

HRIDROGA YOGAS W.S.R TO CHAKRADATTA**Dr. Sreelakshmi L.*¹, Dr. Saran Babu² and Dr. Vikram S.³**

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ABSTRACTS

Hridaya is one of the Marma which plays a significant role in maintaining body homeostasis. From time immemorial, man has always been fascinated by the mode of function of heart. he is overconcerned about the slightest change in the function of heart. Hridaya is the seat of all Tridosha like Vyana Vata, Sadaka Pitta and Avalambhaka Kapha, Rasa Dhatu Ojas.^[1] It is mentioned as Pranayatana. Hridroga is one among the non-communicable disease. In today's world most of the death are attributable to non-communicable disease and over half of them are result of cardiovascular disease, one third death occur among middle aged adult. Heart disease are increasing tremendously in our society. Ayurveda has many things to offer for the prevention of heart disease Ayurveda treatments of Hridroga may include herbal remedies, dietary changes lifestyle modification such as Yoga and meditation. Chakradatta explain Hridroga Chikista precisely with many simple and affordable formulation under various Kalpana.^[2] Therefore here is a humble attempt of the same to explain various Yogas explained by Chakradatta.

KEYWORDS: Hridroga, Chikista, Chakradutta.**INTRODUCTION**

Hridroga is one among the non –communicable disease, common among middle aged adult. Heart disease are increasing tremendously in our society due to change in life style pattern, diet etc. Hridaya is one of the Marma which controls many activities. It is the moola of Rasavaha and Pranavaha Srotases which maintain the body homeostasis. Cardiovascular disease encompass atherosclerotic vascular disease like coronary heart disease cerebrovascular disease and peripheral arterial diseases. Various aetiological factors vitiate or cause abnormal increase or decrease in Vata Pitta, Kapha, these in turn vitiate Rasa where vitiated rasa enters the heart and give rise to heart disease.^[3] In Samhita five types of Hridroga are described which are Vataja Pittaja Kaphaja, Sannipataja and Krimija. Chakardutta also known as Chikista Sangraha explain various formulation for the treatment of different types of diseses. Several herbal and herbomineral formulation are described in Chakradutta which are useful for the ayurvedic practioners. Chakradatta explains many easy formulations from various Kalpana which act as preventive and curative measures.

MATERIALS AND METHOD

Different Chikista Granta explain various types of formulation and treatment procedure for Hridroga. In Chakradutta, the treatment for Hridroga typically involves a holistic approach that combines dietary recommendations lifestyle modification herbal remedies and therapeutic practices. Many simple formulation are described by Chakradatta in which Arjuna, Aswaganda Brahmi etc are included which is known for their cardio protective properties. Chakradatta explained many Yogas with different Kalpana such as Churna, Kashaya etc.

Table I: Churna preparation mentioned in Chakradutta.

No	Name of the yoga	Ingredients	Anupana
1	Pippalyadhi churna	Pippali, Ela, Vacha, Hingu, Yava Kshara, Saindhava, Sauvarchala, Sunti, Ajamodha	Phala, Dhanyamla, Kulattha, Dadhi, Madhya, Asava Sneha
2	Arjuna Churna	Arjuna Bark	Ghrita, Ksheera, Gudaambasa
3	Pushkara Churna	Pushkara Moola	Madhu
4	Nagabala Churna	Nagabala Moola	Godugdha
5	Hinguvadhi Churna	Hingu, Vacha, Vidalavana, Sunti, Pippali, Kusta Abhaya, Chitraka, Yava Kshara Sauvarchala, Pushkaramula	Yavaambasa
6	Padadhichurna	Pada Vacha Yavakshara, Haritaki, Amlavetasa, Duralabha, Citraka, Trikatu, Triphala, Sati, Pushkaramula, Tihtidika, Dadima, Matulunga	Sugodhaka, Madhya

Table II: Kwatha preparation mentioned in Chakradutta.

No	Kwatha	Ingredients	Prakshepa Dravya
1	Nagara Kwatha		
2	Sriparyadhi Kwatha	Sriparni, Madhuka	Kshoudra, Sita, Guda, Gritha Processed With Madhura Drugs
3	Vachadi Kwatha	Vacha, Nimba	Pippalyadhi Churna
4	Dasamoolakwatha	Dasamoola	Kavana, Yava Kshara

Ksheera paka

Here Chakradutta explained Ksheerapaka processed with Arjuna Twak, Laghu Panchamula, Bala, Madhuka with sugar as Praksepa.

Table III: Sneha preparation mentioned in Chakradutta.

No	Name of yoga	Ingredients
1	Vallabha Ghrita	Haritaki Sauvarchala ghrita
2	Svadamstra Ghrita	Goksura, Usira, Manjista, Bala, Gambhira, Katrana, Dharba, Prsniparni, Palasa, Salaparni, Ksheera Kapikachchu Rsabhaka, Meda, Jivanti, Jivaka, Satavari, Draksha, Sarkara, Mundi, Bisa Ghrita
3	Baladya Ghrita	Bala, Nagabala, Arjuna, Yastimadhu
4	Arjuna Ghrita	Arjuna

Other preparation and application

Cold application bath Virechana with Draksha Sita, Kshoudra Parusaka Godhuma Utkarika – Churna of Arjuna and Godhuma cooked in cows milk and Ghrita mixed with Madhu and Sarkara Mrgasinga Basma Prayoga is also explained by Chakradutta.

DISCUSSION

Chakradutta mainly deals with the therapeutics. Treatment for disease are given systematically. Many simple and easy formulation are explained in this text precisely. Many churna are explained by Chakradutta shows the importance of Churna in Hridroga. The smaller particle size of the powders produce more rapid dissolution in the body fluids than other dosage forms.^[4] The rapid dissolution increases the blood concentration in short span of time there for rapid action in lesser time. It is the most potent Kalpana and can be modified in to any forms such as Gutika Vati etc. Anupana also plays an important role in treating many disease. Most of the drugs mentioned here are Madhura rasa and are readily available. As heart is a lipophilic organ medicine are

easily absorbed. Pippali which is proved to make the heart muscle stronger where as Nagabala Arjuna is Balya Rasayana and Vatahara. Arjuna constitute Arjunolic acid have shown cardio protective activity. Pushkaramoola has shown various anti anginal hypolipidemic activities in coronary heart disease.^[5] It is well known for Parshwashoolahara property and when used with Madhu have Yogavahi property.^[6] As Ksheera is Rasayana Medhya Balya Madhura Sheeta Snigdha Guru Ajanma Satmya and has similar properties to Ojas plays a vital role in protection of Hrudaya. Ksheerapaka are palatable and good for heart. Drug Arjuna has shown promising effect on ischemic myopathy.^[7] Vallabha Gritha has Anulomana and Bhedana property which in turn do Amapachana and Srotosodhana and help in treating heart disease. All Yogas mentioned here are simple and can be prepared easily with less effort. And in this Yogas ingredients are less also.

CONCLUSION

Cardio Vascular Disease have no geographic and racial boundaries. They are life threatening and are responsible

for the Majority of deaths in many countries. Hridroga is the predominant cause of disability and death in all industrial nation. Ayurvedic approach believed in prevention than cure The Yogas mentioned here contain drugs which are Hridaya, Balya, and Rasayana which is a tonic to heart; stamina giving and alternative having long lasting corrective and regenerative effect on damaged tissue. These Yogas along with Proper diet and exercise can be very effective in Hridroga The prevention and management can be done more effectively in Ayurveda. All this preparation and safe.

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