

# INDIGENOUS DRUGS IN HYPERTENSION\*

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## INTRODUCTION

Among the various indigenous drugs certain laxatives and diuretics when combined with hypotensive drugs are likely to be useful in hypertension. A trial was therefore carried out in the Wards of Sassoon Hospitals with the product & 'ARJIN' manufactured by 'Alarsin'.

## COMPOSITION

Arjun, Punarnava, Jatamansi, Jyotismati, Trifala, Katuki, Apamarg, Shilajit, Bilva, Utpalsariva and R. Serpentina.

## RESULTS

1. Average fall in systolic pressure was 38 mm. of Hg. The highest fall being 70 mm.
2. The drug seems to have remarkable effect in cases with marked mental symptoms as shown in the case reports.
3. In all the cases there was a definite fall in the level of blood pressure.  
In some cases this fall was sustained for over two months, while in others, after discontinuing the drug there was again a rise in blood pressure.
4. In none of the cases any toxic effect was noted, which is quite a creditable point many of the hypotensive drugs used in modern medicine are not free from toxic symptoms.
5. The relief in symptoms such as headache, giddiness, loss of concentration etc. was noted in most of the cases.

## DOSE

The drug was given in doses varying between 3 to 6 tablets per day divided in three doses.

## A TYPICAL CASE

Case 3. Patient aged 52, lawyer, complained of fainting attacks, suffocation and inability to read even one line (loss of concentration B. P. was 220/88. Screening showed aneurismal dilatation of the ascending aorta. E. C. G. showed left axis deviation. He was kept on ARJIN tablets with Vitamin 'B' ; complex. His pressure after 3-4 months of treatment came -to 150/80 m.m. Followed for over a year and the B. P. is still constant. He is now able to carry out all routine activities and is able to exert physically and mentally.

Case No	Age & Sex	Systolic BP	Diastolic BP	Symptoms	Signs	Arjin Given	B.P After	Fall in B.P	Relief & Remarks
1	40 F	160	110	Pain, Palpitation, Giddiness, Headache	Heart +	1 T.D.S	130/90	30 mm	Headache less
2	60 M	208	110	Giddiness, loss of memory	Oedema, Leg Aorta dilated	2 T.D.S	160/100	48 mm	Mental condition improved, good response.
3	52 M	220	88	Fainting, suffocation, inability to concentrate	Aorta Dil +	2 T.D.S	150/88	70 mm	Pt. Completely alright, after one year. Very good response
4	39 M	260	170	Anginal attacks	Heart + + Aorta + +	2 T.D.S	190/140	70 mm	Very good response
5	64 M	160	80	Insomnia	Liver + + Oedema + Heart + +	2 T.D.S	140/80	20 mm	Slightly improved
6	65 M	220	120	Headache	Pallor + Aneurism aorta	2 T.D.S	160/100	60 mm	Good response
7	32 F	150	100	Oedema + + all over	Alb + in urine	1 T.D.S	120/80	30 mm	Restored to N
8	60 F	230	140	Giddiness weakness		3 T.D.S	220/140	10 mm	Not much relief

**for information on ALARSIN products  
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