

AYURVEDA MANAGEMENT OF HEART DISEASES

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ABSTRACT

According to *Acharya Sushruta* the presence of etiological factors causes the *dosha* to become vitiated and provoked causing all three *doshas* to leave their designated locations and vitiates the hearts *rasa dhatu* (body lymph) and manifest as a variety of pains known as *hridbadha* or *hridroga*. The leading cause of death worldwide according to 18 million fatalities annually is *cardiovascular* disease. Heart disease is a serious health issue today and is quickly overtaking all other causes of death globally. Previously *cardiac* diseases were primarily found in the elderly. However, due to changes in diet, lifestyle, and environmental factors, *cardiac* diseases are now disproportionately more common in the younger population. However, there are a variety of cutting-edge treatments available in modern medicine for patients with *cardiac* diseases, but these methods are not accessible to everyone. In contrast, in *ayurveda*, there are many drugs, medicinal preparations such as *rasyana pathya*, *apathya*, and various *yoga* techniques which have wonderful curative and preventative effects on *cardiac* diseases. Additionally, since everyone needs to be in good *health*, all of the branches of *ayurveda* can collaborate.

KEYWORDS: Heart disorders, Hridrava, Hriddaha, Formulation, cardiovascular, Samhita, Anupana.

INTRODUCTION

According to *ayurvedic* texts, the heart develops into a muscular organ with *vyanavayu* controlling its movement. It is believed that the heart originates from the essence of *rakta* and *kapha*, primarily from the maternal side. The top cause of death worldwide (*hridaya rogas*) accounting for 17.3 million deaths annually is predicted to increase to more than 23.6 million by 2030. The three major *marma* (vital places) in the human body are *hridroga*, the origin or seat of *pranava* and *rasava* *srotas vyayama*, *tikshana ativirechana*, *tha basti chinta*, *s tikshana atiyoga*, *haya trasa*, *gdaticara*, *chardi*, the causes include *asma vegas*, *haran karshan*, and *abhighata* of the *hridroga* found in the *samhita*. *samhita* describes five main varieties of *hridroga*: *doshaja* (*vatja*, *pittaja*, *kaphaja*, and *sannipataja*) and *krimija*. Medieval compendiums contain numerous compound and straightforward formulations for the treatment of *hridroga*. Each *chikitsa grantha* of the mediaeval era cited the majority of the formulation, but some were the works of specific authors.

Dr. C. P. Shukla, a renowned scholar of *ayurveda*, believes that there are other ways to categorise heart diseases that are more clinically significant. He uses these other classification systems in both his practice and research. 1. *shonita* (*vayu*) *Aparasadaja* *hirdroga* 2. *kapha*

aparasadaja *hirdroga* 3. *vyan vikriti janya* *hirdroga* (on the basis of the functional aspect, the function of heart takes place due to *vyan* *vayu*) 4. *vascular diseases* *sangya indriya pranavaha srotas* 5. condition such as *hrid drava*, *hridulasha*, *hriddaha* etc. that are close to the heart but not primarily originated or localised there.

DRUG MANAGEMENT OF HEART DISEASES:

Drug management of *heart* diseases may be summarized as follows.

1. Hingu churna + Lavana + Lemon juice other sour material.
2. Hingu churna + Lavana + other *hridya* *aaushadha*.
3. Hingu churna + Lavana + Gokshru *panchamula*
4. Hingu churna + *Bilvadi* *panchamula*
5. Haritaki + Nagar + *paskarmula* + *hibera* + *hingu*
6. *Puskarmula* + *shanti* + *shati* + *kshra* + *Lavana* with *sarpi*

After the emergency condition, other *hridya* and *ojus* increasers may be prescribed like *Aashwagandha*, *Shatavari*, *Loha Bhasma*, *Abhraka bhasma*.

DISCUSSION

Ayurveda and modern science branch of cardiology both describe common signs and symptoms. It is important to note where *vaivarnya* can be correlated to pallor and

cyanosis, murccha, and syncope kasa to cough hemoptysis or not dyspnea or shortness of breath these samanya lakshanas have an almost perfect correlation with contemporary cardiological signs and symptoms in statistical significance which results in the production of *amadasha* at various levels.

CONCLUSION

So in present article and effort has been made to explain the heart diseases and its management through *ayurveda* as well as modern medicine. improper diet and vegadharna, chinta, krodha etc. are the many causes of hridroga hridya dravyas play a key role for healthy heart drugs used in various formulation are possessed of properties like *pachana Deepana, hridya, Anulomana Rasayana* and *Krimihara*.

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