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AYURVEDIC MANAGEMENT AND PREVENTIVE THERAPY FOR HRIDROGA (HEART DISEASES)

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ABSTRACT:

The development of human being brings a complementary package of burden of many new and non-communicable diseases. These diseases are now a day's observed in very young age also. There are many non-communicable diseases in which cardio vascular diseases are tremendously increasing in our society due to change in the diet pattern, lifestyle and environment conditions. They are also known as chronic diseases. Cardiovascular diseases or hridrog is one of them. Diseases among of them; *Hridroga* (Heart diseases) are tremendously increasing in our society due to the change in the life style, diet pattern, and environmental conditions. *Hridroga* is among those diseases mentioned in Ayurveda where in the description are quite brief and the *Ayurvedic* view point needs clarification. In view of the increasing evidence of cardiac disorders in the present times this aspect assumes added importance. Sign and symptoms of *Hridroga* mentioned in *Samhitas* are almost similar to cardiovascular disease. It includes various diseases such as; coronary heart disease (CHD), cerebrovascular disease (CVD), and peripheral arterial diseases. India alone is burdened with approximately 25% of cardiovascular-related deaths and would serve as a home to more than 50% of the patients with heart ailments worldwide within next 15 years. Thus, present study is an attempt to review and collect simple and effective managements mentioned in seven different compendia of medieval period.

Keywords: *Hridroga*, Heart diseases, *Samhita*, *Ayurveda*, *Chikitsa*, Prevention

INTRODUCTION:

Cardiovascular disease (CVD) is the leading global cause of death, accounting for 17.3 million deaths per year, a number that is expected to grow to more than 23.6 million by 2030 [1]. According to recent statistics, incidences of CVD-related death and disability in low-income countries have grown at an alarming pace. In 2008, Gupta et al. reported that India alone is burdened with approximately 25% of cardiovascular-related deaths and would serve as a home to more than 50% of the patients with heart ailments worldwide within next 15 years [2]. *Hridaya* is the origin or seat of *Pranavaha* and *Rasavahasrotas* and is one among the three important *marmas* (vital spots) in human body [3,4]. *Vyayama*, *Tikshna-ativirechana*, *Tikshna-atiyoga* of *Basti*, *Chinta*, *Bhaya*, *Trasa*, *Gadatichara*, *Chardi*, *Aama*, *Vegasandharana*, *Karshana* and *Abhighata* are the causes of *Hridroga* found in *Samhita*.

***Hridroga Nidan* (Heart Diseases):**

Ahara (Diet) related- Excess & frequent consumption of substances having *Usna*, *Tikshna*, *Guru*, *Ruksha*, *Kashaya* properties.

Vihara (Life style) related- Excessive physical exercise and activity (*Vyayama*). Excessive enema (*Basti*), purgation (*Virechan*), emesis (*Vamana*). Suppression of natural urges (*vegadhaaran*) *Abhighatajanya* (physical & mental trauma) *Chinta*, *Krodha*, *Bhaya* etc [5]

Types of *Hridroga* :correlation with modern view

Vataja Hridroga - Due to the *Shoka* (sad mood), *Upashaya* (fasting), *Ativyayam*

(excessive exercise), *Rooksha*, *Shushka* and *Alpa aahar Vata* aggravates and produce pain in the heart region. [6] *Shula* (pain) is also a common symptom of *Vata ja Hridaya roga*. In angina also severe pain occurs. On the point of view of pain *Vataja Hridroga* can be correlated with angina. Due to *Ruksha & Laghu Guna Va-* ta aggravates & cause hardness or calcification of arterial wall. i.e Arteriosclerosis can be correlated with the *Vataja Hridaya roga*.

Pittaja Hridroga- Due to *Ushna*, *Amla*, *Lavana*, *Kshara*, *Katu Rasa*'s food and excessive use of alcohol *Pitta Dosha* aggravates and produce burning heart, bitter taste, vomiting (*Vamana*), thrust (*Trishna*), *Murcha* (syncope), *Sweda* (sweating) in the body. [6] As per modern view we can correlate with pericarditis, inflammatory disorder of heart.

Kaphaja Hridroga- Due to excessive intake of food, *Snigdha*, *Guru* food, Lack of physical work *Kapha* aggravates and produce the symptoms of *Kapha dosha* in heart region like heaviness & numbness in the chest, anorexia.[6] *Kaphaja Hridroga* Can be correlated with the myocardial infarction because in myocardial infarction also feels heaviness in chest.

Sannipataja Hridroga- It produces due to *Vata*, *Pitta* & *Kapha* & in produce the symptoms of all three *dosha* at the same time. [6] *Sannipataja Hridroga* can be correlated with acute chest pain.

Krimija Hridroga- If pt suffering from *kaphja hridyoga* takes, *Tila*, *Guda* then *Rasa dhatu dusthi Rasa* leads to *granthi utpatti* In this *granthi Krimi* arrives and spread in all region of heart & produces

severe cutting pain, itching etc. It may also lead in death & Acharya Charka also advice to do early management in this condition.^[7] *Krimija Hridroga* can be correlated with myocardial infarction because in case of myocardial infarction there is severe pain occur & required urgent management like as *Krimija Hridroga*.

Samprapti (pathogenesis)^[8]

High calorie and saturated lipid rich diet + Sedentary lifestyle → *Mandagni* (low digestive power) → *Rasa dushti* → *Sama Rasa* (Hyperlipidemia) + *kapha - pitta* + *rakta* + *meda* → *Dhamni Prachitya* (Atherosclerosis) → *Strotorodha* (obstruction of arteries) + *Vayu* → *Uro Ruja* (chest pain) → **Hridashoola or Hridaroga.**

Samprapti Ghatak

- Dosha – Vatadi dosha, Vata pradhan*
- Dushya – Rasa, Meda*
- Adhishthan – Hridya*
- Strotas – Rasvaha*

Symptoms of Hridroga^[9,10] :

Table no. 01

1.	<i>Vaivarnya</i> (Cyanosis)	Dyspnoea
2.	<i>Murcha</i> (Syncope)	Orthopnoea
3.	<i>Jwara</i> (Fever)	Chest pain
4.	<i>Kasa</i> (Cough)	Peripheral edema
5.	<i>Hikka</i> (Hiccough)	Palpitation
6.	<i>Shwasa</i> (Dyspnoea & Orthopnoea)	Cheyne-Stokes breathing
7.	<i>Mukha vairasya</i> (Better taste of mouth)	Anorexia
8.	<i>Trishna</i> (Excessive thirst)	Vomiting

9.	<i>Pramoha</i> (Stupor)	Syncope
10.	<i>Chardi</i> (Vomiting)	Fatigue
11.	<i>Kaphoutklesha</i> (Nausea)	
12.	<i>Urashoola</i> (pain in chest)	
13.	<i>Aruchi</i> (Anorexia)	

Chikitsa :

Carak Samhita^[11]

- Punarnavadi Taila*
- Haritakyadi ghrita*
- Pushakrmooladi kalka/Kwath*
- Trushnadi ghrita*
- Drakshadya ghrita*
- Kasherukadi ghrita*
- Sthiradi ksheer*
- Katphaladi kwath*
- Umbradi leha*
- Shilajeet prayoga*

Susrut Samhita^[12]

- Pippalyadi churna*
- 4-Sneha Sarpi ,Taila, Vasa, Majja*
- Trivruttadi Churan*

Sarth Vagbhat^[13]

- Bala taila*
- Sukumarghrita*
- Jeshtamadhu*
- Shilajeet*
- Bramhrasayan*
- Aamlakavleha*
- Agsthiharitaki*
- Bhavaprakasa^[14]**
- Shatipushakrmoola Churan*
- Arjunadighrita*
- Baladya ghrita*
- YogaRatnakar^[15]**
- Pippaladya churna*
- Pushakrmooladya churna*
- Drakshadi Churna*
- Arjunadi Churna*
- Vrundat Kaserukadi ghrita*

Trivruttadi Churna /Kwath

Dashmooladi Kwath

Pushkaradi Kwath

Hingwadi Churna

Pushakar Churna

Kumkumadya churna

Pathyadi Kwath

Yenshriga Bhasma

Katukadi Yoga

Vallabh Ghrita

Pathyadi Ghrita

Punarnavadi taila

Prevention of the Hridroga:

Principle of Ayurveda is Prevention is better than cure. So, preventive aspect is very important in case of *Hridroga*.

1. Avoidance of *Manas hetu*
 2. Diet & life style modification
 3. *Rasayana* therapy for *Hridroga*- *Brahm Ra- sayana, Amalaki Rasayana, Shilajeet Rasaya- na, Agastaya Haritaki, Chayavanprasha Rasayana*. [12]
- Management of Cardiovascular Diseases as per *Ayurveda*
4. *Nidan parivarjana* (eg- change in diet & life style)
 5. *Samshodhana* therapy
 6. *Vamana Karma* (only *mridu Vamana* in *Vataja & Kaphaja Hridroga*) *Virechana Karma* (Beneficial in Hypertension, Hyperlipidemia & *Krimiija Hridroga & mridu Virechana* in *Pitta Hridroga*) *Basti* (Beneficial in Obesity, Hyperlipidemia, Hypertention) *Snehan, Sevan, Shirodhara*^[16]

DISCUSSION:

Hridroga is discussed in detail in every *Samhitas* and *Chikitsagranthas*. Five types of *Hridroga* are found in every Ayurvedic

texts. Causes mentioned for *Hridroga* are mainly *Vataprakopakara* and *Rasavahasrotasdushtikara* i.e., *Vyayama, Chinta, Bhaya, Shoka* etc. Drugs used in these 18 formulations are *Arjuna, Kushtha, Vidanga, Nagabala, Pushkarmoola* etc. Some drugs have organ specific affinity while others possess properties like; *Pachana, Rasayana, Anulomana* etc. *Arjuna twaka churna* is used in various dosage forms with different *Anupanas* like; *Ghee, Godugdha, Ajakshira, Taila, Guda* etc. *Arjuna* owned properties like; *Kashaya rasa, Shitaveerya, and Kapha-pittashamaka* and *Hridyakarma* ^[17]. Simple herbs and formulations are used in *Hridroga chikitsa* which suggests their efficacy in treating disorders. Drugs used in various formulations are possessed of properties like *Pachana, Deepana, Hridya, Anulomana, Rasayana* and *Krimihara*. *Arjuna* bestowed with *Hridya karma* which directly act on specific organ while other drugs help in normalizing the *Doshas* and works on various level of pathological site of *Hridroga*.

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