

A Glimpse of Hypertension Through the Lens of Rasashastra and Bhaishajya Kalpana - A Conceptual Study

¹ Suhasini, ² Sangolge Bandeppa

¹ Assistant Professor, N.K Jabshetty Ayurvedic Medical College, Bidar

² Professor, N.K Jabshetty Ayurvedic Medical College, Bidar

DOI: <https://dx.doi.org/10.51244/IJRSI.2025.1210000209>

Received: 07 October 2025; Accepted: 14 October 2025; Published: 15 November 2025

ABSTRACT

Hypertension, commonly known as high blood pressure, is a condition where the force of blood against the artery walls becomes too high. In modern it is called the silent killer because it often has no clear symptoms. *Ayurveda*, the ancient Indian system of healing, explains hypertension as an imbalance of *Doshas* that affect the heart and blood vessels (*raktavaha strotas*), though not directly mentioned as a separate disease entity, it can be correlated with conditions involving *Rakta*, *Vata* and *Manas* vitiation such as *Raktagata Vata*, *Raktapitta*, and *Vyana vata Avarana*. *Rasashastra* and *Bhaishajya Kalpana* is one among the specialized branch of *Ayurveda* dealing with potent *Rasaushadhis* to balance *Vata* and purify *Rakta*, the primary factors involved in hypertension.

Keywords - Hypertension, *Rasaushadhis*, *Doshas*

INTRODUCTION

Rasashastra emphasizes the therapeutic use of *Rasa dravyas* after proper *Shodhana* and *Marana* procedures. These formulations act in small doses with fast and deep action.

Hypertension is one that involves a progressive increase in blood pressure from normal levels, often starting in younger years but accelerating with age, which can remain asymptomatic for years. Untreated hypertension acts as a potent, time-dependent risk factor for cardiovascular diseases such as stroke, heart failure, and kidney disease and increases overall mortality in the present era. The process can be influenced by genetics, lifestyle, the presence of other risk factors, and is often characterized by the development of vascular damage and organ damage even in its early asymptomatic stages.

As per the WHO report, about 40% of people aged more than 25 years had hypertension. It is directly responsible for 57% of all stroke deaths and 24% of all coronary heart diseases deaths in India.

AIMS AND OBJECTIVES

- To understand hypertension through Ayurvedic principles particularly in context of *Rasashastra* and *Bhaishajya Kalpana*.
- To identify suitable herbo - mineral formulations mentioned in *Rasashastra* texts that may help in the management of hypertension.
- To highlight the pharmacological actions of key ingredients like *Swarna makshika bhasma*, *Abhraka bhasma*, *mukta pisti*, *Arjuna* etc in maintaining cardiovascular health.
- To provide a bridge between traditional Ayurvedic formulation and modern pharmacology for better understanding and clinical application.

MATERIALS AND METHODS

Literary Source

Review of Rasashastra and Bhaishajya kalpana classical texts such as - Rasatarangini, Rasa ratna samucchaya, Ayurveda sara sangraha, Rasendra sara sangraha etc

Data Collection

- A. Compilation of formulation described in classical texts for Raktagata Vata, Hridroga and Dhamani pratichaya
- B. Selection of Rasaushadhies such as - muktapisti, Swarna makshika bhasma, Abhraka bhasma, Sarpagandha vati, Hridayanava Rasa etc

Evaluation Criteria

- A. Review based on evaluation on efficacy and safety from previous research and textual references.
- B. Observational comparison of therapeutic effects mentioned in classical literature.

Ayurvedic View of Hypertension

In *Ayurveda*, Hypertension is not mentioned as a single disease but explained through the imbalance of *Doshas* as -

Probable Ayurvedic correlation -

Vata Dosha – Governs movement of blood heart rhythm and nerves impulses.

Pitta Dosha - control heat, metabolism, blood flow

Kapha Dosha - Influences structure stability and fluid balances

Hypertension is majorly related to *Vata* and *Pitta* imbalance with *Kapha* involvement in case of obesity and high cholesterol.

Vataja and *Raktaja vyadhi* – Hypertension resembles *Raktagata Vata* where *Vata* vitiates *Rakta Dhatu*, causing tension in blood vessels and increased pulse.

Manasika Bhava- Stress and anxiety (*chinta, bhaya, krodha*) aggravated *Vata* and *Pitta* contributing to blood pressure rise.

Rasashastra Formulations Useful in Hypertension with Clinical Research Evidences –

SVARNA MAKSHIKA BHASMA

Reference - Rasatarangini 21 taranga

Properties – *Hrdya, Raktashodhaka, Pitta- Vatahara*

Mode of action – enhances cardiac function, improves blood circulation and reduces oxidative stress. balances *Vata Pitta*.

Dose - 125 mg - 250 mg

Research update - Topic - *Evaluation of subchronic genotoxic potential of Swarna makshika bhasma*. Authour - Pavan B, Journal name - *Ayu*, 2012

Abharaka Bhasma

Reference - *Rasatarangini 21 taranga*

Properties – *Rasayana, balya, Medhya, Hrdya*

Mode of action – Rejuvenates cardiac and nervous tissue, reduces anxiety and acts as a stress adaptogen.

Dose – 125 mg - 250 mg

Research update - Topic - Understanding the effects of *Abhraka Bhasma* on genotoxicity in mouse model. Author - Divya S .Journal name - journal of Ayurveda and integrative medicine ,2023.

Mukta Pisti –

Reference - *Rasatarangini 23 Taranga*

Properties – *Sita, Pitta – shamaka, manoshamaka.*

Mode of action – Calms the mind, controls palpitation, and lowers stress induced blood pressure.

Dose – 125 mg - 250 mg with water or cows milk

Research update - Topic - A study to clinically evaluate the role of herbomineral compound *Raktachap har* in the management of essential hypertension .Authour - Ruchika Nandha .Journal name - pubmed

Pravala Pishti –

Reference - *Rasataragini 23 Taranga*

Properties – *Pitta Vatahara ,Hrdya, Raktashodhaka*

Mode of action – improves cardiac strength

Dose - 125 mg - 250 mg with milk ,honey

Research update - Topic - Clinical evalution of new ayurvedic herbo mineral formulation in stage 1 primary Hypertension. Author - swati goyal .Journal name - Ayushdhara

Arjuna Kshira Paka –

Reference - *Chakradatta*

Properties – *Hridya ,Raktaprasadaka, Rasayana*

Mode of action – Strengthens cardiac muscles, regulates pulse rate, and improves blood vessels elasticity

Dose - 10- 20 ml twice day after meal.

Research Update - Terminalia arjuna, a cardioprotective herbal medicine - relevancy in the modern era of Pharmaceutical and Green nanomedicine - A Review .Authour - Purnimajayashree Ramesh .Journal name - Pubmed central .

Hridayarnava Rasa –

Reference - *Rasendra Sara Sangraha*

Ingredients – *Tamra Bhasma, Shuddha Hingula, Lauha Bhasma, Abhraka Bhasma* etc

Properties – *Hrdya, Deepana, Raktashodhaka*

Mode of action – improves cardiac strength, clears *Ama* from channels, Cardiac disorder

Dose – 125 mg - 250 mg twice with *arjuna kshaya*

Research update - Topic - Evidence based study of Hridayarnava Rasa - An Ayurvedic formulation in experimentally induced atherosclerotic cardiovascular disease. Author - Subramani Chitra. Journal name - Journal of Drug Research in Ayurvedic Science

Suvarna Sutashekara Rasa –

Reference - *Ayurveda sara sangraha*

Ingredients - *Suvarna bhasma, kajjali, Tamra bhasma, Shankha bhasma* etc

Properties – *Vata pitta hara, Manoshamaka, Hridya*

Mode of action – stress, related or anxiety, palpitation, hyperacidity

Dose- 125 mg - 250 mg with cow milk.

Research update - Topic - Effect of Raupya Suvarna Sutashekara, a herbo mineral metallic formulation as adjunct Ayurvedic medicine on long term survival in patients of malignant brain tumor

Sarpagandhadi Vati –

Reference - *Siddha yoga sangraha*

Ingredients - *sarpagandha, jatamansi, brahmi, abhraka bhasma* etc

Mode of action - Reduces blood pressure by sedative and vatahara properties used in both primary and secondary hypertension

Dose - 125 mg - 250 mg tablet twice a day with water

Research update - Topic - A comparative clinical study to evaluate the efficacy of Prabhakar vati and Sarpagandha vati in shonita dusti w.s.r to essential Hypertension. Author - Dr. G. Vinay. Journal name - World journal of Pharmaceutical and medical research.

Herbal Drugs –

Sarpagandha - anxiety, stress

Ashwagandha - reduces stress and anxiety

Brahmi - Calms the nervous system

Punarnava - Diuretic and anti-inflammatory

Jatamansi - Balances Vata and pitta

Lasuna - Improves circulation, decreases cholesterol

PROBABLE PHARMACODYNAMICS OF AYURVEDIC DRUGS

- *Vata Pitta Shamana* - Reduces spasm and excitability of vascular channels
- *Raktashodhana* and *Rasayana* - Improves quality of blood and rejuvenates heart tissue.
- *Hridya karma* - Maintains cardiac stability and emotional calmness
- *Manovaha Srotoshodhana* - Reduces stress ,anxiety,and restlessness

Prevention Through Ayurveda

- Eat Satvic food
- Practice Yoga and Pranayam
- Control anger and stress
- Maintain ideal body weight
- Sleep of 6 - 8 hours
- Avoid excess salt
- Keep the mind calm

DISCUSSION

Rasashastra formulations act on *Hridaya* (heart) and *Manovaha strotas* through their *Suksma* and *Tikshana guna*. They work at *Dhatu* level ,regulating *Rakta sanchara* (blood circulation) and reducing oxidative stress. *Bhasms* like *Abhraka* and *Makshika,mukta pisti ,Pravala pisti* act as natural adaptogens and antioxidants which parallel modern cardiogenic and anxiolytic effect. The combination with *Medhya Rasayana* enhances psychological stability.

CONCLUSION

Rasashastra provides a comprehensive approach to hypertension management through *Dosha shamana,Rasayana* and *Hrdya* formulations. When properly prepared and administered under supervision these medicines helps in controlling blood pressure, reducing stress and strengthening cardiac function. Integrating *Rasoushadhis* with lifestyle modification ,*Yoga* and *Ahara niyamma* (diet) can offer a holistic and sustainable management of hypertension.

REFERENCES

1. Sharma Sadananda ,Rasa tarangini ,motilal Banarasidas,Varanasi,2000,09th chapter,version19,s -taranga 23,pp - 525
2. Sharma Sadananda ,Rasa tarangini ,motilal Banarasidas,Varanasi,2000,09th chapter,version19,s -taranga 10,pp - 234
3. Sharma Sadananda ,Rasa tarangini ,motilal Banarasidas,Varanasi,2000,09th chapter,version19,s -taranga 23 ,pp - 624
4. Sharma Sadananda ,Rasa tarangini ,motilal Banarasidas,Varanasi,2000,09th chapter,version19,taranga 23 , pp - 629
5. Rama narayan sharma vaidhya ,Ayurveda sara sangraha ,sri vaidhyanath ayurveda bhavan li.,nagpur ,2000,pp - 406
6. Rama narayan sharma vaidhya ,Ayurveda sara sangraha ,sri vaidhyanath ayurveda bhavan limited.,nagpur ,2000,pp - 451
7. Chakrapani,,chakradatta ,Ganga vishnu sri krishna das ,3rd Edition,shri laxmi venkatwshwar steam press,mumbai .pp-159www.who.int
8. Google .com.(for articles details)