arka(NASYA)** can be used in the mild to moderate hypertension.

a pilot study, the sample size is very less the experiment has to be conducted in a large sample for the statistically viability.

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