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Role of Pradhana Sharira and Manas Prakriti on Manifestation of Hypertension: A Cross Sectional Survey Study

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ABSTRACT

Background: Hypertension is the most menacing disorder in Ayurveda. Prognosis of diseases can be identified by Concept of Prakriti (human constitution). Therefore in this study, we intend to study Pradhana sharira and Manas prakriti (dominant bodily and mental constitution) in Hypertension. On the basis of manifestation of sign and symptoms and current evidences Hypertension can be equated to Raktapradhosa Vikara. Methods: The specific research proforma was made to assess Sharira–manasa prakriti. Prakriti determination proforma was prepared having Vataha, Paitika and Kaphha characters with reference to anatomical, physiological and sociological characters, by following Brihastrai (Charaka, Sushruta and Astanga Hridayag). Prakriti of 103 subjects of Hypertension was assessed as per Sharirika (bodily humors) and Manasik prakriti assessment proforma which were analyzed according to characteristics found in subjects. Results: Maximum 60.76 % subjects were having Pitta Pradhana prakriti and maximum 30 % having Rajas Pradhana prakriti. 53.92 % were in age group of 36-55 years, 66.67 % patients were male, 97.06 % patients were Hindu, majority of patients i.e. 98.04 % were married, 64.71 % patients have sitting occupation, 98.04 % patients were educated, maximum No. of patients i.e. 89.22 % were from middle class. In Rajas Pradhana prakriti lakshana, Kama found in 67.65 % and in Tamhas Pradhana prakriti lakshana, Buddhinirodha was found in 82.35 %. Conclusion: Sharirika and Manasa bhava play an important role in manifestation of Hypertension. Therefore, it can be said that dominant Pitta and Rajas prakriti may have influence on manifestation of Hypertension.

1. INTRODUCTION

Chronic diet-related diseases are on rise around the world due to new lifestyles and eating habits. Change in the life style is becoming major strategy for prevention of non-communicable diseases and for promotion of health. Most of these non-communicable diseases share common preventable risk factors, such as tobacco use, high alcohol consumption, anxiety, raised cholesterol level and sedentary life style. Lifestyle diseases like Hypertension, diabetes mellitus and obesity are the major risk factors for the development of CVD. As per different opinions it can be said that in Hypertension i.e. Ucharaktachapa, the main pathogenesis occurs in Raktaadhatu and Sira or Dhamani. It is considered as Psychosomatic and Tridoshamaka disorder. Sharirika and Manas prakriti have an important role in Hetu Skandha (causative factor), Linga Skandha (symptom factor) and Aushadha Skandha (treatment factor). Many works has been done on Sharirika prakriti, but researches on Manas and Sharirika prakriti with relation to Vyadhi Upatti (disease manifestation) are very few or not available. As per Ayurvedic Classics, it is said that ‘Vatadhyya Sadatara’. Therefore, the present study was conducted in patients with Hypertensive not more than one year chronicity were selected to prove particular Sharirika – Manas prakriti relation. On the basis of manifestation of sign and symptoms and current evidences Hypertension can be equated to Raktapradhosa Vikara. Here, an attempt is made to find out the relationship of Sharirika and Manas prakriti in Vyadhi Upatti through survey pro forma in diagnosed patients of Hypertension.
2. MATERIALS AND METHODS

A cross sectional survey study was conducted on 103 newly diagnosed Hypertensive subjects, attending OPD and inpatient Department of IPGT and RA, Gujarat Ayurved University, Jamnagar, Gujarat, India, from December 1, 2013 to February 28, 2014, after obtaining approval from the Institutional Ethics Committee. (Ref. PGT/7–A/ Ethics/2012–2032/3552 dated 25/02/2013). This study is registered in Clinical Trial Registry of India (CTRI) vide CTRI/2013/06/003775 [Registered on: 21/06/2013] - Trial Registered Retrospectively. The subjects were selected using simple random sampling and written informed consent was taken as per Helsinki declaration after offering sufficient explanations about the study and its aims. All subjects were interviewed in the local language by a single person.

2.1. Assessment of Prakriti

The specific research proforma was made to assess Sharira – Manasa prakriti. Prakriti determination proforma was prepared having Vātika, Paitika and Kaphaja characters with reference to anatomical, physiological and sociological characters, by following Brihatsrayī (Charaka, Sushruta and Ashtanga Hridaya).[5,6] Assessment was made by analyzing obtained data from filled questionnaire and physical examination of subjects. All anatomical characteristics were assessed by visual and tactile examination. Vata, Pitta and Kapha Pradhana prakriti were analyzed with proforma according to character found in individuals. Maximum characteristic of any Dosha indicates Pradhana dosha prakriti of that individual. After assessing Prakriti, subjects were further divided into three categories i.e Vata pradhana, Pitta pradhana and Kapha pradhana prakriti. Same method is obtained to assess pradhana manas prakriti i.e. Sattva Pradhana, Rajas Pradhana and Tamas Pradhana prakriti. All the collected survey data were statistically assessed by calculating percentage to identify the prakriti in the causation of diseases mentioned above.

2.2. Inclusion Criteria

Participants between age group of 18 to 60 years who had no confirmed mental illness to participate were selected without any bar of, sex, caste and religion. The diagnosis was mainly based on mercury containing Sphygmomanometer Systolic Blood Pressure above 140 mmHg and Diastolic Blood Pressure above 90 mmHg without antihypertensive treatment and newly diagnosed patients were selected.

2.3. Exclusion Criteria

Patients having any systemic illness, Pregnant and lactating women were excluded from the study.

3. RESULTS

A total of 103 patients of Hypertension were studied. Baseline characters related to principle variables, namely, age, gender, religion, marital status, occupation, socio-economic status, etc., are depicted in Table 1. Factors related to Sharira prakriti of patients with Hypertension are depicted in Table 2. Factors related to Manas prakriti of patients with Hypertension are depicted in Table 3.

| Parameters      | Divisions | No. of Patients | %    |
|-----------------|-----------|-----------------|------|
| Age             |           |                 |      |
| 20 to 35 yrs    | 09        | 8.82            |      |
| 36 to 55 yrs    | 55        | 53.92           |      |
| Above 56 yrs    | 39        | 38.24           |      |
| Sex             |           |                 |      |
| Female          | 68        | 66.67           |      |
| Male            | 35        | 34.31           |      |
| Religion        |           |                 |      |
| Hindu           | 99        | 97.06           |      |
| Muslim          | 04        | 3.92            |      |
| Christian       | 00        | 00              |      |
| Marital Status  |           |                 |      |
| Married         | 100       | 98.04           |      |
| Unmarried       | 03        | 1.96            |      |
| Occupation      |           |                 |      |
| Sitting         | 66        | 64.71           |      |
| Standing        | 32        | 31.37           |      |
| Walking         | 05        | 4.90            |      |
| Education       |           |                 |      |
| Educated        | 100       | 98.04           |      |
| Uneducated      | 03        | 1.96            |      |
| Socio-economic Status | | |
| Upper          | 00        | 00              |      |
| Middle          | 91        | 89.22           |      |
| Lower           | 12        | 10.78           |      |
### Table 2. Factors Related To Sharira prakriti of Hypertension Patients

| Prakriti   | Anga                  | No. of Patients (%) | %  |
|------------|-----------------------|---------------------|----|
| Kapha prakriti | Snigdha (unctuous)    | 43                  | 42.16 |
|            | Upachita (well nourished) | 40                  | 39.22 |
|            | Shthira (Stable)      | 24                  | 23.53 |
|            | Alpa Santapa (not so much hot) | 20                  | 19.61 |
| Pitta prakriti | Shithila (loose)     | 20                  | 19.61 |
|            | Gaura (fair)          | 18                  | 17.65 |
|            | Tanu (thin)           | 17                  | 16.67 |
|            | Ushnanga (Hot estimates) | 15                  | 14.71 |
| Vata prakriti | Ruksha (dry)         | 40                  | 39.22 |
|            | Apachita (not nourished) | 37                  | 36.27 |
|            | Anavasthita (not properly maintained) | 23                  | 22.55 |
|            | Shitanga (hot extremities) | 28                  | 27.45 |
| Prakriti   | Gatra (extremities)   | No. of Patients (%) | %  |
| Kapha prakriti | Sundara (beautiful) | 36                  | 35.29 |
|            | Suibhakta (well structured) | 33                  | 32.35 |
| Pitta prakriti | Sukumara (elegant) | 47                  | 46.08 |
|            | Avadata (White)       | 44                  | 43.14 |
| Vata prakriti | Krisha (Thin)        | 20                  | 19.61 |
| Prakriti   | Varna (color)         | No. of Patients (%) | %  |
| Kapha prakriti | Avadata (White)    | 49                  | 48.04 |
| Pitta prakriti | Gauri/Pitta (~fair)  | 32                  | 31.37 |
| Vata prakriti | Aruna/Shyama (black) | 22                  | 21.57 |
| Prakriti   | Sharira Sandhi Mansa (Joint muscles) | No. of Patients (%) | %  |
| Kapha prakriti | Shthira (stable)   | 35                  | 33.33 |
| Pitta prakriti | Shithila (loose)    | 52                  | 50.98 |
| Vata prakriti | Chapala (active)    | 16                  | 15.69 |
| Prakriti   | Sandhi Bandhana (joint) | No. of Patients (%) | %  |
| Kapha prakriti | Sushlishita (firm) | 35                  | 33.33 |
| Pitta prakriti | Shithila (loose)    | 50                  | 48.04 |
| Vata prakriti | Shabdagamina (crapitus) | 18                  | 16.67 |
| Prakriti   | Manda (slow)         | No. of Patients (%) | %  |
| Kapha prakriti | -                   | 62                  | 60.78 |
| Pitta prakriti | Chapala (active) | -                   | -    |
| Vata prakriti | Shigra (fast)       | 33                  | 32.35 |
|            | Manda (slow)         | 28                  | 27.45 |
|            | Laghu                | 16                  | 15.69 |
|            | Alpa                 | 15                  | 14.71 |
| Prakriti   | Karya (activity)     | No. of Patients (%) | %  |
| Kapha prakriti | Ashigra (slow)     | 23                  | 22.55 |
| Pitta prakriti | Madhyama (medium) | 60                  | 58.82 |
| Vata prakriti | Shigra (fast)       | 20                  | 19.61 |
| Prakriti   | Gati (gait)          | No. of Patients (%) | %  |
| Kapha prakriti | -                   | -                   | -    |
| Pitta prakriti | -                   | -                   | -    |
| Vata prakriti | Laghu /Chapala (active) | 35                  | 34.31 |
| Prakriti   | Aharamatra (food quantity) | No. of Patients (%) | %  |
| Kapha prakriti | Alpa (low)         | 34                  | 33.33 |
| Pitta prakriti | Prabhuta (maximum) | 49                  | 48.04 |
| Vata prakriti | Aniyamita (irregular) | 20                  | 19.60 |
| Prakriti   | Kshudha (hunger)     | No. of Patients (%) | %  |
| Kapha prakriti | Alpa (low)        | 17                  | 16.67 |
| Pitta prakriti | Dandashuka (frequent hunger) | 55                  | 54.90 |
| Vata prakriti | Aniyamita (irregular) | 31                  | 30.39 |
| Prakriti   | Trishna (thirst)    | No. of Patients (%) | %  |
| Kapha prakriti | Alpa (low)        | 47                  | 46.08 |
| Pitta prakriti | Prabhuta (maximum) | 31                  | 30.39 |
| Vata prakriti | Aniyamita (irregular) | 25                  | 23.53 |
| Prakriti   | Sweda (Perspiration) | No. of Patients (%) | %  |
| Kapha prakriti | Alpa (low)        | 33                  | 32.35 |
| Pitta prakriti | Prabhuta (maximum) | 40                  | 39.22 |
| Prakriti | Vata prakriti | No. of Patients | %  |
|---------|---------------|----------------|----|
| Aniyamita (irregular) | 30 | 29.41 |
| Prakriti | Sharira Gandha | No. of Patients | %  |
| Kapha prakriti | Alpa (low) | 17 | 15.69 |
| Prabhuta (maximum) | 61 | 59.80 |
| Aniyamita (irregular) | 25 | 24.51 |
| Prakriti | Drishti (eye sight) | No. of Patients | %  |
| Kapha prakriti | Prasanna (~clear) | 23 | 22.54 |
| Shukla (White) | 23 | 22.54 |
| Raktanta (Reddish at corner) | 14 | 13.73 |
| Prakriti | Mukha (face) | No. of Patients | %  |
| Kapha prakriti | Prasanna (~healthy) | 45 | 44.12 |
| Priya Darshana (beautiful) | 39 | 38.24 |
| Pitta prakriti | Ushna (hot) | 31 | 30.39 |
| Tamra (yellowish) | 31 | 30.39 |
| Vata prakriti | Chapala (frequent movement) | 28 | 27.45 |
| Krisha (thin) | 27 | 26.47 |
| Prakriti | Swara (voice) | No. of Patients | %  |
| Kapha prakriti | Prasanna/ Snigdha (~healthy) | 28 | 27.45 |
| Pitta prakriti | Vyathita Asya (unhealthy oral cavity) | 44 | 43.14 |
| Vata prakriti | Pratata/ Ruksha/ Krishna (dry/thin) | 31 | 30.39 |
| Bahuratala (excessive talking) | 00 | 00 |
| Prakriti | Darshana (look) | No. of Patients | %  |
| Kapha prakriti | Prasanna/ Snigdha (~healthy) | 42 | 41.18 |
| Pitta prakriti | PrabhutaPiplu Vyanga (Maximum mole etc) | 49 | 48.04 |
| Vata prakriti | Bahukandara (visible tendons) | 12 | 11.76 |
| Prakriti | Bala (strength) | No. of Patients | %  |
| Kapha prakriti | Adhika (more) | 36 | 35.29 |
| Pitta prakriti | Madhyama (medium) | 55 | 53.92 |
| Vata prakriti | Alpa (low) | 12 | 10.78 |

| Prakriti | Sahishnuta (tolerance) | No. of Patients | %  |
|---------|-------------------------|----------------|----|
| Kapha prakriti | Klesha Sahishnu (distress) | 15 | 13.73 |
| Pitta prakriti | UshnaAsahishnu (can’t tolerate hot) | 62 | 60.78 |
| Vata prakriti | ShitaAsahishnu (can’t tolerate cold) | 36 | 34.31 |
| Prakriti | Keshan Kota (hair/ beard/ small hairs) | No. of Patients | %  |
| Kapha prakriti | Sthira (stable) | 09 | 8.82 |
| Kutila (curl) | 07 | 6.86 |
| Nila/Shyama (grayish) | 02 | 1.96 |
| Ghana (thick) | 02 | 1.96 |
| Pitta prakriti | Mridul/Alpa (soft/ low density) | 27 | 26.47 |
| Tanu (thin) | 24 | 23.53 |
| Kapilal Pingala (brown) | 07 | 6.86 |
| Palitya/ Khalitya (grayish/ hair fall) | 04 | 3.92 |
| Prakriti | Nakha (nail) | No. of Patients | %  |
| Kapha prakriti | Shukla (white) | 29 | 28.43 |
| Snigdha (unctuous) | 29 | 28.43 |
| Pitta prakriti | Tamra (yellowish) | 55 | 53.92 |
| Tikshhna (sharp) | 54 | 52.94 |
| Vata prakriti | Dhusara (greyish) | 19 | 18.63 |
| Sphultita (broken) | 17 | 16.67 |
| Ruksha (dry) | 06 | 5.88 |
| Prakriti | Agni (digestive power) | No. of Patients | %  |
| Kapha prakriti | Manda(slow) | 20 | 19.61 |
| Pitta prakriti | Madhyama (medium) | 66 | 65.69 |
| Vata prakriti | Vishama (irregular) | 17 | 16.67 |
| Prakriti | Nidra (sleep) | No. of Patients | %  |
| Kapha prakriti | Adhika (maximum) | 10 | 9.80 |
| Pitta prakriti | Madhyama (medium) | 63 | 61.76 |
| Vata prakriti | Jagruka (insomnia) | 30 | 28.43 |
| Prakriti | Trasa/ Ragai Viraga (anger/ irritation) | No. of Patients | %  |
| Kapha prakriti | Alpa (low) | 14 | 13.73 |
| Chirat (after long time) | 02 | 1.96 |
after marriage could be the factors which may be responsible for their high blood pressure. A study found that the marital status and marital transitions have indirect influences on health outcomes including Hypertension through health risk behaviors and stress and direct influences on cardiovascular, endocrine, immune, neuro-sensory and other physiological mechanisms.\[10\]

In present study, maximum patients were having sitting occupation. Generally, business causes mental stress which may produces stress induced Hypertension. In service related stressful work is the important cause for increase in blood pressure. It was postulated that one of the underlying mechanisms through which job strain leads to cardiovascular diseases is high blood pressure due to chronic physiological mechanisms.\[11\] The study shows that maximum No.s of patients were from lower middle class. As this hospital being a free Govt. hospital, only middle and lower-middle class and very poor people might be frequently visiting to this hospital. The negligence to proper health outcomes including Hypertension through health risk behaviors and stress and direct influences on cardiovascular, endocrine, immune, neuro-sensory and other physiological mechanisms.\[12\]

Maximum patients of Hypertension have Pitta Pradhana prakriti. The main seat of Sadbaka Pitta is Hridaya. The primitive cause in the vitiation of Dosham is the Ahita Sevana of Abhara and Vihara.\[13,14\] Vagbhata has elucidated intellectuals, grasping and ego as the functions of Sadbaka Pitta. All these functions are very much related to mind. If these functions are not in normal state can alter the cardiac output and vascular resistance. As the signs and symptoms of the EHT can be inferred under many Vjyadi Avastha e.g. Rakta-pradosa Vithara and Vata-Pitta Pradhana Tridoshaja Vikara then it becomes a

| Prakriti | Akshi (eye) | No. of Patients | %  |
|----------|-------------|-----------------|----|
| Kapha prakriti | Shukla Pakshma (white eyes lashes) | 38 | 37.25 |
| Vata prakriti | Dhusara Pakshma (grayish/low density eyebrow) | 24 | 23.53 |
| Vata prakriti | Pingalai Tamra (yellowish) | 37 | 36.27 |
| Vata prakriti | Tanu (thin) | 27 | 26.47 |
| Kapha prakriti | Toyada (water) | 30 | 29.41 |
| Vata prakriti | Jyoti (flame) | 25 | 24.51 |
| Vata prakriti | Vyati Gacchati (airy) | 09 | 8.82 |
| Shalidruma Gacchati | 09 | 8.82 |

| Prakriti | Aharaguna | No. of Patients | %  |
|----------|-----------|-----------------|----|
| Kapha prakriti | Ushnal/Ruksha (Hot/dry) | 43 | 40.20 |
| Pitta prakriti | Shita (cold) | 43 | 40.20 |
| Vata prakriti | Ushna (hot) | 17 | 16.67 |

| Prakriti | Smriti (memory) | No. of Patients | % |
|----------|-----------------|-----------------|----|
| Kapha prakriti | Dhritimana (determinant) | 22 | 21.57 |
| Kapha prakriti | Chiragrai (slow grasper) | 14 | 13.73 |
| Vata prakriti | Dirga Drishti (understanding power) | 11 | 10.78 |
| Pitta prakriti | Medhavi (intellectual) | 12 | 11.76 |
| Pitta prakriti | Nipuna Mati (good intellectual power) | 16 | 15.68 |
| Vata prakriti | Tejasvi (intelligent) | 06 | 5.88 |
| Vata prakriti | Shruta Grahinyo (immediate grasper) | 21 | 20.59 |
| Vata prakriti | Alpa Smriti (low memory) | 33 | 32.35 |

| Prakriti | Ayavavivesha (Specific Organs) | No. of Patients | % |
|----------|---------------------------------|-----------------|----|
| Kapha prakriti | Pralambabaahu (excessive long hand) | 33 | 32.35 |
| Kapha prakriti | Prithupanavaksha (width) | 43 | 42.16 |
| Pitta prakriti | UshnaMukha (hot oral cavity) | 12 | 11.76 |
| Vata prakriti | Kshipra vali (wrinkles) | 11 | 10.78 |
| Vata prakriti | Supe Unmilitari (opened eyes when sleep) | 10 | 9.80 |
| Vata prakriti | Prabaddhapindika | 10 | 9.80 |

| Prakriti | Satmya Rasa (wholesome taste) | No. of Patients | % |
|----------|---------------------------------|-----------------|----|
| Kapha prakriti | Tikta (bitter) | 11 | 10.78 |
| Kapha prakriti | Kashaya (pungent) | 07 | 6.86 |
| Kapha prakriti | Katu (spicy) | 19 | 18.63 |
| Pitta prakriti | Madhura (Sweet) | 32 | 31.37 |
| Pitta prakriti | Tikta (bitter) | 18 | 17.65 |
| Vata prakriti | Kashaya (astringent) | 05 | 4.90 |
| Vata prakriti | Madhura (sweet) | 40 | 39.22 |
| Vata prakriti | Amla (sour) | 67 | 65.69 |
| Vata prakriti | Patu (astringent) | 47 | 46.08 |

| Prakriti | Aharaguna | No. of Patients | % |
|----------|-----------|-----------------|----|
| Kapha prakriti | Ushnal/Ruksha (Hot/dry) | 43 | 40.20 |
| Pitta prakriti | Shita (cold) | 43 | 40.20 |
| Vata prakriti | Ushna (hot) | 17 | 16.67 |

| Prakriti | Smriti (memory) | No. of Patients | % |
|----------|-----------------|-----------------|----|
| Kapha prakriti | Dhritimana (determinant) | 22 | 21.57 |
| Kapha prakriti | Chiragrai (slow grasper) | 14 | 13.73 |
| Vata prakriti | Dirga Drishti (understanding power) | 11 | 10.78 |
| Pitta prakriti | Medhavi (intellectual) | 12 | 11.76 |
| Pitta prakriti | Nipuna Mati (good intellectual power) | 16 | 15.68 |
| Vata prakriti | Tejasvi (intelligent) | 06 | 5.88 |
| Vata prakriti | Shruta Grahinyo (immediate grasper) | 21 | 20.59 |
| Vata prakriti | Alpa Smriti (low memory) | 33 | 32.35 |

| Prakriti | Ayavavivesha (Specific Organs) | No. of Patients | % |
|----------|---------------------------------|-----------------|----|
| Kapha prakriti | Pralambabaahu (excessive long hand) | 33 | 32.35 |
| Kapha prakriti | Prithupanavaksha (width) | 43 | 42.16 |
| Pitta prakriti | UshnaMukha (hot oral cavity) | 12 | 11.76 |
| Vata prakriti | Kshipra vali (wrinkles) | 11 | 10.78 |
| Vata prakriti | Supe Unmilitari (opened eyes when sleep) | 10 | 9.80 |
| Vata prakriti | Prabaddhapindika | 10 | 9.80 |

| Prakriti | Satmya Rasa (wholesome taste) | No. of Patients | % |
|----------|---------------------------------|-----------------|----|
| Kapha prakriti | Tikta (bitter) | 11 | 10.78 |
| Kapha prakriti | Kashaya (pungent) | 07 | 6.86 |
| Kapha prakriti | Katu (spicy) | 19 | 18.63 |
| Pitta prakriti | Madhura (Sweet) | 32 | 31.37 |
| Pitta prakriti | Tikta (bitter) | 18 | 17.65 |
| Vata prakriti | Kashaya (astringent) | 05 | 4.90 |
| Vata prakriti | Madhura (sweet) | 40 | 39.22 |
| Vata prakriti | Amla (sour) | 67 | 65.69 |
| Vata prakriti | Patu (astringent) | 47 | 46.08 |

| Prakriti | Aharaguna | No. of Patients | % |
|----------|-----------|-----------------|----|
| Kapha prakriti | Ushnal/Ruksha (Hot/dry) | 43 | 40.20 |
| Pitta prakriti | Shita (cold) | 43 | 40.20 |
| Vata prakriti | Ushna (hot) | 17 | 16.67 |
light job by taking the etiological factors quoted under the same headings. Therefore, it can be said that Pitta Dosha is the primitive Dosha for manifestation of Hypertension. The study also proves the higher incidence of Hypertension in Pitta Pradhana prakriti persons.

Maximum patients have Rajas Pradhana prakriti. The Raja being Pravratta indeed aids in increasing the Chala Gana of Vata. In Rajasika prakriti, due to excess of Rashansha all emotions like Krodha, Shoka, Bhaya, Chinta etc. appear in them in their full exaggerated form and they can face the critical stressful situation after consolation or after being convinced by someone. So, they are more prone to develop psychosomatic disorders. Rajas in Manasa prakriti might play a major role in the prone-city of Hypertension and simultaneously, it may also hints towards the incurability of the disease. In hypertensive patients, coronary-prone individuals seem to be more prone to channel emotional arousal into action aggressive when provoked. The research is seen as providing support for the utility of emotion as a construct relevant to understanding psycho-physiological mechanisms associated with cardiovascular disorders.[19] Earlier studies have also proven that, dominant Prakriti has influence on biochemical, anthropometry and other bodily and mental parameters in mant diseases such as Obesity,[16,17] Non-insulin Dependent Diabetes Mellitus,[18] Chittedroga (Generalized anxiety disorder).[19] The present study on Hypertension also proves that dominant Pitta and Rajas prakriti may have influence on manifestation of hypertension.

| Prakriti | Lakshana | No. of Patients | % |
|----------|----------|----------------|---|
| Satva Pradhana prakriti | Bhakti (conscious in work) | 79 | 78.22 |
| | Buddhi (intelligent) | 59 | 58.42 |
| | Satya (truth) | 58 | 57.43 |
| | Anrushanshya (polite) | 65 | 64.36 |
| | Samvibhagaruchita (balance nature) | 52 | 51.49 |
| | Medha (determination) | 60 | 59.40 |
| | Dhriti (concentration) | 80 | 79.21 |
| | Kritagata (~emotional) | 62 | 61.39 |
| | Vyavasaya (~active) | 60 | 59.40 |
| | Shaucha (clean) | 65 | 64.36 |
| | Abhishangha Bhava (~detached) | 60 | 59.40 |
| | Dharma (~faith) | 67 | 66.34 |
| | Titiksha (endurance) | 60 | 59.40 |
| | Smriti (memory) | 60 | 59.40 |
| | Dakshinya (~helpful) | 60 | 59.40 |
| Rajas Pradhana prakriti | Amitbhashitva (good speaker) | 70 | 69.31 |
| | Dukhahabulata (sorrow) | 75 | 74.26 |
| | Akarunyata (~rigid) | 66 | 65.35 |
| | Kama (~desire) | 68 | 67.33 |
| | Atanshilata (~traveler) | 66 | 65.35 |
| | Harsha (excitement) | 75 | 74.26 |
| | Adhriti (not determinant) | 70 | 69.31 |
| | Krodha (anger) | 62 | 61.39 |
| | Anarya (~lazy) | 60 | 59.41 |
| | Maan (proud) | 76 | 75.25 |
| | Matsarya (~jealousy) | 63 | 62.38 |
| | Anrutikatva (false speaker) | 68 | 67.33 |
| | Ahankara (ego) | 72 | 71.29 |
| | Dambha (arrogance) | 64 | 63.37 |
| | Lolupatva (desire) | 65 | 64.36 |
| Tamas Pradhana prakriti | Pramada (mishit) | 48 | 47.53 |
| | Matsarya (greed) | 60 | 59.41 |
| | Vishada (depression) | 62 | 61.39 |
| | Paratisandhana (acoustic) | 59 | 58.42 |
| | Shoka (tense) | 68 | 67.33 |
| | Vipratiipatti (confused) | 63 | 62.38 |
| | Agyana (dull) | 55 | 54.45 |
| | Alasya (lazy) | 53 | 52.48 |
| | Durmedha (indeterminate) | 42 | 41.58 |
| | Nastikya (atheist) | 59 | 58.42 |
| | Kshu-Trishna (more hunger-thirst) | 56 | 55.45 |
| | Nidra (sleepy) | 54 | 53.47 |
| | Buddhi Nirodra (~baffled) | 75 | 74.26 |

6. CONCLUSION

Hypertension is considered as a psychosomatic disorder also. Sharina and Manasa Bhava play an important role in production of Hypertension. Pitta and Raja Dosha dominant Prakriti was found in manifestation of Hypertension. In Ayurveda, the root cause of any ailment is Prajnaparadha and Asatmya indriyarthi Sanyoga which indicates the involvement of psyche. The two Mano Dosha viz. Rajas and Tamas are involved in Hypertension. Rajas is Pravratta and Tama is Avartaka when they become vitiated it produce symptoms like Bhrama, Tandra, Maricha, Tamodarshana etc. These symptoms are usually found in the patients of Hypertension. Therefore, it is concluded that the dominant Dosha involved in Sharira and Manasika prakriti of a person have more possibilities of manifestation of the same Dosha–dominant disease.

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CONFLICTS OF INTEREST

The authors declare no conflict of interest.
ABBREVIATIONS

CVD: Cardio Vascular Diseases; BMI: Body mass Index; SES: socio economic status; EHT: Essential Hypertension.

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