



சித்தமருத்துவ மைய ஆராய்ச்சி நிலையம்
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सिद्ध केंद्रीय अनुसंधान संस्थान

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Athi Rattha Azhutham - Hypertension

Definition

Blood pressure is the pressure exerted by the blood against the wall of the main arteries. The normal blood pressure level is 120/80 mmHg. Hypertension is the blood pressure, which is above the normal level, consistently for more than six months. According to Siddha philosophy the vitiation of Azhal humour is the main cause for Athi Rattha Azhutham. Hypertension is one of the major causes of death and disabilities worldwide and hence it is rightly called as 'Silent Killer'.

Causes

- Hereditary
- Cardiovascular diseases
- Obesity
- High blood cholesterol
- Diabetes mellitus
- Hectic and stressful life
- Mental agony
- Insufficient sleep and rest
- High salt intake

Preventive measures

- Avoid excess intake of Salt
- Reduce the intake of Oil, Meat and Egg
- Avoid Smoking & Alcohol

Health promoting tips

- Take plenty of water & fruit Juice
- Drink decoction of cumin and coriander seeds
- Walking
- Breathing exercise
- Meditation
- Yoga

Curative herbs

- Cirakam - *Cuminum cyminum*
- Maruthampattai - *Terminalia arjuna*
- Musumusukkai - *Mukia maderaspatana*
- Ven Thamarai - *Nelumbo nucifera*
- Sarpagandha - *Rauwolfia serpentina*
- Vellai pundu - *Allium sativum*
- Elam - *Elettaria cardamomum*
- Kothumalli - *Coriandrum sativum*
- Sataamaangil - *Nardostachys grandiflora*
- Elumicam Pazham - *Citrus aurantifolia*
- Venkayam - *Allium cepa*
- Seenthil - *Tinospora cordifolia*