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## A Comparative Clinical Study of *TakraDhara* and *TailaDhara* in the Management of Essential Hypertension

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### ABSTRACT

There are 2 types of hypertension primary and secondary, in that primary hypertension is called as Essential hypertension and it is the most common type and affects 90-95% of hypertensive patients without any cause. There are 4 types of *Murdhnitaila* i.e. *Abyanga*, *Seka*, *picchu*, and *basti*, in that *shirodhara* stands second place. *Shirodhara* comes under *Bahyasnehanachikitsa* which mainly works on the *Manovahasrotas*. As essential hypertension as no cause but stress is the major triggering factor so by doing *shirodhara* it relieves the stress there by it decreases the hypertension.

A few studies done on *TakraDhara* in Essential hypertension, were proved to be effective, only few studies are carried out on *TailaDhara* in Essential hypertension, hence, the present study was conducted to compare the efficacy of *Takra* and *TailaDhara* in Essential hypertension. This is a comparative clinical study, 30 patients diagnosed as essential hypertension were selected and assigned randomly into two groups of 15 patients each. In Group A the patients were given *Takradhara* and in Group B with *Tailadhara*(*Balataila*). The subjective and objective parameters were assessed and statistically analyzed. The reduction of Systolic blood pressure and Diastolic blood pressure is statistically better in Group A then Group B, but overall response is not statistically significant between the group.

Response based on Symptoms is statistically similar in two groups studied but clinically *tailadhara* had a good result.

### KEYWORDS

*Essential hypertension, Takradhara, Tailadhara*



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## INTRODUCTION

*Shirodhara* is *bhayasnehanachikitsa* which comes under *MurdhniTaila*, which is of 4 types *Abhyanga*, *Seka*, *pichu*, *Basti*, and they are told *UttarottaraGunaprad*<sup>1</sup>

An elevated arterial pressure is probably the most important public health problem in developed countries. It is common, asymptomatic, readily detectable, usually easily treatable, and often leads to lethal complication if left untreated<sup>2</sup>. Patients with arterial hypertension and no definable cause are said to have primary, essential, or idiopathic hypertension<sup>3</sup>. Hypertension is very strong risk factor for cardiovascular diseases. It is estimated that it increases the risk at least two- fold for cardiovascular including coronary artery disease congestive heart failure, stroke, renal failure and peripheral arterial disease<sup>4</sup>

Hypertension has been described in details in the modern books with its aetiology, pathogenesis, symptomatology and treatment. There is no such clear cut description of Hypertension seen in our classics. *Seka* is one amongst four *MurdhniTaila*. It is indicated in *Arumshika*, *shirastoda*, *Dahapaka*, *Vrana* etc. *Dharakalpa* is the only most authentic text of *keralatradition* with maximum and direct references of *Dhara*<sup>5</sup>. *Shirodhara* is a *bahirparimarjanachikitsa* which acts on the

both central nervous system and hormonal level, which relaxes the mind and thus helps in reducing symptoms and blood pressure.

## AIMS AND OBJECTIVES

1. To study the efficacy of *Takradhara* in Essential hypertension.
2. To study the efficacy of *Tailadhara* in Essential hypertension.
3. To compare the efficacy of *Takra and Tailadhara* in Essential hypertension.

## MATERIALS AND METHODS

### 1. Sources of Data:

Patients were selected from the O.P.D &I.P.D of Department of Shri Jayachamarajendra Institute of Indian Medicine, Dhanvantari Road. Bangalore

### 2. Method of collection of data

This is comparative clinical study, where in 30 diagnosed Essential Hypertension patients of either sex were randomly assigned in to two groups each comprising of 15 patients. dhara was the common procedure carried out in both the groups with different dravya.

### Diagnostic Criteria:

Patients with persistent Blood pressure above 140/90 mm of Hg and up to 180/110mm of Hg were taken for the study.

Table no 1



	Systolic(m m./hg)	Diastolic(mm./h g)
<b>Normal</b>	<140	< 90
<b>Stage – I (Mild)</b>	140-159	90-99
<b>Stage – II (Moderate)</b>	160-179	100-109
<b>Stage – III (Severe)</b>	180-209	110-119
<b>Stage – IV (V. Severe)</b>	≥ 210	≥ 120

[Joint National Committee (JNC), V Report on Detection, Evaluation and Treatment of Hypertension, WHO/International Society of Hypertension]

#### **Inclusion criteria: (Table 1)**

- Stage 1 & stage 2 hypertensive patients.
- The patients presenting with or without symptoms like headache, dizziness, palpitation, and fatigability.
- The patients who are under antihypertensive drug.

#### **Exclusion criteria: (Table 1)**

- Stage III and Stage IV of Hypertension.

	Systolic pressure (mm Hg)	Diastolic pressure (mmHg)
<b>Stage – III</b>	180-209	110-119
<b>Stage – IV</b>	≥ 210	≥ 120

[Joint National Committee (JNC), V Report on Detection, Evaluation and Treatment of Hypertension, WHO/International Society of Hypertension]

- Patients below 30 years and above 65years.
- Patients suffering from secondary hypertension.
- Patients suffering from other systemic disorders like diabetic mellitus, renal

disorder, and other cardiovascular disorder were excluded.

#### **Investigations:**

- ✓ Blood: Hb%, TC, DC, ESR FBS, PPBS, Serum Blood urea, Serum creatinine
- ✓ Urine examination : Protein , Glucose, Microscopic

#### **Intervention:**

- 30 patients who are suffering from hypertension were selected and divided randomly into two groups namely Group-A and Group-B containing 15 patients each.
- Group-A — 15 patients were given Takradhara
- Group-B — 15 Patients were given Tailadhara (BalaTaila)
- Time duration for dhara = 45min in each group
- Quantity of Takra & BalaTaila = 3 litres each
- Total duration = 7 days in each group
- Time of dhara = 7 am to 10 am.

The patient's who fulfilled the inclusion criteria were subjected for routine Haematological examination. Before commencement of the treatment, an informed consent was taken from the patients. Before and after the treatment patients were evaluated for both Subjective parameter like headache, dizziness, palpitation, easy fatigability and Objective parameter of recording BP.



Once the data was collected both subjective and objective parameters were statistically analyzed by using Chi-square test (for symptoms), Student test (unpaired) for between Group comparisons and Student t test (paired) for within group comparison.

#### **Poorva Karma**

- The patient should pass his natural urge. Before starting the treatment the BP was measured in sitting position.
- Patients were asked to lie down on the dhara table in supine position. The eyes were covered with cotton pad and lightly bandaged so that the oil / takra is avoided from entering the eyes of the patients.
- The takra was taken in a steel vessel and is heated indirectly up to Luke warm.

#### **PradhanaKarma**

- The takra was poured on the head of the patient, neither very fast nor very slow rate from a height of 4 angula.
- When the takra started pouring, then the vessel was moved to bring oscillations in the stream of the flow.
- The takra was collected, reheated and used.
- Daily fresh takra was prepared and taken

#### **PashchatKarma:**

- The takra was wiped with a napkin from the forehead of the patient.
- The rasnachoorna is rubbed over the anterior fontanel.

- Then patient is asked to take rest for about 10 minutes
- Again BP was recorded in sitting position.
- The patients were asked to take Luke warm water bath after one hour.

**In Group B** also same procedure was followed but here instead for takra. balataila was used.

#### **Assessment criteria:**

The assessment was made by recording the blood pressure, before and after Shirodhara procedure, daily and also on the end of the treatment. The symptoms of hypertension were also evaluated before and after the treatment.

#### **1<sup>st</sup> day**

**In Group A** - The systolic blood pressure falls to 151.87 from 158.93 with P value <0.001\*\* which is statistically highly significant at before and after Takradhara (Table no 2).

**In Group B-** The systolic blood pressure falls to 150.27 from 155.33 with P value <0.001\*\* which is statistically highly significant at before and after Tailadhara (Table no 2).

#### **2<sup>nd</sup> day**

**In Group A** -The systolic blood pressure falls to 152.13 from 158.93 with P value <0.001\*\* which is statistically highly



significant at before and after Takradhara (Table no 2).

**In Group B-** the systolic blood pressure falls to 148.40 from 146.00 with P value  $<0.001^{**}$  which is statistically highly significant at before and after Tailadhara (Table no 2).

### **3<sup>rd</sup> day**

**In Group A** -The systolic blood pressure falls to 150.00 from 155.20 with P value  $0.001^{**}$  which is statistically highly significant at before and after Takradhara (Table no 2).

**In Group B-** the systolic blood pressure falls to 146.00 from 152.53 with P value  $0.021^{*}$  which is statistically significant at before and after Tailadhara (Table no 2).

### **4<sup>th</sup> day**

**In Group A** - The systolic blood pressure falls to 148.67 from 154.40 with P value  $0.001^{**}$  which is statistically highly significant at before and after Takradhara (Table no 2).

**In Group B-** The systolic blood pressure falls to 143.73 from 151.07 with P value  $0.003^{**}$  which is statistically highly significant at before and after Tailadhara (Table no 2).

### **5<sup>th</sup> day**

**In Group A** -The systolic blood pressure falls to 145.33 from 150.93 with P value

$0.003^{**}$  which is statistically highly significant at before and after Takradhara (Table no 2).

**In Group B-**The systolic blood pressure falls to 142.40 from 148.67 with P value  $<0.001^{**}$  which is statistically highly significant at before and after Tailadhara (Table no 2).

### **6<sup>th</sup> day**

**In Group A** - The systolic blood pressure falls to 142.13 from 148.53 with P value  $0.001^{**}$  which is statistically highly significant at before and after Takradhara (Table no 2).

**In Group B-** The systolic blood pressure falls to 141.47 from 147.87 with P value  $0.004^{**}$  which is statistically highly significant at before and after Tailadhara (Table no 2).

### **7<sup>th</sup> day**

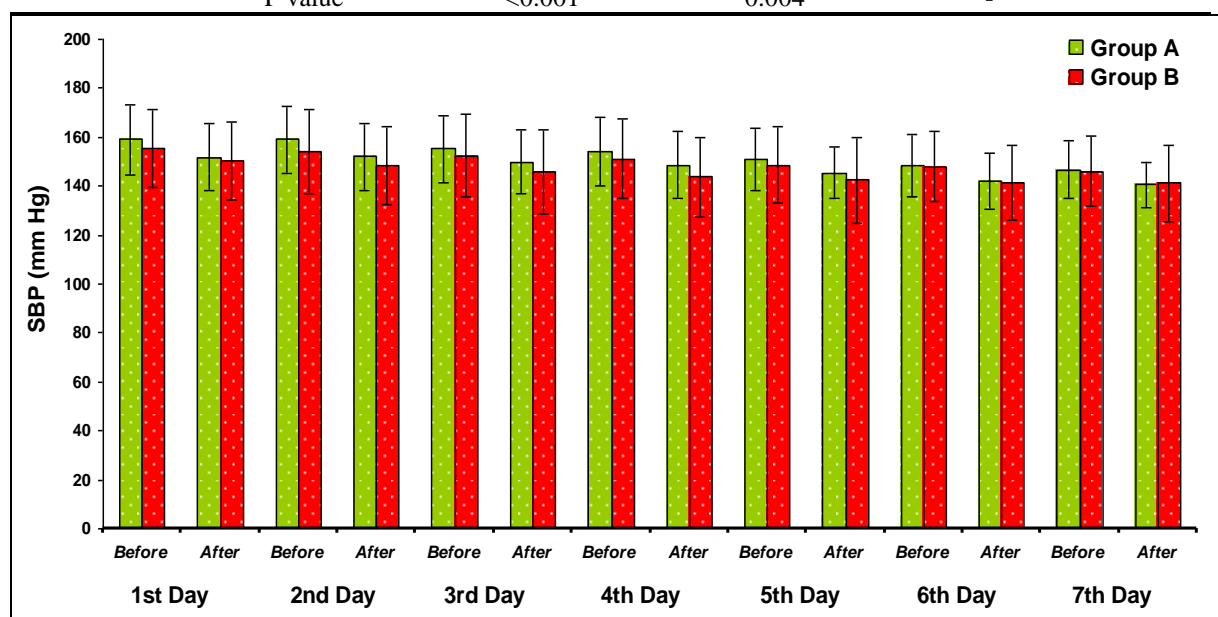
**In Group A** - The systolic blood pressure falls to 140.53 from 146.80 with P value  $<0.001^{**}$  which is statistically highly significant at before and after Takradhara (Table no 2).

**In Group B-** The systolic blood pressure falls to 141.20 from 146.13 with P value  $0.004^{**}$  which is statistically highly significant at before and after Tailadhara (Table no 2 & Graph no 1).

**Table 2** Comparison of SBP (mm Hg) in two groups of patients studied



Time of study	Pre/Post	Group A (n=15)	Group B (n=15)	P value
1 <sup>st</sup> day	Before	158.93±14.36	155.33±15.98	0.522
	After	151.87±13.97	150.27±15.71	0.770
	P value	<0.001**	<0.001**	-
2 <sup>nd</sup> day	Before	158.93±13.75	154.27±17.34	0.421
	After	152.13±13.78	148.40±15.95	0.498
	P value	<0.001**	<0.001**	-
3 <sup>rd</sup> day	Before	155.20±13.89	152.53±16.74	0.639
	After	150.00±12.74	146.00±17.14	0.474
	P value	0.001**	0.021*	-
4 <sup>th</sup> day	Before	154.40±14.01	151.07±16.21	0.552
	After	148.67±13.62	143.73±16.29	0.376
	P value	0.001**	0.003**	-
5 <sup>th</sup> day	Before	150.93±12.82	148.67±15.56	0.667
	After	145.33±10.60	142.40±17.69	0.586
	P value	0.003**	<0.001**	-
6 <sup>th</sup> day	Before	148.53±12.64	147.87±14.25	0.893
	After	142.13±11.65	141.47±15.22	0.894
	P value	0.001**	0.004**	-
7 <sup>th</sup> day	Before	146.80±11.56	146.13±14.15	0.889
	After	140.53±9.21	141.20±15.59	0.888
	P value	<0.001**	0.004**	-



Graph No 1 Comparison of SBP (Mm Hg) in Two Groups of Patients Studied

### 1<sup>st</sup> day

**In Group A** - The Diastolic blood pressure falls to 92.93 from 93.07 with a P value 0.334 which are statistically insignificant at before and after Takradhara (Table No 3 & Graph no 2).

**In Group B** - The diastolic blood pressure falls to 93.60 from 94.00 with P value 0.009\*\* which is statistically highly significant at before and during Tailadhara (Table No 3 & Graph no 2).

### 2<sup>nd</sup> day





**In Group A** - The diastolic blood pressure falls to 91.40 from 92.93 with P value  $<0.001^{**}$  which is statistically highly significant at before and during Takradhara (Table No 3 & Graph no 2).

**In Group B** - The diastolic blood pressure falls to 92.53 from 93.33 with P value  $0.009^{**}$  which is statistically highly significant at before and during Tailadhara (Table No 3 & Graph no 2).

### 3<sup>rd</sup> day

**In Group A** - The diastolic blood pressure falls to 91.33 from 91.87 with P value 0.262 which is statistically insignificant at before and during Takradhara (Table No 3 & Graph no 2).

**In Group B** - The diastolic blood pressure falls to 91.20 from 91.87 with a P value 0.262 which is statistically insignificant at before and during Tailadhara (Table No 3 & Graph no 2).

### 4<sup>th</sup> day

**In Group A** - The diastolic blood pressure falls to 90.33 from 91.47 with P value  $0.023^{*}$  which is statistically significant at before and during Takradhara (Table No 3 & Graph no 2).

**In Group B** - The diastolic blood pressure falls to 90.4 from 91.87 with a P value  $0.006^{**}$  which is statistically highly significant at before and during Tailadhara (Table No 3 & Graph no 2).

### 5<sup>th</sup> day

**In Group A** - The diastolic blood pressure falls to 89.73 from 90.40 with a P value  $0.096^{+}$  which is statistically suggestive significant at before and during Takradhara. (Table No 3 & Graph no 2).

**In Group B** - The diastolic blood pressure falls to 88.93 from 90.13 with a P value  $0.007^{**}$  which is statistically highly significant at before and during Tailadhara (Table No 3 & Graph no 2).

### 6<sup>th</sup> day

**In Group A** - The diastolic blood pressure falls to 89.27 from 89.47 with a P value 0.596 which is statistically insignificant at before and during Takradhara (Table No 3 & Graph no 2).

**In Group B** - The diastolic blood pressure falls to 88.27 from 89.73 with a P value  $0.006^{**}$  which is statistically highly significant at before and during Tailadhara (Table No 3 & Graph no 2).

### 7<sup>th</sup> day

**In Group A** - The diastolic blood pressure falls to 88.00 from 88.40 with P value 0.334 which are statistically insignificant at before and during Takradhara (Table No 3 & Graph no 2).

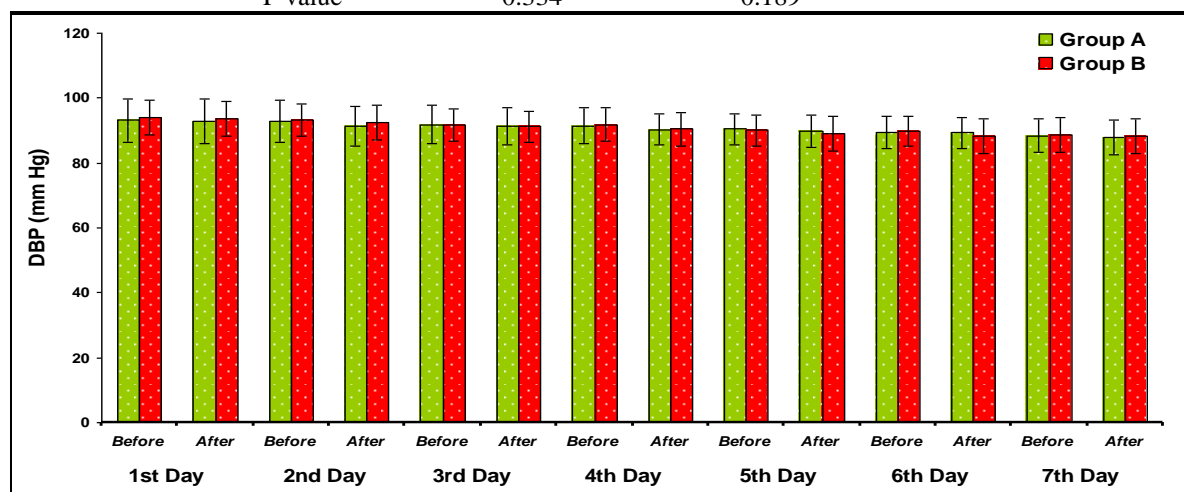
**In Group B** - The diastolic blood pressure falls to 88.27 from 88.67 with P value 0.002 which is statistically insignificant at before and during Tailadhara (Table No 3 & Graph no 2).





**Table 3** Comparison of DBP (mm Hg) in two groups of patients studied

Time of study	Pre/Post	Group A (n=15)	Group B (n=15)	P value
1 <sup>st</sup> day	Before	93.07±6.71	94.00±5.50	0.680
	After	92.93±6.80	93.60±5.51	0.770
	P value	0.334	0.082+	-
2 <sup>nd</sup> day	Before	92.93±6.45	93.33±5.00	0.851
	After	91.40±6.00	92.53±5.48	0.593
	P value	<0.001**	0.009**	-
3 <sup>rd</sup> day	Before	91.87±5.88	91.73±5.06	0.947
	After	91.33±5.79	91.20±4.83	0.946
	P value	0.262	0.104	-
4 <sup>th</sup> day	Before	91.47±5.42	91.87±5.10	0.837
	After	90.33±4.84	90.4±5.14	0.971
	P value	0.023*	0.006**	-
5 <sup>th</sup> day	Before	90.40±4.91	90.13±4.81	0.882
	After	89.73±5.06	88.93±5.34	0.677
	P value	0.096+	0.007**	-
6 <sup>th</sup> day	Before	89.47±4.98	89.73±4.53	0.879
	After	89.27±4.64	88.27±5.28	0.586
	P value	0.596	0.006**	-
7 <sup>th</sup> day	Before	88.40±5.19	88.67±5.43	0.892
	After	88.00±5.35	88.27±5.34	0.892
	P value	0.334	0.189	-

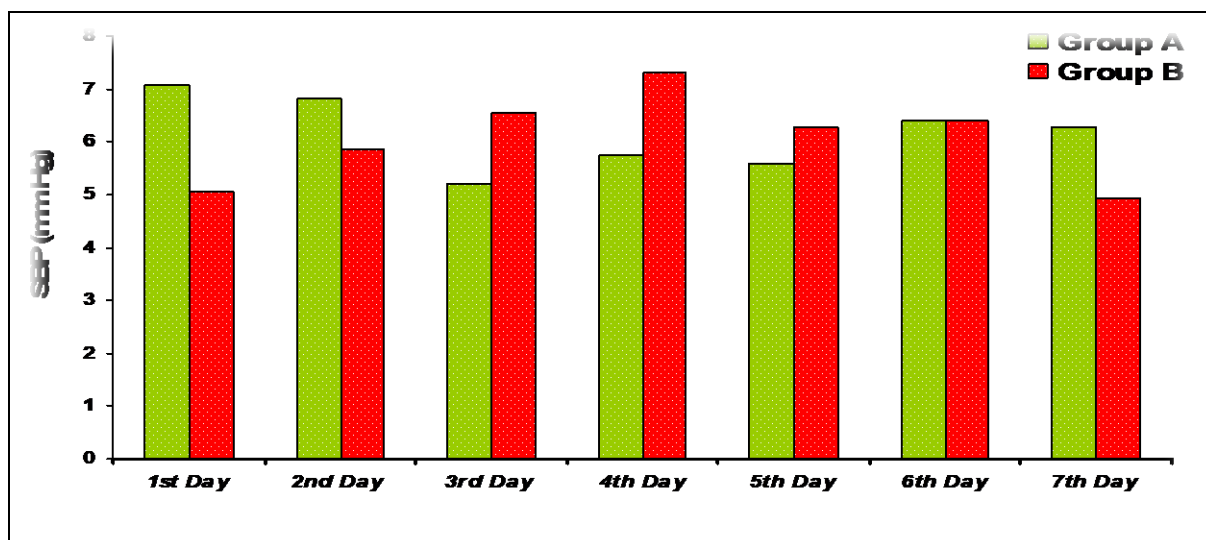


**Graph No 2** Comparison of DBP (mm Hg) in two groups of patients studied

The table no. 4 & Graph no 3 shows in **Group A** P Value is 0.354 & in **Group B** is 0.876 which shows the reduction of SBP is statistically better in **Group A** then **Group B**

**Table 4** Comparison of difference of pre and post in SBP (mm Hg) in two groups of patients studied

Time of study	Group A(n=15)	Group B(n=15)	P value
1 <sup>st</sup> day	7.07±5.59	5.07±4.26	0.281
2 <sup>nd</sup> day	6.80±5.75	5.87±4.98	0.638
3 <sup>rd</sup> day	5.20±4.71	6.53±9.72	0.638
4 <sup>th</sup> day	5.73±5.06	7.33±7.95	0.516
5 <sup>th</sup> day	5.60±5.91	6.27±3.77	0.716
6 <sup>th</sup> day	6.40±5.91	6.40±7.09	1.000
7 <sup>th</sup> day	6.27±5.39	4.93±5.59	0.512
P value (1st day-7 <sup>th</sup> day)	0.354	0.876	-

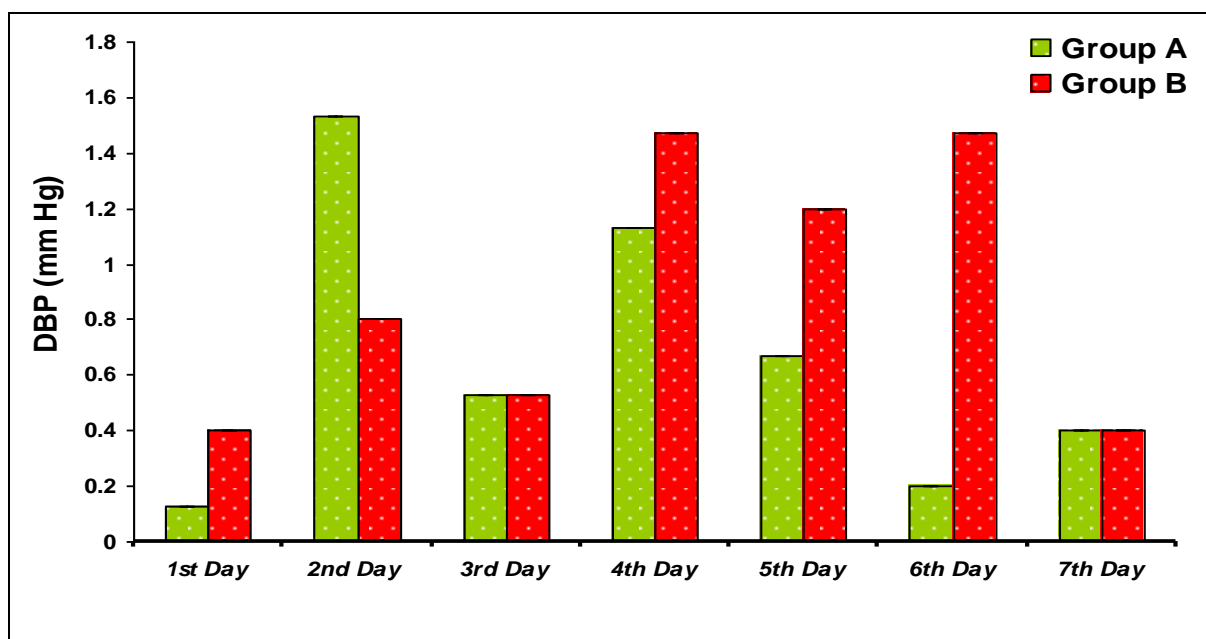


**Graph No 3** Comparison of difference of pre and post in SBP (mm Hg) in two groups of patients studied

**Table 5** Comparison of difference of pre and post in DBP (mm Hg) in two groups of patients studied

Time of study	Group A (n=15)	Group B (n=15)	P value
1 <sup>st</sup> day	0.13±0.52	0.40±0.83	0.299
2 <sup>nd</sup> day	1.53±1.12	0.80±1.01	0.071+
3 <sup>rd</sup> day	0.53±1.77	0.53±1.19	1.000
4 <sup>th</sup> day	1.13±1.73	1.47±1.77	0.605
5 <sup>th</sup> day	0.67±1.45	1.20±1.47	0.326
6 <sup>th</sup> day	0.20±1.42	1.47±1.77	0.039*
7 <sup>th</sup> day	0.40±1.55	0.40±1.12	1.000
<b>P value (1st day-7<sup>th</sup> day)</b>	0.645	1.000	-

The Table no.5 & Graph no 4 shows in **Group A**, P Value is 0.645 & in **Group B** is 1.000 which shows the reduction of DBP is statistically better in **Group A** then **Group B**.



**Graph 4** Comparison of difference of pre and post in DBP (mm Hg) in two groups of patients studied

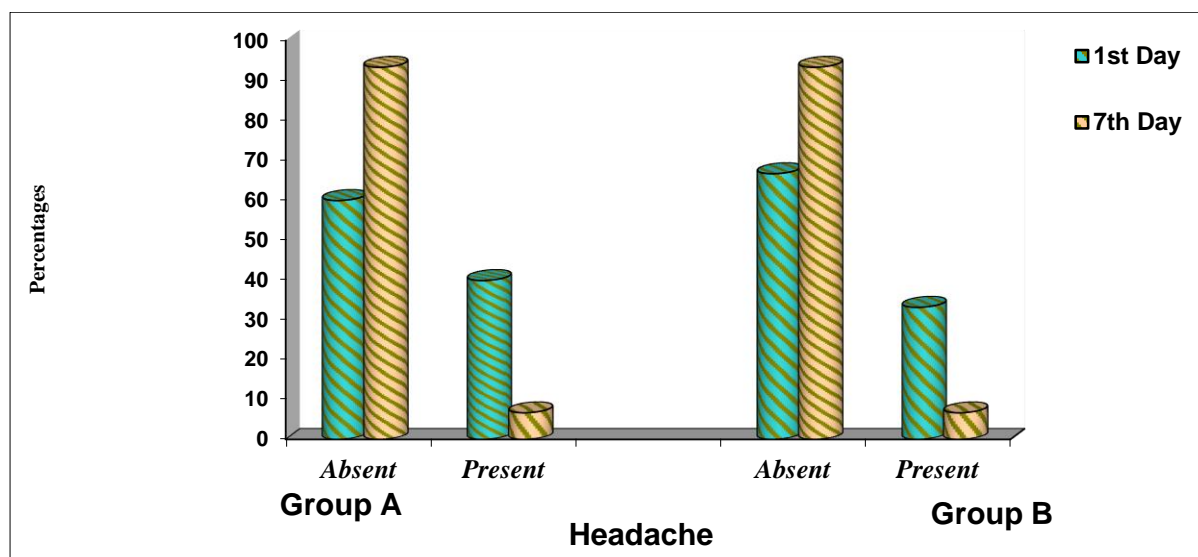


**Table 6** Comparative evaluation of symptom Headache in two groups of patients studied

Headache	1 <sup>st</sup> day(n=15)	7 <sup>th</sup> day(n=15)	% change
<b>Group A</b>			
• Absent	9(60%)	14(93.3%)	33.3
• Present	6(40%)	1(6.7%)	-33.3
<b>Group B</b>			
• Absent	10(66.7%)	14(93.3%)	26.7
• Present	5(33.3%)	1(6.7%)	-26.7
<b>P value</b>	1.000	1.000	-

Table no 6. & Graph no 5 Shows In **Group A** among 15 patients 6 patients had head ache before treatment, after treatment 5 patient got relief, 1 patient had no relief. 33.3 % change. Table no 6. & Graph no 5 Shows In **Group B** among 15 patients 5 patients had head ache before treatment, after treatment 4 patient got relief, and 1 patient had no relief. 26.7 % change.

Statistically **Group A & Group B** are similar in reduction of headache. With 33.3 % change in **Group A** & 26.7 % change in **Group B** (Table no 6. & Graph no 5).



**Graph No 5** Comparative evaluation of symptom Headache in two groups of patients studied

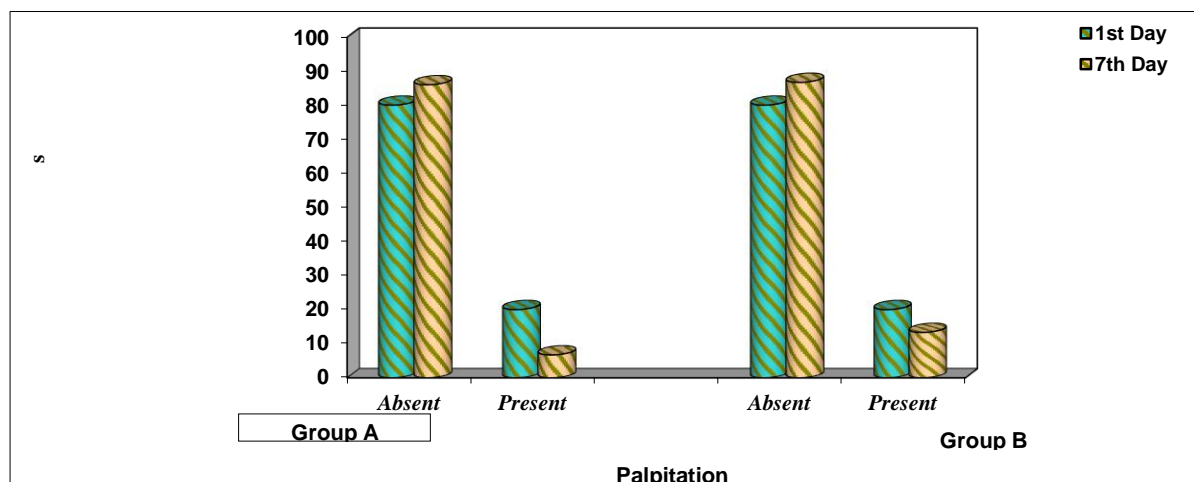
**Table 7** Comparative evaluation of symptom Palpitation in two groups of patients studied

Palpitation	1 <sup>st</sup> day (n=15)	7 <sup>th</sup> day (n=15)	% change
<b>Group A</b>			
• Absent	12(80%)	13(86.7%)	6.7
• Present	3(20%)	2(13.3%)	-6.7
<b>Group B</b>			
• Absent	12(80%)	13(86.7%)	6.7
• Present	3(20%)	2(13.3%)	-6.7
<b>P value</b>	1.000	1.000	-

Table no 7 & Graph no 6 shows In **Group A & Group B** among 15 patients 3 patients had palpitation before treatment, after treatment only 1 patient got relief and 2 patients had no relief.



Statistically **Group A & Group B** are similar in reduction of palpitation with 6.7% change in both the groups (& Graph no 6).



**Graph No 6.**Comparative evaluation of symptom Palpitation in two groups of patients studied

**Table 8** Comparative evaluation of symptom Dizziness in two groups of patients studied

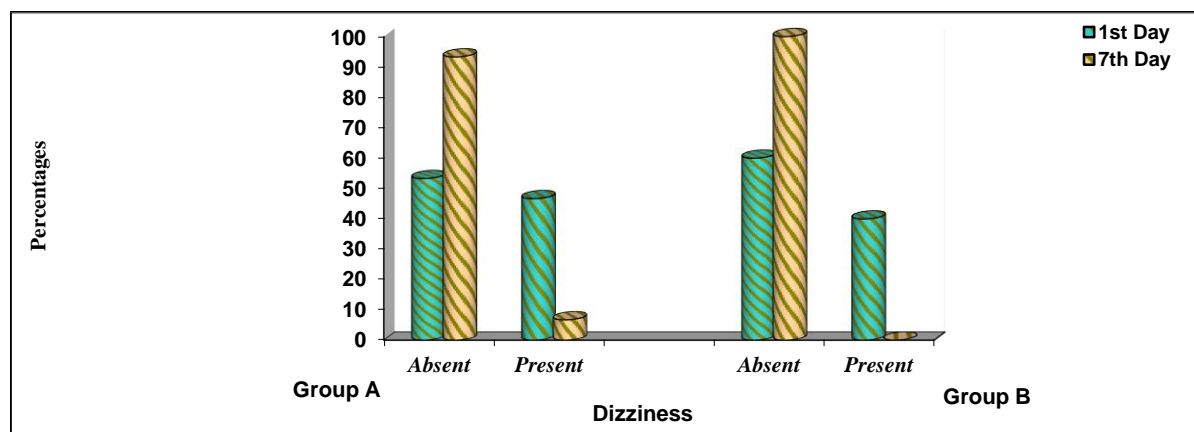
Dizziness	1 <sup>st</sup> day(n=15)	7 <sup>th</sup> day(n=15)	% change
<b>Group A</b>			
• Absent	8(53.3%)	14(93.3%)	40.0
• Present	7(46.7%)	1(6.7%)	-40.0
<b>Group B</b>			
• Absent	9(60%)	15(100%)	40.0
• Present	6(40%)	0(0%)	-40.0
<b>P value</b>	1.000	1.000	-

Table no 8 & Graph no 7 Shows In **Group A** among 15 patients 7 patients had Dizziness before treatment, after treatment 6 patient got relief, 1 patient had no relief.

Table no 8 & Graph no 7 Shows In **Group B** among 15 patients 6 patients had head

ache before treatment, after treatment 6 patients got relief.

Statistically **Group A & Group B** are similar in reduction of Dizziness with the change 40% in both the groups (Table no 8 & Graph no 7)



**Graph No 7** Comparative evaluation of symptom Dizziness in two groups of patients studied

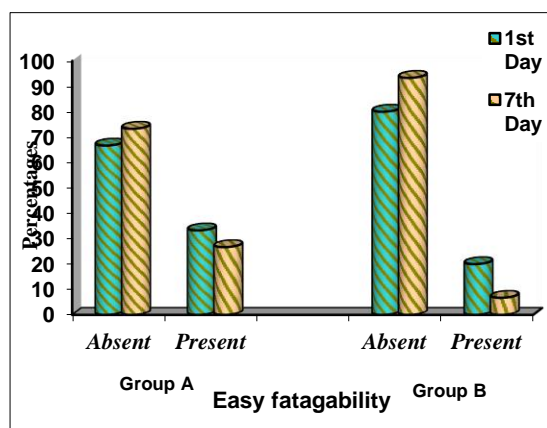


**Table 9** Comparative evaluation of symptom Easy fatigability in two groups of patients studied

Easy fatigability	1 <sup>st</sup> day(n=15)	7 <sup>th</sup> day(n=15)	% change
<b>Group A</b>			
• Absent	10(66.7%)	11(73.3%)	6.7
• Present	5(33.3%)	4(26.7%)	-6.7
<b>Group B</b>			
• Absent	12(80%)	14(93.3%)	13.3
• Present	3(20%)	1(6.7%)	-13.3
<b>P value</b>	0.682	0.330	-

Table no 9 & Graph no 8 shows In **Group A** among 15 patients 5 patients had Easy fatigability before treatment, after treatment 1 patient got relief, 4 patients had no relief. Table no 9 & Graph no 8 shows In **Group B** among 15 patients 3 patients had Easy fatigability before treatment, after treatment 1 patients got relief, 2 patients had no relief. Table no 9 & Graph no 8 shows Statistically **Group A** having p value 0.682(6.7%) & **Group B** 0.330(13.3) which show reduction of Easy fatigability is better in **group B**.

Table no 10 & Graph no 9 shows In **Group A** - 0 patients had no response, 5(33.3%) patients had mild response, 8(53.3%) patients had moderate response, and 2 (13.3%) patients had marked response.

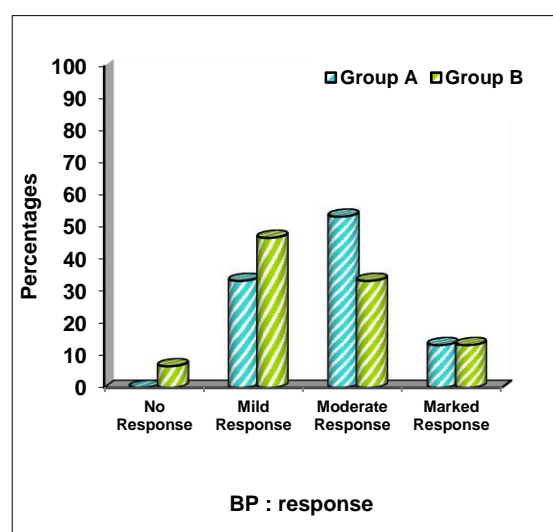


**Graph No 8** Comparative evaluation of symptom Easy fatigability in two groups of patients studied

Table no 10 & Graph no 9 shows In **Group B** -1(6.7%) patient had no response, 7 (46.7%) patients had mild response, 5(33.3%) patients had moderate response, and 2(13.3%) patients had marked response.

**Table 10** Comparison of Overall assessment (BP in mm Hg) in two groups of patients studied

BP response	Group A (n=15)	Group B (n=15)
No response (<0 % BP fall)	0	1(6.7%)
Mild response (<5% fall)	5(33.3%)	7(46.7%)
Moderate response (5-10% BP fall)	8(53.3%)	5(33.3%)
Marked response (10-20 % BP fall)	2(13.3%)	2(13.3%)
Excellent response (>20% BP fall)	0	0



**Graph No 9** Comparison of Overall assessment (BP in mm Hg) in two groups of patients studied

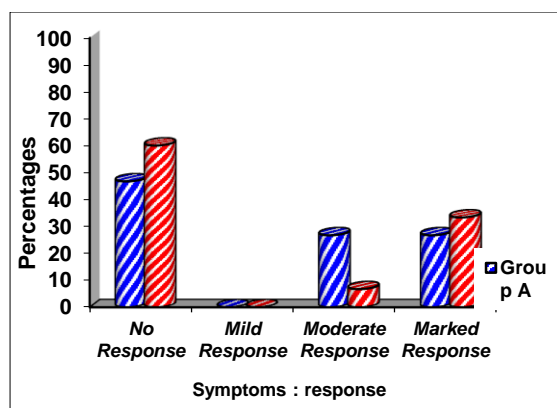


Table no 11 & Graph no 10 shows **In Group A** - 7 patients had no response, 4 patients had moderate response, and 4 patients had marked response.

Table no 11 & Graph no 10 shows **In Group B** - 9 patients had no response, 1 patient had moderate response, and 5 patients had marked response.

**Table 11** Comparison of Overall assessment Symptoms in two groups of patients studied

Symptoms response	Group A (n=15)	Group B (n=15)
No response	7(46.7%)	9(60.0%)
Mild response (<20 % improvement)	0	0
Moderate response (20-50% improvement)	4(26.7%)	1(6.7%)
Marked response (>50% Improvement)	4(26.7%)	5(33.3%)



**Graph 10** Comparison of Overall assessment Symptoms in two groups of patients studied

## DISCUSSION

*Dhara* comes under *Murdhinitaila*, which is *bahya shaman chikitsa*. The detailed procedure of *takradahra* & *tailadhara* is not explained in our classics, the detailed

procedure is available in *Dharakalpa* of *keeraliyachikitsa*. Both *takra* and *tailadhara* beneficial in *srama*, *dourbalya*, *shirashoola*, *hridroga*, *Ojokshya* and gives strength to both *shareeika* and *manashikabala*.

*Takra* is *laghuguna*, *Ushnaveerya* & *kaphavatahara*, *Amalakiis Guru*, *Sheetha*, *Ruksha*, *Tridosahara*. For *tailadhara balataila* was selected from *Sahasrayoga*. The Main ingredients are *Bala*, *TilaTaila* & *Ksheera*, which is not only best for vata but also vata vitiated in all the *dhatu*s. *Bala* is considered as *sangrahika*, *balya*, *vatahara*. Due to its ephedrine content, it possesses psycho stimulant properties, affecting the central nervous system and also the heart.

*Ksheera* is *Guru*, *Snigdha*, *Sheeta Guna*, *Sheetaveerya*. *vatapittahara*. It is *brimhana*, *Medhya* and *Balya*.

Essential hypertension is Asymptomatic, sometime it presents with headache, dizziness, palpitation, Easy fatigability all this can be managed by *dhara*.

The reduction of Systolic blood pressure and Diastolic blood pressure is statistically better in Group A then Group B (table no 4 & 5, Graph no 3 & 4) but overall response Moderate /Marked response is though more in Group A when compared to Group but is not statistically significant between the group ( table no 10 & Graph no 9).



Response based on Symptoms is statistically similar in two groups (table no 11 & Graph no10) but Easy fatigability had better result in group B (table no 9 & Graph no 8) .clinically *tailadhara* had a good result. *Tailadhara* is having more *brihmana* effect then *takradhara* because of *snehana* properties. The study was conducted for 7 days to see the effect of takra and tailadhara in essential hypertension during the procedure and there was no follow up study. Further different *tailayoga* and follow study has to be studied.

hypertension, but *Tailadhara* is having slightly better than *Takradhara* clinically.

## CONCLUSION

From Ayurvedic perspectives, the disease essential hypertension is not described by its name. EHT is a *vata-pitta pradhanatridoshajavyadhi* and *rasa-rakta* are the chief culprits. Distortion in *hridaya* and *manas* also takes place. *Shirodhara* is a one among *bahirparimarjanaChikitsa* which acts on both *Shareerika* & *Manasikalevel*. *dhara* is indicated in almost all stress and psychosomatic disorders such as IBS, Asthma, Neurological disorders viz. Headache, Motor neuron diseases like Psychosis, Neurosis, Insomnia, psoriasis, Hypertension, etc. Based on the overall response for the treatment it can be concluded that statistically both the Groups having good result on Essential





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