



# HyperTensia 2025



## Role of Āhāra (Diet), Nidrā (Sleep), and Brahmacharya (Celibacy/Discipline) in Hypertension (As per Ayurveda & Modern Science)

In **Ayurveda**, **Traya Upastambha** (three pillars of health) – **Āhāra (diet)**, **Nidrā (sleep)**, and **Brahmacharya (self-discipline)** – are essential for maintaining overall well-being, including **blood pressure regulation**. Imbalance in any of these can contribute to hypertension (Raktdhatu Dushti & Vata-Pitta Prakopa).

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### 1. Āhāra (Diet) and Hypertension

#### ✓ Concept in Ayurveda:

- Ayurveda emphasizes a **Sattvic (pure), balanced diet** for optimal circulation and heart health.
- **Pittaja & Vataja Prakriti** individuals are more prone to hypertension.
- Excess consumption of **Salty, Spicy, Sour, and Processed Foods** can increase **Pitta & Rakta Dushti**, leading to high BP.

#### ✓ Dietary Recommendations for Hypertension:

- ✓ **Sattvic Diet** – Fresh fruits, vegetables, whole grains, nuts, and seeds.
- ✓ **Vata-Pitta Pacifying Foods** – Moong dal, coconut water, ghee, buttermilk.
- ✓ **Herbs & Spices** – Garlic, Ashwagandha, Arjuna, Brahmi, and Triphala.
- ✗ **Avoid** – Excessive salt, fried foods, red meat, caffeine, and alcohol.

#### ✓ Modern Science Correlation:

- **DASH Diet (Dietary Approaches to Stop Hypertension)** aligns with Ayurveda's focus on **fresh, natural, and nutrient-rich foods**.
- **Salt restriction** (<5g/day) and high potassium intake improve BP control.

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### 2. Nidrā (Sleep) and Hypertension

#### ✓ Concept in Ayurveda:

- Nidrā is crucial for **Dhatu Poshana (tissue nourishment) & Manas Shanti (mental peace)**.
- Poor sleep increases **Vata Dosha**, causing **restlessness, increased heart rate, and BP spikes**.



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## ✓ Sleep Recommendations for BP Control:

- ✓ 7–9 hours of quality sleep (as per modern guidelines).
- ✓ Warm milk with Ashwagandha or Brahmi at night for relaxation.
- ✓ Avoid screens & heavy meals before bedtime.
- ✗ Avoid late-night work & stress, as it increases Rajasic & Tamasic tendencies leading to BP elevation.

## ✓ Modern Science Correlation:

- Sleep deprivation increases cortisol & sympathetic nervous system activity, worsening BP.
- Obstructive Sleep Apnea (OSA) is a major cause of resistant hypertension.

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## 3. Brahmacharya (Self-Discipline) and Hypertension

### ✓ Concept in Ayurveda:

- Brahmacharya is **not just celibacy but self-control in all sensory activities (Ahara-Vihara)**.
- It promotes **Satva Guna (mental stability)**, emotional balance, and prevents excessive Vata-Pitta aggravation.

### ✓ How Brahmacharya Helps in BP Control:

- ✓ **Mental Discipline & Stress Management** – Reduces stress-induced BP spikes.
- ✓ **Controlled Lifestyle (Ahara-Vihara)** – Prevents overeating, addiction, and unhealthy habits.
- ✓ **Yoga & Meditation (Pranayama, Dhyan)** – Activates the parasympathetic system, reducing BP.
- ✗ **Avoid excessive indulgence in stress-inducing activities** like overwork, unhealthy relationships, and addictions.

### ✓ Modern Science Correlation:

- Mindfulness, self-discipline, and emotional regulation improve BP control.
- Excessive stress & indulgence in unhealthy habits increase hypertension risk.

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## Conclusion



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- ✓ **Āhāra, Nidrā, and Brahmacharya** form a holistic approach to **prevent & manage hypertension**.
- ✓ **Balanced diet, adequate sleep, and self-discipline (stress control, yoga, and meditation)** help in **natural BP regulation**.
- ✓ **Integrating Ayurvedic principles with modern medicine** can enhance long-term hypertension management.