



Case Study

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ASTHAPANA BASTI IN TRANSIENT HYPERTENSION DUE TO MALAGRAHA: A CASE STUDY

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ABSTRACT

Background: Health is a state of complete physical, mental, spiritual, and social well-being. Hypertension is one of the most alarming health problems of the present era due to a sedentary lifestyle and environmental factors. Transient hypertension is quite common. Recognizing whether the recorded high blood pressure (BP) is episodic or primary hypertension is essential. Several factors are causing transient hypertension, like stress, anxiety etc. Gastric distress is one of the causes of transient hypertension. Correction or elimination of these factors can normalize blood pressure (BP). Labelling a person as hypertension increases disease incidence and subjects them to unnecessary treatment and drug toxicities. Aim: This case study aimed to assess the effect of asthapana basti in transient hypertension due to malagraha. Materials and methods: a patient with malagraha and high blood pressure with no history of hypertension is selected for the study. The patient is treated with asthapana basti instantly. The effect of therapy (asthapana basti) was assessed based on the change in blood pressure and related symptoms. Result: As mala graha releases by the therapy. The high blood pressure came to normal within an hour, and associated symptoms also got relief. Conclusion: Transient hypertension (episodic high blood pressure) due to malagraha (constipation) can be treated with asthapana basti.

Keywords: Transient Hypertension, Hridgada, Malagraha, Asthapana Basti.

INTRODUCTION

Hypertension has been a major problem in India for the last two decades. It is estimated that at least one in four adults in India has hypertension¹. The overall prevalence of hypertension in India is 29.8%. Significant differences in hypertension prevalence are noted between rural and urban parts, 27.6% and 33.8%, respectively². Transient hypertension is conditional hypertension which is reversed with the condition and thus lowers the numbers. Several factors are causing transient hypertension, like stressful work atmosphere, anxiety, smoking, sleeplessness, alcohol, medication and drug abuse anxiety³. Gastric distress is one of the causes of transient hypertension.

In Ayurveda, all diseases are caused by suppression or expression of urge⁴. There are thirteen urges mentioned in Ayurveda which cannot suppress or express. Malavegdharan (suppressing the urge to defecate) is one of them; nowadays, it is the leading cause of diseases. Hridgada (epigastric distress) is a symptom of many diseases. The word hridgada is formed from two different words hrid means heart, and gada, toxin or disease. Hence, the word shows that toxins accumulate in the heart and disturb the normal physiology of the heart. Hridgada is one of the symptoms caused due to malavegdharan (suppressing the urge to defecate)⁵. The act of malavegdharan creates a condition of malagraha (constipation). Malagraha is nothing but the stagnation or retaining of toxic substances in the body and thus disturbing the body's physiology. Ayurveda mentions Panchakarma (detoxification of the body) therapy to overcome this. Panchakarma includes five procedures of detoxification of the body, namely Vaman (Therapeutic emesis), Virechan (Therapeutic purgation), Basti (Therapeutic enema), Nasya (Nasal insufflations of medicines that nourish or aid elimination

of toxins through the nose) and Raktamokshan (Therapeutic blood-letting). In Ayurveda, Basti is called a complete treatment⁶. Basti is of tree type, Anuvasana, Asthapana, Uttarbasti. Anuvasana basti is a therapeutic enema of medicated oils. Asthapana Basti is a therapeutic enema of decoction of different medicated herbs. Uttar basti is an administration of a specific medicated oil, ghrita or decoction into the urinary bladder or uterus. Asthapana basti is indicated in malagraha⁷.

Ethical consideration: An informed written consent was obtained from the patient before initiating the treatment. The study was done per the International conference of Harmonization-Good Clinical Practices Guidelines (ICH-GCP).

Patient Information: A male patient of age 75 years from Akola reported to Shri Vishvroop Ayurveda Clinic, Akola, On 13th December 2021 at 6.30 pm with complaints of giddiness, heaviness in chest, blurred vision, and diplopia. There was no history of vomiting, headache, hypertension, diabetes mellitus, asthma or any other chronic illness.

Patient History: On history taking, it is found that early morning (around 7 am) patient went for farming work, then after he consumed stale food (Jowar chapati and pickle of green chilly) at around 9 am (on 13th December 2021). At approximately 10 am, the patient started complaining of nausea, which gradually increased with other complaints. To get relief from these complaints, relatives brought the patient (as the patient could not stand on his own) to the clinic at around 6.30 pm.

Clinical Finding: Patient having c/o hridgada (gastric stress), klam (exhaustion even without exertion), and drishtimandya (blurred vision).

Table 1: General examination

Pulse rate	90/min
Respiratory rate	20/min
BP	210/120 mm of Hg
Temperature	Non-febrile

Table 2: Systemic examination

Cardio-vascular system	Normal heart sound, no added sound
Respiratory system	Air entry on both sides normal
GI system (P/A)	Soft, mild, tender

Table 3: Ashthavidhpariksha

Nadi	Vatapradhankaphaj, tivra
Mutra	3-4 time/day, samyak
Mala	Avashtambha
Jivha	Sama
Shabda	Vyakta
Sparsh	Samashitoshna
Drika	Drishitimandya
Aakriti	Madhyama

Diagnosis: As patient consumed stale food, causing agnimandya resulting in malagraha, which eventually vitiated vata dosha. Vitiating vata dosha creates gastric distress (hridgada) and increases blood pressure. So, the case is diagnosed as transient hypertension due to malagraha.

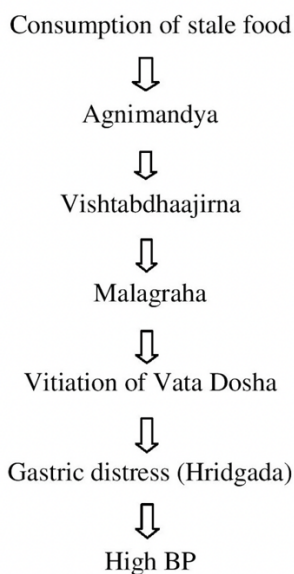


Diagram 1: Pathophysiology of the disease.

Therapeutic Intervention: To treat this disease condition, various treatments were mentioned in Ayurveda. As the patient is old, oral medicines may get a late response. Asthapana basti is indicated in malagraha and elders also. So the line of treatment was planned, i.e. sasneha asthapana basti about 750 ml decoction of Dashmula dravya (Bilva, Agnimantha, Gambhari, Shyonaka, Patala, Brihati, Shalaparni, Prishniparni, Kantakari and Gokshura) and 50 ml of Sahacharadi tail in lukewarm temperature was given instantly. Dashmula⁸ is vata pradhan tridoshaghna in action, and Sahacharadi tail⁹ is vata dosha shamak in action. As the patient is old age (above 70 years), it is indicated that the total quantity of basti dravya should be given 80 tolas, i.e. 800 ml (750 ml decoction + 50 ml of Sahacharadi tail)¹⁰.

Asthapana basti stimulates the intestine and creates a defecation urge. In the next five minutes of defecation, urge basti dravya with mala passed out. After releasing mala, vitiated vata dosha calms down to its normal level. Blood pressure and TPR (temperature, pulse and respiratory rate) with an interval of half hourly recorded as follow.

Table 4: Half hourly follow up

1)	Pulse rate	90/min
	Respiratory rate	20/min
	BP	210/120 mm of Hg
	Temperature	Non febrile
2)	Pulse rate	84/min
	Respiratory rate	18/min
	BP	160/110 mm of Hg
	Temperature	Non febrile
3)	Pulse rate	76/min
	Respiratory rate	16/min
	BP	130/90 mm of Hg
	Temperature	Non-febrile

The patient got relief from klama and drishitimandya also.

RESULT AND DISCUSSION

In this case, high blood pressure (BP) is caused due to gastric distress. This high BP is episodic so-called transient hypertension. It does not require any anti-hypertensive medication. It can reverse as the causative condition normalizes. Gastric distress is a common condition for transient hypertension. In this case, gastric distress is due to malagraha (constipation).

In this case, stale food consumption is the leading cause of agnimandya. Agnimandya is the root cause of all diseases¹¹. Agnimandya is a cause of ajirna (indigestion), especially vishtabdha ajirna (indigestion caused by vitiation of vata dosha), which create a condition of malagraha¹².

Time	Pulse rate	Respiratory rate	Blood pressure	Temperature
6.30 pm	90/min	20/min	210/120 mm of Hg	Non-febrile
7.00 pm	84/min	18/min	160/110 mm of Hg	Non-febrile
7.30 pm	76/min	16/min	130/90 mm of Hg	Non-febrile

Aasthapana Basti is indicated in malagraha. Old age has vata dosha baladhikya¹³, and grathit mala¹⁴ also causes vata dosha vitiation. Dashmula dravyas are vata pradhan tridoshaghna, and Sahacharadi tail is vata shamak. So asthapana basti of decoction of Dashmula dravya plus Sahacharadi tail was given instantly. The total quantity of asthapana basti is 800 ml, approximately 80 tolas, the exact quantity mentioned in Ayurveda for old age above 70. As half-hourly BP and TPR were recorded, it showed gradual improvement in BP and TPR. The BP recorded before and after is 210/120 mm Hg and 130/90 mm Hg. Pulse rate before and after is 90/min and 76/min. Respiratory rate before and after is 20/min and 16/min, respectively. The patient also got relief from klama and drishitimandya.

CONCLUSION

From the above discussion, we can opine that Gastric distress is one of the common causes of transient hypertension, as per Ayurveda. Gastric distress is one of the common symptoms of malagraha. Asthapana basti is indicated in malagraha for all age groups. After giving Asthapana basti patient got relief from

hridgada (gastric stress), klam (exhaustion even without exertion), and drishtimandya (blurred vision) after one hour of medication. So, we can conclude that transient hypertension due to malagraha becomes normal by treating with Asthapana Basti.

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