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Research Article

SURVEY STUDY OF PRE DIAGNOSED HYPERTENSIVE MALE SUBJECTS AND IT'S ASSOCIATION WITH MANAS PRAKRUTI

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ABSTRACT

In this modern era hypertension is a very common disease with the prevalence rate of 29.8% in India with the higher % in the males. And there only 5% cases are with known cause of hypertension i.e. Secondary/Inessential hypertension all the other cases is of Primary/Essential hypertension. No specific reason is known for the primary hypertension. One of the majorly acceptable reason for primary hypertension is modern age life style and stress factors. Manas prakruti is of three kinds-Shudha, Rajas, Tamas. Out of these Shudha is meant for blessings, Rajas is meant for anger and Tamas is meant for folly. Following passages describe each kind of characteristics specifically observed in personalities dominated by these kinds. That's why study of Manas Prakruti and its association with hypertension is very important to at least make a conclusive statement about the causes of primary hypertension. In this study we studied 30 prediagnosed hypertensive male subjects in the age group between 30-50 and their association with Manas Prakruti. The assessment of Manas Prakruti is done with the help of Ayusoft C-DAC proforma. The analysis of association between Manas Prakruti and Prediagnosed Hypertension is done with the help of graphical representation. In this study we found that Manas prakruti makes a major role in the hypertensive subjects. In this study we found that Raja Prakruti persons are more prone to hypertension than Tama Prakruti following by Satva Prakruti.

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INTRODUCTION

Ayurveda aims to maintain health of a healthy individual and cure disease of a patient¹

Prakruti is formed at the time of union of shukra and shonita.² It is determined by the Dosha dominance of parents at the time of conception.³

Prakruti is an expression of one's own constitution which is individual specific and is controlled by its own physiology. It is the foundation of Ayurveda and the basic of human life predominant doshas are affecting through the whole life of human being.

There are 3 types of Manas prakruti.

Raja and tama are considered as the two doshas in spite of their different nature they help mutually in creation.⁴

Manas Prakruti

Sharir Prakruti belongs to Vatta, Pitta, Kapha and Manas Prakruti belongs to Sattva, Rajas and Tamas.

Rajas and Tamas are considered as two Doshas of Manas (mind).

Sattva: The illuminating, pure or good Quality which leads to clarity and mental serenity Sattva is full of love. Sattva is light, giving full of knowledge.

Rajas: Raja is full of passion (ragatmakam) and is born out of "trishna" (thirst or intense desire) and "sanga" (Attachment). It binds the soul through attachment with action.

Tamas: Tamas is darkness and crudeness in man. It is "ajnanjam" (born of ignorance) and "mohanam", cause of delusion. It binds the soul through irresponsibility lethargy and sleep.⁵

In spite of this different nature they help naturally in creation. The quality of Sattva leads towards the divine and Tamas towards the demonic while in between these two stands Rajas. Raja and Tama are Doshas of Mana and Mana is inter related with Sharir so for body to remain in a healthy state Mana has to remain in healthy.

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Hypertension

At present everyone is aware about the hypertension because of its increased incident, its associated morbidity and mortality. Hypertension is also known as high blood pressure (HBP).

Blood pressure means the lateral force, exerted by the blood against area of the vessel wall. In clinical use the term often refers to pressure in systemic arteries.⁶

Blood pressure is generated by contraction of ventricles. Arterial pressure = Cardiac Output (CO) x Total peripheral vascular resistance (TPVR).

In the aorta a resting blood pressure rises to about 120 mmHg during systole (contraction) and drops to about 80 mmHg during diastole (relaxation) in the young Adult. Thus the normal systolic and diastolic blood pressure is 120/80 mmHg in young adult.

Patients whose resting values of systolic blood pressure remain persistently at or above 140 mmHg and diastolic blood pressure remains 90 mmHg are defined as hypertensive. It is necessary to confirm the diagnosis of high blood pressure by repeated measurements.⁷

Aim and objectives

Aim

Survey study of pre diagnosed hypertensive subject and its association with Manas Prakruti.

Objectives

1. Literary Study of Manas Prakruti from Bruhat-trai.
2. Literary Study of Hypertension from modern texts.
3. Assessment of Manas Prakruti by Ayusoft C-DAC Proforma.
4. Study the association between Pre diagnosed Hypertensive Male subjects and Manas Prakruti with the help of statistical analysis and graphical representation.

Inclusion and Exclusion Criteria

Inclusion Criteria

- Group of 30 Pre diagnosed hypertensive Male subjects.
- Age group lies between 30 to 50 years.
- Male will be selected.
- No selection will be done on the basis of caste and religion.

Exclusion Criteria

- Secondary hypertensive subjects will be excluded.
- Female Volunteers
- Those who are not willing will be excluded.
- Above 50 years and below 30 years will be excluded.

MATERIALS AND METHODOLOGY

Literary study

Information from Bruhat-trai regarding Manas Prakruti will be compiled.

Modern information about Hypertension will be studied.

Experimental

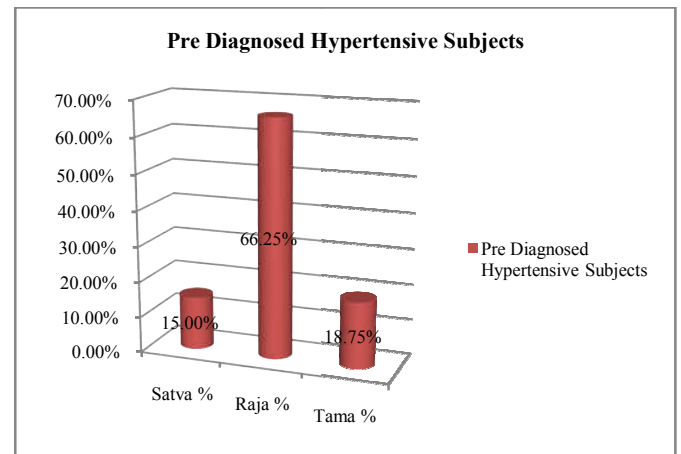
Manas Prakruti assessment of 30 male subjects with the help of Ayusoft C-DAC proforma.

They will group into three divisions according to Manas Prakruti.

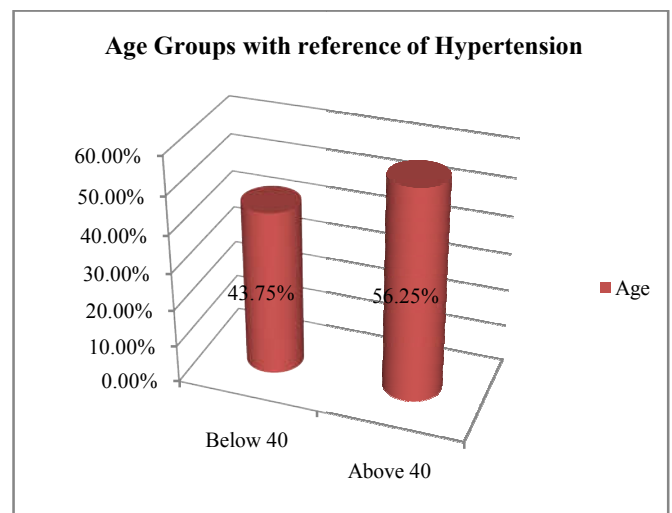
Association between Manas Prakruti and hypertension will be studied with the help of statistical analysis and graphical representation.

OBSERVATION AND STATISTICAL ANALYSIS

Observation



Age Group



Findings

- There is association between Manas Prakruti and Hypertension.
- In this study we found that Raja Prakruti people are more prone to Hypertension with the 66.25% than Tama Prakruti person with 18.75% following by Satva Prakruti person with 15.00%.
- In this study we found that person with the age group of 40-50 years are more prone to hypertension with 56.25% than the age group of 30-40 years with 43.75%.

DISCUSSION

In this modern era hypertension is a very common disease with the prevalence rate of 29.8% in India with the higher % in the males. And there only 5% cases are with known cause of hypertension i.e. Secondary/Inessential hypertension all the other cases are of Primary/Essential hypertension. No specific

reason is known for the primary hypertension. One of the majorly acceptable reasons for primary hypertension is modern age life style and stress factors. That's why study of Manas Prakruti and its association with hypertension is very important to at least make a conclusive statement about the causes of primary hypertension.

Masnas Prakruti mainly deals with the psychological traits and life style of a person and there's already many studies are available with the proof of psychological factors which are responsible of hypertension like stress factor anger depression which is included in the Manas Prakruti.

That's why Manas Prakruti can make valuable tool for assessment of who is more prone to hypertension and take the protective measures for hypertension.

CONCLUSION

- This is a pilot study with the sample size of 30 individuals more study with much more sample size can support the hypothesis of this study.
- In this study we found that Manas prakruti has major influence on the hypertensive subjects.
- We can categories people on the basis of Manas Prakruti and advice them to take protective majors for hypertension who are more prone to hypertension.

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