

## Review



### Scientometric Analysis of Hypertension Research: Mapping Global and Indian Trends with Ayurvedic Contribution- An Analytical Review

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#### ABSTRACT:

**Background:** Hypertension, a global burden is a major cause of cardiovascular diseases. It is often associated with other lifestyle disorders. Researchers and clinicians across the world are focusing on its prevention and improving prognosis. This work attempts to present the scientometric analysis of hypertension including studies done in Ayurveda. **Objective-** The objective of this study is to compare the conceptual aspect of Hypertension and the data published in both modern and Ayurveda sciences retrospectively and to draw analysis from the data collected. **Materials and Methods:** This is an analytical review. ScienceDirect and PubMed database was used to collect the data. Advanced search was performed using appropriate keywords. **Results:** Total 82,673 items were retrieved from ScienceDirect and 269,196 from PubMed database. The majority of the results were Research articles and last decade indicated advancement in research related to hypertension. The trends related to research in hypertension have shown a major development all across the world. Current strategies focus on exploring novel pharmacological and non-pharmacological interventions. Advances in genomic and molecular science are shaping the future of personalized medicine. Ayurveda along with complementary medicine is contributing to the understanding and integrated management of hypertension. **Conclusion:** This study is among the first to comprehensively examine hypertension research using this approach. It depicts the rising trends in publications in western as well as traditional medical science. Focusing on combining conservative medicine with complementary medicine is the need of hour.

**KEYWORDS:** Analytical Review, Ayurveda, Hypertension, Scientometric analysis

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## 1. INTRODUCTION

The condition where the pressure in the blood vessels is measured to be high ( $\geq 140/90$  mmHg) is known as Hypertension or High Blood Pressure. Though it seems like a common condition, it can be serious if not treated in time. Patients with High Blood Pressure might not feel or have symptoms. The only common known way to diagnose hypertension is by checking blood pressure.

Hypertension is diagnosed by getting readings of two days separately of Systolic Blood Pressure  $\geq 140$  mmHg and/or the Diastolic Blood Pressure  $\geq 90$  mmHg.

The modifiable risk factors of Hypertension are:

- i. Overweight/Obese individuals
- ii. Less or No Physical activity
- iii. Diet which is high in salt
- iv. Consuming alcohol frequently
- v. Tobacco consumption

The non-modifiable risk factors of Hypertension are:

- i. Age above 65 years
- ii. Hypertension history in family.
- iii. Co-morbidities like Diabetes or kidney disease.

Key facts:

- i. In 2024, the global adult population in the age group of 30 to 79 years with hypertension approximated to about 1.4 billion adults. This estimates to about 33% of population in that range.
- ii. It is considered a major cause of premature death worldwide.
- iii. Almost two-thirds of adults with hypertension are from low or middle-income countries.
- iv. About 600 million adults having hypertension which approximates to about 44%, are unaware of their condition.
- v. The adults being diagnosed or treated for hypertension are around 630 million.

vi. About 320 million (23%) adults have their hypertension under control.

vii. One of the global objectives for non-communicable diseases 2010–2025 was to achieve a 25% reduction in uncontrolled hypertension. [1]

The significant risk of cardiovascular diseases, such as heart attacks and stroke, is related to uncontrolled blood pressure. It is the leading cause of death all over the world. Cardiovascular diseases account for nearly one-third of all deaths in India. Although about 220 million people in the country are suffering with hypertension, only about 12% manage to keep their blood pressure under control. [2]

Ayurveda has no direct classical description of hypertension. According to Ayurvedic principles, in case of unknown diseases, the physician is expected to understand the nature of the disease through *dosha*, the site of manifestation, etiological factors and subsequently formulate a treatment plan.

Scientometrics can be defined as the quantitative study of science, scientific communication, and science policy. It includes the analysis of literature in a given field in search of patterns and relationships across different topics. As such, it is a tool to assess the growth and evolution of scientific output for most disciplines. Co-word analysis is one method employed in scientometrics, in which the co-occurrence of keywords in article titles, abstracts, or manuscripts is analyzed to study the structure and dynamics of many subject areas. [3] Scientometrics used to visualize information has enabled versatile quantitative and qualitative analysis. It, along with exploring developmental courses in a specific research field also identifies trends and contribution levels among different countries, institutions, journals and authors.

## 2. AIMS AND OBJECTIVE:

**Aim-** Aim of study is to draw analysis from the data collected regarding hypertension in both modern and Ayurveda sciences.

**Objective-** The objective of this study is to compare the conceptual aspect of Hypertension and the data published in both modern and Ayurveda sciences retrospectively.

To draw analysis from the data collected.

**3. MATERIAL & METHODS:**

This is an analytical review. The data for the study was collected from “ScienceDirect “and “PubMed”.

ScienceDirect is an online database of scientific and medical full-text content developed by the publisher Elsevier, although

some smaller academic publishers also contribute their publications to it. [4]

PubMed is a freely accessible database that consists of the MEDLINE collection of references and abstracts concerning life sciences and biomedical topics. [5]

The database, search terms used, the filters applied and the results are mentioned in [Table 1](#).

**Table 1- The database, search terms used, the filters applied and the results**

Database	Search terms used	Filters applied	Notes	Number of results
Science Direct	“Hypertension”	Date range- 2010-2024	Title/Abstract or Author specified keyword	82,673
	“Hypertension in India”	Date range- 2010-2024	Title/Abstract or Author specified keyword	717
	“Hypertension AND (Ayurveda OR Ayurvedic)”	Date range- 2010-2024	Title/Abstract or Author specified keyword	37
	“Hypertension AND (Ayurveda OR Ayurvedic) in India”	Date range- 2010-2024	Title/Abstract or Author specified keyword	12
	“High Blood Pressure AND (Ayurveda OR Ayurvedic)”	Date range- 2010-2024	Title/Abstract or Author specified keyword	9
	“High Blood Pressure AND (Ayurveda OR Ayurvedic) in India”.	Date range- 2010-2024	Title/Abstract or Author specified keyword	2
PubMed	“Hypertension[Title/Abstract]”	Date range- 2010-2024	Title/Abstract	269,196
	“Hypertension in India”[Title/Abstract]	Date range- 2010-2024	Title/Abstract	100
	Hypertension[Title/Abstract] AND (Ayurveda[Title/Abstract] OR Ayurvedic[Title/Abstract])	Date range- 2010-2024	Title/Abstract	109
	Hypertension[Title/Abstract] AND (Ayurveda[Title/Abstract] OR Ayurvedic[Title/Abstract]) in India	Date range- 2010-2024	Title/Abstract	81
	High Blood Pressure[Title/Abstract] AND (Ayurveda[Title/Abstract] OR Ayurvedic[Title/Abstract])	Date range- 2010-2024	Title/Abstract	5
	High Blood Pressure[Title/Abstract] AND (Ayurveda[Title/Abstract] OR Ayurvedic[Title/Abstract]) in India	Date range- 2010-2024	Title/Abstract	3

**4. RESULTS:**

**a. Global publications:** - A total of 82,673 results were retrieved from ScienceDirect from 2010 to 2024 among which research articles were in majority accounting to 40,918 results. Notably 73.78% results were released in the last decade i.e 2015 to 2024. The details including article types and major subject areas have been presented in [Table 2](#).

On advance searching the database of PubMed for “Hypertension [Title/Abstract]”, 269,196 results were generated out of which 119,275 results were from the period 2020 to 2024 comprising 44.3% of the total articles.

**b. Publications related to India:** - In Science Direct, the keyword “Hypertension in India” yielded 717 results. Among these results, 485 were Research articles and 50 were Review articles. The majority of the results were published in “The Indian Heart Journal”.

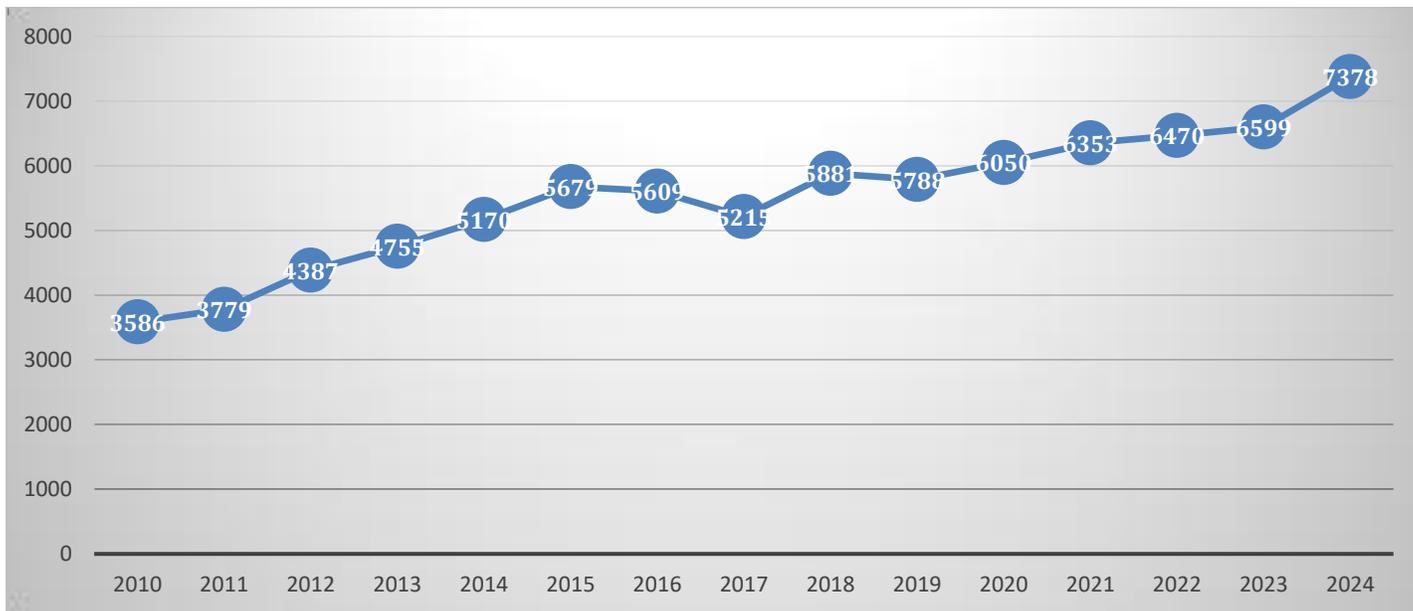
In PubMed 100 outcomes were recorded for the search of “Hypertension in India”.

Graphical representation of Science Direct data regarding global publications and publications related to India on hypertension is done in [Fig.1](#) and [Fig.2](#) respectively.

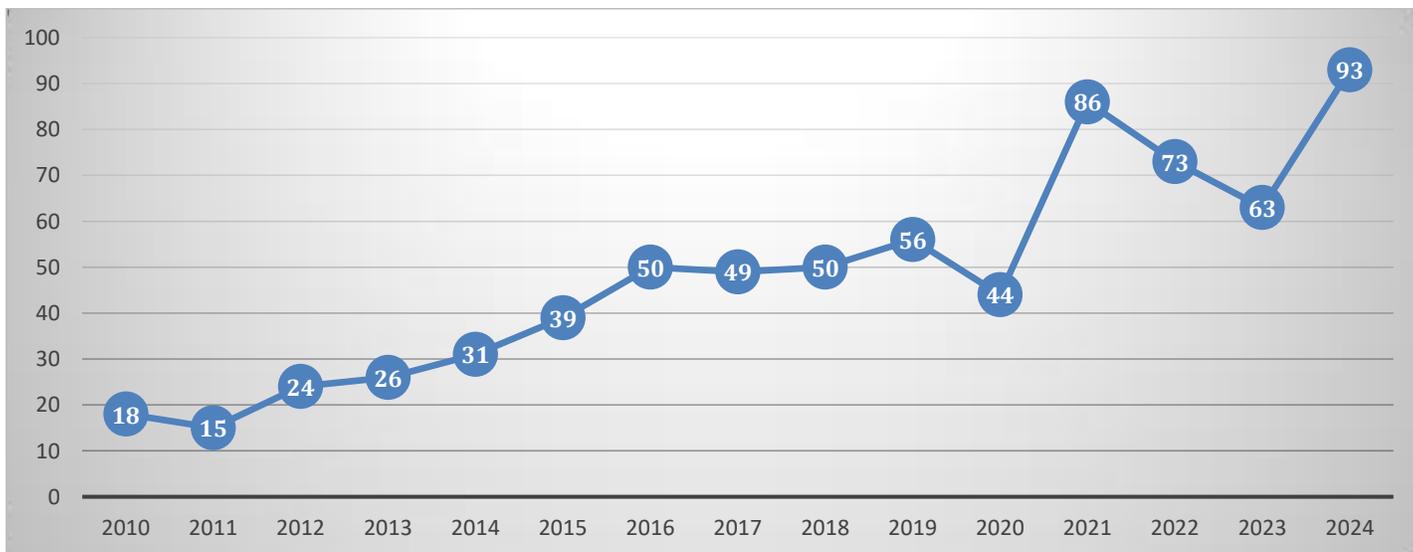
**Table 2-Science Direct data of Document types, Subject areas and Percentage distribution:**

Document type	Numbers		Percentage	
	India	Global	India (717)	Global (82673)
Research articles	485	40918	67.6%	49.4%
Conference abstracts	119	20692	16.5%	25%
Review articles	50	8782	6.97%	10.622%
Short communications	23	3053	3.2%	3.69%
Case reports	5	2785	0.69%	3.36%
Book chapters	13	2281	1.81%	2.7%
Correspondence	6	1109	0.83%	1.34%
Editorials	3	904	0.41%	1.09%

Mini reviews	1	784	0.13%	0.94%
Discussion	1	387	0.13%	0.46%
Encyclopedia	2	346	0.27%	0.41%
Practice guidelines	0	181	0%	0.21%
Errata	2	107	0.27%	0.12%
Data articles	1	32	0.13%	0.03%
Video articles	0	20	0%	0.02%
News	0	18	0%	0.02%
Examinations	0	17	0%	0.2%
Book reviews	0	15	0%	0.01%
Conference info	0	3	0%	0.003%
Product reviews	0	2	0%	0.002%
Others	6	237	0.83%	0.28%
<b>Subject Areas</b>	<b>India</b>	<b>Global</b>	<b>India (717)</b>	<b>Global (82673)</b>
<b>Agriculture and Biological Sciences</b>	13	1359	1.81%	1.64%
<b>Biochemistry, Genetics and Molecular Biology</b>	51	8547	7.11%	10.33%
<b>Chemistry</b>	0	744	0%	0.89%
<b>Environmental Science</b>	13	1206	1.81%	1.45%
<b>Immunology and Microbiology</b>	49	1725	6.83%	2.08%
<b>Medicine and Dentistry</b>	626	72031	87.3%	87.12%
<b>Neuroscience</b>	24	6273	3.34%	7.58%
<b>Nursing and Health Professionals</b>	29	5053	4.04%	6.11%
<b>Pharmacology, Toxicology and Pharmaceutical Sciences</b>	29	5020	4.04%	6.07%
<b>Psychology</b>	14	0	1.95%	0%
<b>Social Sciences</b>	22	1462	3.06%	1.76%



**Fig.1: Year wise global publications related to Hypertension**



**Fig.2: Year wise publications related to Hypertension in India**

**c. Ayurved related publications:-** The search query and the number of results generated are formulated in a tabular form to get a clear visualization of the data. The data from ScienceDirect is presented in [Table 3](#). The data from PubMed is presented in [Table 4](#).

The summary of research findings related to *Ayurveda* is as follows:

A study was performed where the efficacy of *Brahmi vati* was compared to that of *Sarpagandha* in hypertension

management which exemplified that both formulations had equal efficacy and safety. The safety of both interventions was appraised by the serum creatinine level within normal ranges and the absence of reported ADRs. Along with its antihypertensive action, *Brahmi vati* is said to possess *bhrumhaniya* (nourishing), *medohara* (anti-dyslipidemic), *chittodwegahara* (anxiolytic), and *nidrajanana* (sleep-promoting) actions. *Sarpagandha* also possesses *medohara*, *chittodwegahara*, *nidrajanana*, and antihypertensive effects.

Thus, both may be used in holistic hypertension management. [6]

In one study, it was concluded that *M-Sarpagandha Mishran* and *Praval Pishti* can regulate both systolic and diastolic blood pressure, in conjunction with yoga and lifestyle modifications. This combination may thus also help reduce and, in some cases, discontinue conventional medications in cases of essential hypertension. [7]

A study was conducted to analyse effectiveness of *Talahridaya marma* therapy. When given once daily, it had significant improvement in systolic as well as diastolic blood pressure. It was concluded that a large scale study would be needed to analyze blood pressure normalizing effects. [8]

A polyherbal formulation named Heart Revival, had significant effect in lowering blood pressure in hypertensive patients within 8 weeks. It also effectively minimized fatigue, chest discomfort and trouble in breathing in hypertensive patients. Along with it in hypercholesterolemic patients, lipid lowering effects were observed. Further research was recommended in the study in a larger population to concretize the findings. [9]

A survey was performed for a cross-sectional observational study from November,2011 to January,2022, regarding link between heart disease symptom, lead III ECG and *Udavarta*. The findings suggested that *udavarta* is a clinically relevant risk factor in developing of cardiovascular disease. Based on the ECG changes it was also noted that, a minimum duration of constipation for 3 months may be sufficient to initiate cardiac disease. [10]

In one study, hypertension is approached from the point of view of Ayurveda and is considered as a psycho-somatic hemodynamic disorder. Here, the *Vata*-dominant *Tridoshas* become vitiated, which in turn affect the *Rasa-Rakta Dhatu*, the *Sarva Shareera* (the whole body) and *Manas* (the mind), which are its primary sites or *Adhithana*. More importance needs to be given to lifestyle modification in its management. [11]

A comparative study between *Brahmi vati* and *Manasmitra vataka* was performed in managing generalised anxiety disorder. Both had comparable effects. *Brahmi vati* demonstrated anxiolytic, anti-depressant, blood pressure lowering effect in pre-hypertensive stages.[12]

**Table 3: Keywords searched and results in Science Direct**

Search Query	Number of results
Hypertension AND (Ayurveda OR Ayurvedic)	37
High Blood Pressure AND (Ayurveda OR Ayurvedic)	9
Hypertension AND (Ayurveda OR Ayurvedic) in India	12
High Blood Pressure AND (Ayurveda OR Ayurvedic) in India	2

**Table 4: Keywords searched and results in PubMed**

Search Query	Number of results
Hypertension[Title/Abstract] AND (Ayurveda[Title/Abstract] OR Ayurvedic[Title/Abstract])	109
High Blood Pressure[Title/Abstract] AND (Ayurveda[Title/Abstract] OR Ayurvedic[Title/Abstract])	5
Hypertension[Title/Abstract] AND (Ayurveda[Title/Abstract] OR Ayurvedic[Title/Abstract]) in India	81
High Blood Pressure[Title/Abstract] AND (Ayurveda[Title/Abstract] OR Ayurvedic[Title/Abstract]) in India	3

**d. Publication/Journals titles:** For the keyword “Hypertension”, majority of the results were from “Annals of the Rheumatic Disease”(3,328) followed by “JACC”(2,348). Other notable journals were “BLOOD”, “International Journal of Cardiology”, “CHEST”, “The Journal of Heart and Lung Transplantation”. Details of Global Publications and Publications related to India are mentioned in [Table 5](#).

In Ayurveda, “Journal of Ayurveda and Integrative Medicine(J-AIM)” was among the most productive journal with 10

publications followed by “Journal of Ethnopharmacology” with 9 publications.

**Table 5- Details of Journal titles of Global and publications related to India:**

No.	Journal Name	India	Global
1	American Heart Journal	5	-
2	American Journal of Kidney Diseases	-	453
3	American Journal of Obstetrics and Gynecology	-	761
4	Annals of the Rheumatic Diseases	37	3328
5	Archives of Cardiovascular Diseases Supplements	-	999
6	Asian Journal of Psychiatry	6	-
7	Atherosclerosis	-	671
8	Blood	9	2200
9	Canadian Journal of Cardiology	-	599
10	CHEST	-	1638
11	Clinical Epidemiology and Global Health	37	-
12	Diabetes & Metabolic Syndrome: Clinical Research & Reviews	39	-
13	Diabetes Research and Clinical Practice	13	-
14	European Journal of Pharmacology	-	401
15	Global Heart	12	-
16	Heart, Lung and Circulation	-	472
17	Indian Heart Journal	99	-
18	Indian Journal of Medical Specialities	7	-
19	International Journal of Cardiology	11	1770
20	JACC	-	2348
21	Journal of Cardiac Failure	-	673
22	Journal of Cardiovascular Disease Research	12	-
23	Journal of Clinical and Experimental Hepatology	9	-
24	Journal of Diabetes and its Complications	5	-
25	Journal of Ethnopharmacology	13	-
26	Journal of Hepatology	-	617
27	Journal of Indian College of Cardiology	10	-
28	Journal of Stroke and Cerebrovascular Diseases	5	658

29	Journal of the American Society of Hypertension	-	848
30	Journal of Vascular Surgery	-	509
31	Kidney International Reports	6	-
32	La Revue de Médecine Interne	-	542
33	Medical Journal Armed Forces India	9	-
34	Nutrition, Metabolism and Cardiovascular Diseases	-	448
35	Pregnancy Hypertension	27	1286
36	Preventive Medicine Reports	6	-
37	SSM – Population Health	6	-
38	The American Journal of Cardiology	-	988
39	The Journal of Heart and Lung Transplantation	-	1402
40	The Lancet	6	-
41	The Lancet Global Health	8	-
42	The Lancet Regional Health – Southeast Asia	9	-
43	Transplantation Proceedings	-	540
44	Value in Health	-	532
45	World Neurosurgery	-	468

**e. Progression of Publications:** 2024 was the most beneficial year with 7,378 global publications of Hypertension. Total 60,999 publications were seen in the last decade from 2015 to 2024. This points out the surge in cases of hypertension and therefore increasing demand for research. The details of number of publications in the last 5 years are presented in [Table no. 6.](#)

**Table No.6 Progression of publications from 2020 to 2024**

Year	Number of publications
2020	6,050
2021	6,353
2022	6,470
2023	6,470
2024	7,378

**f. Trends in research in Hypertension:** From 2010 to 2024, research on hypertension has seen a salient transformation.

Research in the period of 2010 to 2015 was mostly related to epidemiology, clinical classification and pharmacotherapy optimization. The studies on prevalence rate, geographic variations, comorbidities established a foundation for standardized management of hypertension. It focused on possible factors affecting blood pressure other than the known facts. Hypertension and factors that influence it and its complications were deduced. Monotherapies and combination management were compared with each other in drug trials. Research was also done to see how lifestyle and diet impact blood-pressure regulation. This proved to be as a clinical and diagnostic era to improve blood-pressure control and monitoring.

By 2016 to 2019 studies were researching molecular biology and genetic susceptibility. It was found out that gene polymorphisms impact hypertension and its complications. Research mostly studied phytochemical analysis, FTIR profiling and in vivo models to explain mechanisms. Pharmacological trials for new drug research, efficacy of triple combination therapy along with long term beneficial effects of some antihypertensive on cardiovascular and cerebrovascular outcomes were studied. This period noted emerging contributions of Integrated medicine in research.

Between 2020 to 2022, hypertension studies covered areas, from biological mechanisms to "omics" technologies such as transcriptomics, proteomics and metabolomics. The study of RNA, proteins and metabolic biomarkers having the possibility of offering early diagnosis or prediction of essential hypertension opened new possibilities. At the same time psychological factors were studied related to hypertension. Environmental researches saw an association between air pollution, greenspace exposure and hypertension risk. Integrated medicine research underwent a surge with

pharmacological as well as non-pharmacological interventions in the management of hypertension.

During 2023 to 2024, research had its focus on molecular discovery and personalized therapy. Genomics and metabolomics identified genes and biomarkers with the focus on diagnostic and prognostic potential. Novel combination therapies were explored using randomized controlled trials. Public health analysis from large cohorts linked regular health checkups and lifestyle modifications with improved outcomes. Ayurveda also has its share of publications. Multiple interventional and observational studies were conducted with relation to hypertension.

## 5. DISCUSSION:

Scientometrics is a subfield of informatics that studies quantitative aspects of scholarly literature. The term scientometrics was coined by V.V.Nalimov and Tibor Braun. Use of scientometrics in medical science is beneficial to improve clinical practices, identification and development of health issues and research trends for prevention and treatment of diseases. Only a few studies have been recorded related to scientometrics in the field of Alternative and Complimentary medicine.

The main aim of this study was to explore various publications and trends related to hypertension, globally and in India along with exploring development of Ayurveda research in this field. Review of literature on hypertension has proved that diverse studies have been performed related to the hypertension. Various researches have been done to obtain a complete understanding of the condition. Novel drug therapies as well as multiple combination therapies are seen in the current trend.

Study on ARB's demonstrated to have comparable effectiveness regarding cardiovascular and cerebrovascular outcomes. Modern medicine has many research studies in relation to gene polymorphism to grasp the development of hypertension at a molecular level. These studies have a

promising future of early detection of the condition and its long term effects. Early assessment of high risk groups and early management is the key to prevent further complications.

Complementary and alternative medicines have remarkable research data for understanding the pathophysiology and pharmacological and non-pharmacological interventions to combat it. Ayurveda articles have explained hypertension as a psycho-somatic haemodynamic condition where in *Vata pradhan Tridoshas* are vitiated. Ayurveda also has a study showcasing how constipation and cardio-vascular diseases can be correlated there by providing a scope for prevention of such cases. Ayurveda medicines like *Rauwolfia serpentina*, *Bacopa monnieri*, *Tribulus terrestris*, *Nardostachys jatamansi* etc have proven benefits in hypertension. Acupuncture, *Yoga* and *Pranayam* along with dietary modifications proved to be beneficial in tackling escalation of the condition. An interesting concept of *Marma* therapy has shown promising effects. This can also be advantageous for other life-style disorders.

Multi-dimensional approach in combating hypertension is the best approach for this world wide issue.

## 6. CONCLUSION:

This study highlights trends of research in Hypertension in western medicine and Ayurvedic approaches. It also brings forward the usefulness of early detection so as to prevent the disorder efficiently. In hypertension, lifestyle modifications, physical therapies and suitable pharmacological interventions is a primary requirement. The emerging cases of lifestyle disorders and their cardiovascular or cerebrovascular outcomes have an alarming need of more effective steps and a combined approach of conservative management along with complementary pharmacological and non-pharmacological interventions. Emerging Ayurveda research in hypertension is valuable but there is huge scope for further research in the field of complementary medicine.

## Limitations:

The few limitations of this study includes that databases of Science Direct and PubMed were searched as these are among the most reliable databases. Only English keywords were used in the current study as the majority of the publications were written in English. For a more comprehensive study, other databases and languages may be explored.

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Conceptualization and Data management: SPP, NK

Data collection and literature search: SPP

Writing original draft: SPP, NK

Reviewing & editing: NK

Approval of final manuscript: All authors

## Declaration of Generative AI

The authors declare this manuscript was written without the use of generative artificial intelligence tools. All the content, including text generation, data analysis and references was developed and reviewed by the author without assistance from AI technologies.

**Conflict of Interest** – The authors declare no conflicts of interest.

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## Additional Information:

Authors can order reprints (print copies) of their articles by visiting: <https://www.akinik.com/products/2281/journal-of-ayurveda-and-holistic-medicine-jahm>

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