

## A SYNOPTIC NOTION ON HRIDAYA SAMRAKSHANA

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## ABSTRACT

“Pundareekena Sadrusham Hridayam”. Hridaya, the seat of Prana and Para Ojus, is a Koshtanga, and one among the Trimarma and Dashapranayatana. The word Hridaya itself denotes its multifunctioning nature i.e., Hr-taking, Da-giving and Ya-moving/functioning. In this era, the contemporary life styles increase the incidence of cardiovascular disease. It is one among the leading cause of death in all age groups. Annual number of deaths from CVD in India is increased from 2.26 million (1990) to 4.77 million (2020). So, there is a need of preventive cardiological measures. Ayurveda emphasizes on both Swasthyarakshana and Vikaraprashamana. It has so many modalities to maintain health, treatment and to increase the life span concerning Swastavritthapalana and Rasayana. Being the Jeevasthan, Paripalana of Hridaya is indeed. By adopting certain regimen like daily intake of KsheeraGritadi, Hridyadravya, Yoga, following Achara rasayana etc. can maintain the health of heart. Here an attempt is made to delineate the methods for protection of heart in light of Samhitas.

**KEYWORDS:** Hridaya, Trimarma, Dashapranayatana.

## INTRODUCTION

The term ‘Hridaya’ in Ayurveda is a synonym for heart. Hridaya is formed from Prasada Bhaga of Shonita and Kapha, and it is Maatrujaavayava.

“HRU” - means Harati (to receive)

“DA” - means Dadati (to give)

“YA” - means Yagati (to control)<sup>[1]</sup>

According to Acharya Sushruta, Hridaya is situated between two breasts at the mouth of the stomach in chest region.<sup>[2]</sup> Hridaya receives blood from all over the body by venous return and supplies blood to the body by cardiac output, thereby giving nutrition and controls the circulation by its special action viz. contraction and dilation, which is the fundamental function of the heart. All these functions are due to Prakruta Vata dosha which is responsible for Gati and Chala Guna (movement) specially Prana and Vyana Vayu which resides in the heart. Also, Hridaya is the Adhistan of Sadhaka pitta, Avalambaka Kapha, Buddhi, Atma, Manas and Ojas. The heart is also the origin of Rasavaha and Pranavaha srotas.<sup>[3]</sup>

As the most common cause of death globally, cardiovascular diseases claim 17.9 million deaths every year. Heart and vascular illnesses are grouped together as

CVDs. Unhealthy food, physical inactivity, stress, smoking and alcohol abuse are the most important behavioural risk factors of heart disease. The effect of these factors may show up in the individuals as raised blood pressure, raised blood glucose, raised blood lipids, over weight and obesity. Premature death can be avoided by identifying those who are at risk with CVDs, ensuring them receive the proper care and preventive actions.<sup>[4]</sup>

**Why Hridaya is Important & Why should we give special care to hridaya?**

Hridaya is one among the Trimarma, Pranayatana and Koshtanga, hence any injury to it causes Marana. It is the seat of Para Ojus which is the end product of Sapta Dhātu and provides Bala to the body. Oja Naasha leads to Prana naasha. Hridaya is Chetanadistana, Sthana of Anahata Chakra, Dasha Dhamani, Manas, Chinta, Buddhi, Vyana Vata, Sadhaka Pitta, Avalambaka Kapha and Rasavaha srotas, which are the vital entities of the body responsible for the proper functioning of the Sharira as well as Manas.

**How can we protect hridaya?**

Intake of wholesome and unwholesome diet is responsible for prevention and manifestation of various clinical conditions respectively. In Ayurvedic Samhitas,

Acharyas have outlined a variety of practises such as *Nidana parivarjana* along with *Aushadha prayoga*, *Dinacharya*, *Rutucharya*, *Yoga*, Dietetics, and *Sadvritta* that would focus on both the promotion of health and disease prevention.

### Diet & life style modification

**Aharaja**<sup>[5,6,7]</sup> – *Hridya aharaja dravyas* include *Toya* (Water), *Madhuvarga* (Different types of Honey), *Takra* (Buttermilk), *Navaneeta* (Butter), *Ikshurasa* (Sugarcane Juice), *Dadima* (Pomegranate), *Matulunga* (Citrus fruit), *Naranga* (Lemon), *Nalikera* (Coconut), *Kharjura* (Dates), *Patola* (Snake gourd), *Lashuna* (Garlic), *Saindhava* (Rock salt), *Ardra* (Ginger), *Nagara* (Dried ginger), *Mamsa rasa* (Meat soup), *Mridveeka* (Grapes), *Mudgayusha* (Green gram soup) and *Rasala* (Curd mixed with jaggery) etc.

**Viharaja** – *Nitya Abhyanga*, *Vyayama*, *Yoga*, *Sadvritta Acharana*, avoid *Dashavidha PaapaKarmas*<sup>[8]</sup> etc. will help to maintain both *Sharirika* & *Manasika Arogya*.

**Yogasana for hridroga**: *Yoga* helps to maintain physical fitness, decreases stress, anxiety and balances autonomic nervous system. Light exercise, *Shavasana*, *Surya Namaskara* & *Pranayama* are for good heart health. *Tadasana*, *Vrikshasana*, *Trikonasana*, *Veerabhadrasana*, *Cat pose*, *Adhomukha svanasana*, *Bhujangasana*, *Dhanurasana*, *Setubandasana*, *Ardha matsendriasana* are the other helpful *asanas*.<sup>[9]</sup>

**Naimittika rasayana**: *Arjuna Twak*, *Pushkaramoola*, *Shalaparni*, *Guggulu*, *Lashuna*, *Tamboola*, *Amalaki*,

*Haritaki*, *Amalaki Rasayana*, *Brahma Rasayana*, *Agastya haritaki*, *Chyavanaprasha*, *Shilajatu rasayana*.<sup>[10]</sup>

**Achara rasayana**: To protect *Hridaya*. Treating *Hridaya* like *Mitra* (friend), daily intake of *Sarpi*, *Dadhi*, *Ksheera*, *Madhu*, *Mamsa Rasa* etc.

**Nidana parivarjana** – *Purisha* – *Udgara* – *Trishna* – *Kasa* – *Shrama* – *Shwasa* – *Ashru* – *Apanavata* – *Chardi* – *Shukra vegadharanas* are also the causes of *Hridroga*. So, care should be taken not to suppress these natural urges.<sup>[11]</sup>

### Samshodhana therapy<sup>[12,13]</sup>

- *Vamana Karma* (only *Mridu Vamana* in *Vataja* & *Kaphaja Hridroga*)
- *Virechana Karma* (Beneficial in Hypertension, Hyperlipidemia, *Krimija Hridroga* & *Mridu Virechana* in *Pittaja Hridroga*)
- *Basti* (Beneficial in Obesity, Hyperlipidemia, Hypertension) with *Haritakichoorna*, *Abhayarishta*, *Katuki churna* and *Dashamoola*
- *Sramsana* like *Maasha* with *Ushnodaka*
- *Snehana* with *Eranda taila*
- *Svedana* with *Shirodhara*, *Avagaha*

### Shamana therapy<sup>[14,15]</sup>

- *Hridya Mahakashaya*<sup>[Table No.1]</sup> – *Amra*, *Amarataka*, *Lakucha*, *Karamarda*, *Vrikshamla*, *Amlavetasa*, *Kuvala*, *Badra*, *Dadima*, & *Matulunga*

Table No. 1: *Charakokta hridya dasaimani*.<sup>[16]</sup>

S/N	Sanskrit Name	Latin Name	Common Name	Family
1	<i>Amra</i>	<i>Mangifera indica</i> L.	Mango	Anacardiaceae
2	<i>Amrataka</i>	<i>Spondias mangifera</i> Willd.	Wild Mango	Anacardiaceae
3	<i>Likucha</i>	<i>Artocarpus lakoocha</i> Roxb.	Monkey jack	Moraceae
4	<i>Karamarda</i>	<i>Carissa carandus</i> L.	Carandas plum	Apocynaceae
5	<i>Vrikshamla</i>	<i>Garcinia indica</i> Chois.	Kokum butter tree	Clusiaceae
6	<i>Amlavetasa</i>	<i>Garcinia pedunculata</i> Roxb.	Indian rhubarb	Clusiaceae
7	<i>Kuvala</i>	<i>Zizyphus sativa</i> Gaertn.	Chinese date	Rhamnaceae
8	<i>Badara</i>	<i>Zizyphus jujuba</i> Mill.	Jujube red date	Rhamnaceae
9	<i>Dadima</i>	<i>Punica granatum</i> L.	Pomegranate	Lythraceae
10	<i>Matulunga</i>	<i>Citrus medica</i> L.	Citron	Rutaceae

### Beneficial formulation in hridroga

- *Rasa* – *Hridyarnawa Rasa*, *Nagarjunabhra Rasa*, *Kalyan sundar rasa*, *Siddha makaradwaja*, *Vishveshwara rasa*, *Brihathvata Chintamani*, *Chintmani rasa*, *Prabhakaravati* etc.
- *Churna* – *Haritakyadi churna*, *Pippali churna*, *Pushkaramula churna*, *Kakubadi churna*, *Drakshadi churna*, etc.
- *Ghrta* – *Haritakyadi Ghrta*, *Arjun Ghrta*, *Pipplyadi Ghrta*, *Ajeya Ghrta*, *Ajeyakya ghrta*
- *Vati* – *Prabhakara vati*, *Shankar vati*, *Hridroga vati*
- *Kwatha* – *Arjunatwak kwatha*, *Shunti kwatha*

- *Bhasma /Pishti* – *Akika bhasma*, *Akika pishti*, *Mukta pishti*
- *Arista* – *Dashamoolarista*, *Arjunarista*, *Vidangarista*
- *Asava* – *Kumaryasava*

### DISCUSSION

**Hridaya as pranayatana**: *Pranayatana* is not a single structure, it is a complex structure which contains different parts of human body. *Hridaya* is a complex structure because it is the origin of vascular system. So, most of the vascular diseases are always caused by dysfunction of cardiac muscle & vessels. *Pranayatana*

means seat of life and *Hridaya* is one among them, so when gets affected due to disease it will affect the quality of life in human beings or it results in death.

***Hridaya as srotomoola:*** Acharya Sushruta mentioned *Hridaya* as the *Moola of Pranavaha Srotas* (channels or passages of life/air/respiration) and *Rasavaha Srotas* (channels carrying rasa-nutrient tissue) along with *Rasavahini dhamani* (arteries carrying rasa dhatu).

***Hridaya as marma:*** If *Hridaya* gets injured, one gets *Murcha* and even death on its severe painful conditions.

***Hridaya as ojus sthana:*** *Ojas* is the collective essence of all seven *Dhatu*s which is being continuously driven from heart to be circulated all through the body. *Para ojas* is said to be located in heart itself.

***Hridaya as chetana sthana:*** *Hridaya* is the seat of *Chetana* (conscious principle) in living beings. In the fourth month because of clear development of the *Hridaya* of the foetus, *Chetana dhatu* becomes expressive.

***Hridaya & Sadhaka pitta:*** The *Pitta* present in the *Hridaya* is *Sadhaka Pitta* and it serves dual functions - one is *Ojokrita* & other one is *Medhokrita* which enables all intellectual performances.

#### Management of hridroga

Prevention starts with correction of basic lifestyle. *Ayurveda* has enough lifestyle choices like *Dinacharya* (regular exercise, prayer, meditation, wholesome diet) and *Ritucharya* (seasonal purification) incorporating dietary changes like reduced intake of salt, increased consumption of vegetables, fruits, cereals according to the season and *Sadvritta* (personality development and mental health care aids.) *Ayurveda* also suggests *ahara, vihara* including psychological factors and continuous use of appropriate medicines in the management of *hridroga*. In classical texts, several *Ganas* such as *Hridya Dasaimani* by Charaka, *Parushakadi Gana* by Susrutha and *Vidaryadi Gana* by Vagbhata are aimed at better management of the conditions of *Hridroga*.

#### CONCLUSION

When description of *Hridaya, Hridya dravyas, Hridroga* & its *Chikitsa* available in *Ayurveda* classics are analysed, it is evident that *Ayurveda* appraises on *Hridaya paripalana*. In the context of *Nityasevaniya Dravya*, Acharyas highlight the importance of *Swastya Rakshana*. Just like how we safeguard a lamp by checking the presence of oil and wick for proper light and avoiding wind, insects etc. which may put off the light, the same way we should protect our health by nourishing the body through wholesome diet and lifestyle and avoiding the factors that spoil health. Even after following all these methods, still if the *Arti* and *Vighata* is occurring, then the disease should be treated appropriately.

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