

ROLE OF *HRIDAYAWARAN CHIKITSA* IN CASE OF POISONING- A REVIEWDr. Manjusha Mehar<sup>1\*</sup> Dr. Kalpana R.Chavhan<sup>2</sup> and Dr. Shama S.suryawanshi<sup>3</sup><sup>1</sup>PG-Scho, Dept. of Agadtantra, Government Ayurveda College, Nagpur.<sup>2</sup>Assistant Professor, Dept. of Agadtantra, Government Ayurveda College, Nagpur.<sup>3</sup>Professor & HOD, Dept. of Agadtantra, Government Ayurveda College, Nagpur.

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## ABSTRACT

In Ancient era, *Agadtantra* is one of the branch in *Ayurveda* consist the treatment of various poisoning. There are two types of line of treatment, general and special. In *Chikitsasthana* of *Charak Samhita*, *Aacharya Charaka* mentioned *chaturvinshshati vish upkrama* for general treatment of poisoning. *Hrudayawarana* is one among *chaturvinshshati visha upkrama* mentioned by *Charaka* and all other *Acharya's*. As the word *Hrudayawarna* means it protects *Hrudaya* (vital organs) or it acts as a covering membrane over the vital organs. When poison enters into body via any administrative method, it goes into the heart through blood circulation. From the heart, it spreads all over the body quickly and becomes detrimental. Hence the prime duty of the physician is to guard the heart of the poisoned person depending upon the availability of *Ghrut*(ghee), *Ghrut* and *madhu* (ghee and honey) or *Agadas* (antitoxic drugs) mixed with *Madhu* (honey). Administration of this drug immediately after poisoning slows down the spread of poison where by more time is available for treatment. This is the principle of *Hridayawarna* treatment. So the heart is to be primarily protected by this method. This article will elaborate the concept of *Hridayawarana* & it's on role in case of poisoning.

KEYWORDS: -*Hrudayawaran, Visha Chikitsa, Poisoning, VishaUpakrama.*

## INTRODUCTION

*Ayurveda* is an ancient science which gives basic philosophy of diagnosis, prevention and management of any disease. Though it is an ancient science but it describes all aspects of treatment i.e. emergency, chronic, *anuktavyadhi* etc. In *Agadtantra*; a branch of *Ayurveda* includes emergency treatment of poisoning. *Aacharya Charaka* mentioned *chaturvinshati vish chikitsaupakrama*<sup>[1]</sup> in *chikitsa sthana* for treatment of any poison that is called a general treatment of poison. The *chaturvinshati vish upakrama* can be used directly even though the poison enter in the body by any route<sup>[2]</sup> i.e. injection, inhalation, injection etc. In case of poisoning, protection of the vital organs such as *mastishka* (brain), *Hridaya* (heart) and *phuphusa* (lungs) are very important. If these organs affected by the poison, then death is sure. Hence protection of these vitals is the aim of treatment. *Hridayawarana* is thirteenth upakrama mentioned among *chaturvinshati vish chikitsaupakrama*.<sup>[3]</sup> As the word *Hrudayawarana* means it protects *hrudaya* (vital organs) or it acts as a covering membrane over the vital organs. The term *Hrudaya* not only signifies the heart but also consider it as *chitta, manas* etc Rationally if we think the function of *Hrudaya* it also includes other vital organs like lungs, kidney etc. they do similar function.

Aim of *Hrudayawarana* treatment can act as a first aid in case of acute snake bite. In case of *kritrima visha* it acts as a therapeutic procedure and preventive purpose. Most of the medicines used in this treatment are Ghee based which are having antitoxic and *ojovardhaka* properties and they are capable of even entering into blood brain barrier and able to preserve the higher mental functions. This concept can be applied by various mental disorders that are caused due to *visha*. So this concept as a wide application even today for the benefit of mankind and well as people who gets exposed to various poisons.

## AIM

To evaluate role of *Hridayavaranchikitsa* in case of poisoning.

## OBJECTIVE

1. To evaluate *Ayurvedic* perspective about *Hrudaya*.
2. To study *Hridayawarana chikitsa* in details through *Ayurvedic samhita* and other texts.
3. To study the probable actions of various *dravya* and *Agada* described for *Hridayawarana chikitsa*.
4. To create the fundamental basics of *hrudayawarana chikitsa* in case of poisoning.

## MATERIALS AND METHOD

References of *Hridayawaran chikitsa* and its role has been describe from *ayurvedic* texts as well as *samhitas*. All the data were compiled, analysed and discussed through and in depth understanding of role of *Hrudayawaran chikitsa* in case of poisoning which is mention in *Ayurvedic* literature.

### Ayurveda Perspective About Hrudaya

#### 1. Sthana

According to *Aacharya sushruta sharirsthana*, *Hridaya* is situated in thorax cavity; between both of the *stana*, called as a *aamashaydwaram*, due to the cardiac orifice of oesophagus is very close to the heart. It is made by involuntary muscle i.e. contraction and relaxation movement are independent.<sup>[4]</sup>

#### 2. Sangathan

*Hridaya* is made up of the *Prasad bhaga of shonit (blood)* and *Kapha* in fourth month of pregnancy.<sup>[5]</sup>

#### 3. Aakar and sthiti

The shape of *Hridaya* is like *kamal (Lotus)*,<sup>[6]</sup> i.e. the apex of *Hridaya* is below while the base of the *Hrudaya* is above.

#### 4. Dosha sambadh

*Hridaya* is the *Sthana of Prana vayu, Udanavayu, vyanavayu, Sadhaka pitta and Avalambakakapha*. Also *Hridaya* is the presence of the type of *oja; para oja* called as *asthbinduoja*, the *Gunas; satva, raja, tam, Mana* and specially *aatma*.<sup>[7]</sup>

#### Charakokt chaturvinshati vish uapakrama:-

The *chaturvishti vish upakrama* include *hridayawaran* treatment on thirteen number. In general, poison and ghee (clarified butter) have diametrically opposing properties. Poisons derange *kapha, pitta* and *vata* including their reservoirs and then occupy the heart, it spreads all over the body quickly and becomes detrimental. Administration of ghee immediately after poisoning or envenomation slows down the spread of poison whereby more time is available for treatment. This is the principle of *Hridayawarana* or protection of heart.

The prime duty of the physician is to guard heart and hence, depending upon the availability, Ghee, Ghee and honey or Agadas (Antitoxic drugs) mixed with honey is given to the patient. Because of this process, *kapha* gets accumulated in the heart. Being the first point of vitiation, the poison is also trapped in it. When the patient feels heaviness, nausea, and salivation, emetics that are antitoxic by nature are administered whereby the deranged *kapha* is thrown out from the body. *Kanjika* (first washing of rice), *Kulattha (Dolichosbiflorus)*, *taila (sesame oil)* or *madya (alcoholic beverage)* are not used as a emetics as they have inherent toxic properties.<sup>[8]</sup> Specific, antitoxic drugs (*Agada*) mixed with milk, honey or ghee are to be given. In the

unavailability of these combination, black anthill powder, *kowidara (Bauhinia variegata)*, *Shireesha (Albizzia lebbek)*, *Arks (Calotropisgigantia)* or *Katabhee (Careyaarborea)* shall be consumed, mixed with water. A large quantity of water is to be consumed and the whole contents of stomach are to be vomited out. Such emesis alone relieves poison.<sup>[9]</sup>

The heart is to be primarily protected. Depending upon the availability, the following are to be consumed.<sup>[10]</sup>

1. Madhu(Honey)
2. Ghrita(Ghee)
3. Marrow
4. Dugdha(Milk)
5. Gairika (Red ochre)
6. Expressed juice of cow's dung
7. Ikshu (Saccharumofficinarum)
8. Kaaka/Kaakaaanda (Diospyrnmalabarica)
9. Blood of goat or other animals
10. Ash mixed with water
11. Earth or soil mixed with water

*Aacharya sushruta* have also described *Ajey ghritapana* and *Amrut ghrita pana* in *hridayawaran chikitsa*.<sup>[11]</sup> In above drugs, almost are *pittashamak* and *ojovardhaka*. Ghee, milk, honey are acts on *oja* in the *Hridaya* while the *gairika, ikshu* etc acts on *pitta*. *Oja* is can be correlated with CSF in the brain. These above drugs help to cross the blood brain barrier. Hence it can prove that *Hridayawarana upakranma* not only protecting heart but also central nervous system is also protected. We can say that *Hridayawarana upakrama* is useful in both cardiac and CNS poisoning.

## DISCUSSION

*Hridayawarana* is the one of the *chikitsaupakrama* mentioned by all the *Aacharya*. The word *Hrudaya* is not only for heart, but it the presence of various *dosha, dhatu, man* and *aatma*. The drugs used in *hridayawarana* treatment is mostly *ojovardhaka* and *pittashamana*. *Aacharya charka* mention the *vishasankata* and the factor that increases the spreading of poison in *pitta prakruti*. The *Ushnaguna* of *pitta* and *poison* are same. Hence the spreading of the poison in the *pittprakruti* patient is very fast. Also *Hridaya* is the presence of *sadhakapitaa*. The drugs-*gairika, ikshu* etc.; used in *hridayawarna* treatment causes *pittashamana* and the rate of spreading is slow. This is the wat to treat the poisoning.

One more thing is that this drug contains Ghee, milk etc. *Aacharyacharaka* mentioned *Hridaya* is the *sthana* of *par oja*. According to *Ayurveda*, this *par oja* is very important for life. But it is still invisible and the characters are equal to the *cerebrospinal fluid* in brain. Also this drugs opposes to cross the blood brain barrier. hence it is proved that the drugs used in the *hridayawarana* treatment isact not only on heart but also central nervous system.

**CONCLUSION**

In Ayurveda all Acharya's were aware of importance of vital organs and their protection in case of poisoning. Hrudayawaran is the most important chikitsaupakranma as it acts on protection of all the vital organs in the body in case of poisoning. But the proper research is very needful per modern aspect for using treatment in emergency conditions of poisoning.

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