Following is a response from Senior DHS Stata Specialist, Tom Pullum:

The fifth character in the variable name is s for systolic blood pressure and d for diastolic. The sixth character is w for women and m for men. It would have been possible to combine the w and m variables, because they refer to different cases, but DHS recode files often have this kind of separation for different subpopulations. For example, in the PR file, hc53, ha53, and hb53 are the hemoglobin concentrations for children, women, and men, respectively. If you would prefer to consolidate them into a single variable, that's easy to do.

Sometimes such variables are automatically put onto the relevant file. For example, ha53 is copied onto the IR file as v453 during construction of the IR file. However, I checked and it appears that shbpsw and shbpdw were not put into the IR file for this survey (NPIR7H). You will have to merge the PR and IR files, matching the id codes hv001, hv002, hvidx in the PR file with v001, v002, v003 in the IR file. Examples of how to do that are available elsewhere on the forum.