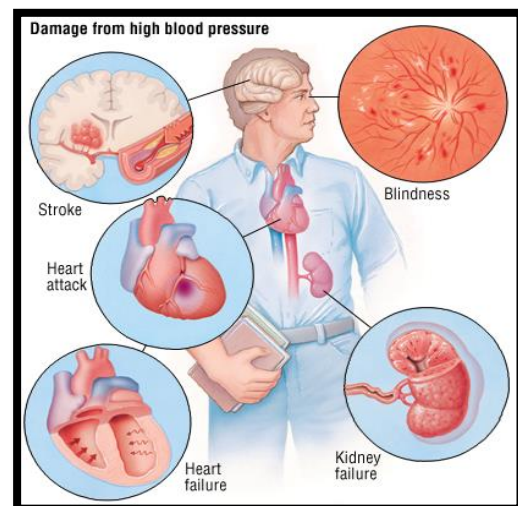


• **59 - HIGH BLOOD PRESSURE**

- **IF** you are over forty years old, you should know that you fall into the critical group between 20% and 40% of the population that is at risk of hypertension or the so-called **high blood pressure**. This is the bad news. The good thing is that if you are aware of this disease, you have the chance to take measures with regards to its **relieving in the early stages**. **Because** as we all know, any disease should be **diagnosed** on time in order to be successfully treated.
- **When we are talking about high blood pressure hypertension?**
 - This is a chronic disease that is manifested by permanently elevated blood pressure in the arteries. As normal blood pressure parameters are adopted the **120/80 mm Hg, measured when the human body is in a relaxed state**. the upper limit of the pressure is called systolic and the lower limit is called diastolic. Of course, these limits are **a variable quantity at different times of the day**, depending on the physical activity of the person. **The weather conditions, emotional condition** and so on, also affect the blood pressure. These deviations are considered to be normal.
 - The hypertension diagnosis is present when the **blood pressure stays above 140/90 mm Hg** for a longer period of time. Before defining it, the physician usually recommends the patient to monitor the blood pressure regularly every morning, at noon and in the evening, within one month.
 - In addition, other examination have to be carried out:
 - Blood, urine, blood sugar
 - Electrocardiogram
 - Echography of heart and kidneys
 - Ophthalmologist is also recommended.

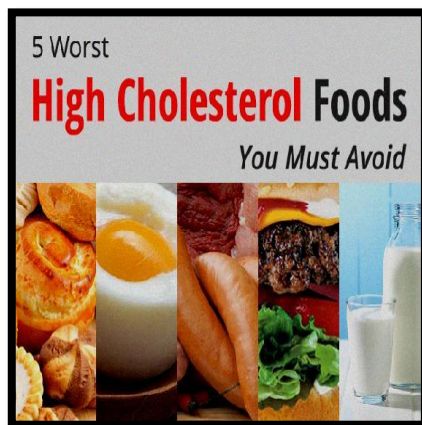


• What are the causes of hypertension?

- We have already mentioned that blood pressure of people increases with age, although not necessarily. At the same time, relatively **young people, youngsters and teenagers** also suffer from high blood pressure. The hypertension also may be genetically conditioned.
- The main reason for its development is the unhealthy lifestyle and diet: **smoking, alcohol abuse, too salty meals, excessive liquid intake. Especially** very harmful effect have the **overweight, poor sleep, mental traumas, physical overload.**
- All this puts your health at serious risk. A number of serious illnesses can occur due to hypertension, some of which are life-threatening – **stroke, heart attack, kidney diseases.**

• How do we know that we have problems with high blood pressure?

- If you often get **headaches with pulsating pain**, localized in the forehead and temples, especially in the back of the neck; if you are irritable, if you suffer from insomnia, if you feel pain /especially piercing!/ in the **heart area, if your pulse is increased**, you should consult with a physician.
- And don't forget – high blood pressure often occurs without symptoms and people don't suspect that they have such a problem. Until more serious symptoms occur.



• **Treatment of hypertension**

- If you detect the problem on time and you start treatment, the hypertension can be relieved. But don't forget that if this condition has occurred, the treatment should be permanent. In addition to the medications that **should be dosed precisely** according to your current condition, the physician will prescribe you a proper diet. You will need to **change your lifestyle**, which most probably is the cause of the disturbances in the blood pressure.
- First of all, you should avoid the **consumption of fatty and salty foods, as well as of alcohol and cigarettes, cakes and so on**. You should exercise more and although it may be unpleasant – you have to lose weight /if you fall into this category/. The regular rest is also included in the **healthy lifestyle**.
- With regard to nutrition, more **fruits and vegetables, whole grain bread, non-fat dairy products** are recommended. The beneficial vegetables are **tomatoes, beans, turnips, peas, potatoes, zucchini, broccoli, carrots, spinach, cabbage**.
- The recommended fruits are **apricots, melons, apples, bananas, oranges, grapes, grapefruits, peaches, mango, strawberries, plums, mandarins**. The medications that lower blood pressure shall be prescribed if the blood pressure reaches 180/110 mm Hg , as well as for people suffering from **diabetes, cardiovascular, kidney and other diseases**. Antihypertensive medications are a must in this case because it can lead to unwanted complications.

• **Treatment with the help of Ayurveda**

- According to Ayurveda, the high acidity of the organism retention of waste substances in the digestive organs, thickened walls of the blood vessels can lead to high blood pressure. Attention should be paid to the **stress hormones**. The symptoms of this condition are also related to the **Dosha type**. **Vata dosha**, for example, affects the **sudden increase or decrease in the blood pressure**, while **Pitta dosha** leads to **complications in the liver functions**, and **Kapha dosha** is related to slower processes such as **obesity, fatigue and so on**.
- Recipes recommended by the Ayurveda specialists
- Consumption of **Rauwolfia Serpentine**– 2 capsules a day.
- **Watermelon with a pinch of cardamom and coriander**. Watermelon can be replaced with freshly squeezed peach juice with added cardamom and coriander – a tablespoon of each. Consume it twice a day.
- You may find it strange, but **chewing freshly picked nettles** is also very efficient and relieves high blood pressure. You can strain the leaves and mix them with fruits, then chew slowly. This will improve **the microcirculation of blood** and will help to **break down the formed clots**, if there are any.
- **Limit the consumption** /and if you can even stop it/ of the following foods: *meat, wheat, eggs, rye, cheese, oats, sweet potatoes, peanuts, butter, fried foods and figs*.
- Consume more lemons, *watermelon, spinach, red beets, cabbage, cucumbers, apples, chickpeas, cardamom, ginger, cumin, black pepper*.