







# Managing Hypertension with Ayurveda

Hypertension, commonly known as high blood pressure, is a prevalent health condition characterized by elevated blood pressure levels. While conventional treatments such as medication and lifestyle modifications are commonly prescribed, many individuals seek alternative approaches for managing hypertension. Ayurveda, the ancient Indian system of medicine, offers holistic therapies and herbal remedies that can complement conventional treatments and promote overall well-being. In this blog, we will explore how Ayurveda can be used to manage hypertension effectively, focusing on Ayurvedic treatments available in Trivandrum.

## Understanding Hypertension in Ayurveda:

According to Ayurveda, hypertension is primarily caused by an imbalance in the doshas, or bioenergetic forces, particularly the Pitta dosha. Excessive intake of spicy, salty, and oily foods, as well as emotional stress and lack of physical activity, can aggravate Pitta dosha and contribute to hypertension. Ayurvedic practitioners aim to restore balance to the doshas through dietary modifications, lifestyle changes, herbal remedies, and treatments.

## Dietary Recommendations:

Ayurvedic dietary guidelines for managing hypertension emphasize the consumption of fresh, natural foods that pacify Pitta dosha and promote overall health. This includes incorporating cooling and soothing foods such as fresh fruits, vegetables, whole grains, and dairy products into the diet while minimizing spicy, salty, and oily foods. Additionally, herbs and spices such as turmeric, cumin, coriander, and ginger are commonly used in Ayurvedic cooking for their anti-inflammatory and digestive properties.

## Herbal Remedies:

Ayurveda offers a wide range of herbal remedies that can help lower blood pressure and support cardiovascular health. Some commonly used herbs for managing hypertension include:

**Arjuna (Terminalia arjuna):** Known for its cardioprotective properties, Arjuna bark extract is often used in Ayurvedic formulations to support heart function and regulate blood pressure.

**Brahmi (Bacopa monnieri):** This adaptogenic herb helps reduce stress and anxiety, which are common contributors to hypertension. Brahmi is often consumed as a tea or taken in supplement form to promote relaxation and mental clarity.

**Ashwagandha (Withania somnifera):** As an adaptogenic herb, Ashwagandha helps the body adapt to stress and maintain balance. It can help lower cortisol levels, reduce inflammation, and support overall cardiovascular health.

**Triphala:** A combination of three fruits – Amalaki (*Emblica officinalis*), Bibhitaki (*Terminalia bellirica*), and Haritaki (*Terminalia chebula*) – Triphala is a potent antioxidant and detoxifying agent that can help improve circulation and lower blood pressure.

## Lifestyle Modifications:

In addition to dietary and herbal interventions, Ayurveda emphasizes the importance of lifestyle

