

## A REVIEW ON AYURVEDIC MENEGMENT OF HRIDYA ROGA (HEART DISEASE)

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**ABSTRACT**

Diseases among of them; Hridya Roga (Heart diseases) are tremendously increasing in our society due to the change in the life style, diet pattern, and environmental conditions. The global burden of diseases is altering from infectious diseases to the non-communicable diseases, and now becoming the chief cause of the death in all over the world. However, various. advance treatment and diagnostic techniques are available in the modern medicine for the patients of Hridya Roga (cardiac diseases), but these techniques are not affordable by every patient and their family. In text of *Ayurveda*, there are a number of drugs likes, *Arjuna*, medicinal preparations, *Pathya Apathya*, *Dinacharya* and diverse techniques of *Yoga* which have wonderful preventive and curative effect on Hridya Roga (cardiac diseases). Furthermore, the good health is necessary for everyone, so all the section of *Ayurveda* can work together in the prevention of cardiovascular and other diseases. This article explains how *Hridroga* resembles with the symptoms of cardiovascular diseases & how *Ayurveda* help us in the prevention & management of cardiovascular diseases.

**KEYWORD:** *Ayurveda, Hridayaroga, Pathya, Apathya.***INTRODUCTION**

Due to change in concept of diet and life style, the incidence of hridya roga (cardiovascular diseases) and diabetic mellitus is increasing at a high rate. Today the incidence of chronic non communicable disease is increasing at a high rate in our society. It is estimated that there were approximately 46.9 million patients with cardiovascular diseases in India during the year 2010. An estimated 2.33 million people died of cardiovascular diseases during 2008. In today's world most death are attributable to non communicable disease(35 millions) and just over half of these (17 millions) are as a result of cardiovascular diseases, more than one- third of these deaths occur in middle aged adults. In developed countries, heart disease and stroke are the first and second leading cause of death for adult men and women.<sup>[1]</sup> In the 21th century diet pattern and life style of populations across the world have been changed dramatically. Change in life style & diet pattern, lack of physical exercise, increase mental stress, environmental changes has increases the incidence of this disease. From the ancient time *Ayurveda* is known for serving the society by cure & prevention (*Swasthya rakshanam*) & this concept is exactly applicable on the cure and prevention of the Heart diseases. *Ayurveda* teaches & enriches us such a good diet and wonderful living pattern that are very effective in the prevention of Heart

diseases. If we give importance to *Ayurveda* it is helpful in maintaining good health for every person. There are no of preventive (*Pathya Apathya*), curative aspects, medicinal drugs and preparations described in the *Ayurveda* having wonderful effect on these diseases.<sup>[2]</sup>

**AIMS AND OBJECTIVE**

To assessment the role of *Ayurveda* in the prevention and management Hridya Roga (cardiovascular diseases). To assessment the *Ayurvedic* literature in useful life style disorder. To assessment *Ahara, Vihara, Dinacharya, Ritucharya, Yoga, Rasayana* are described which have good role in prevention & cure of the Heart/cardiovascular diseases.

**MATERIALS AND METHODS**

Different *Ayurvedic* classical books, research papers and journals were referred to fulfill this part, it comprise of subsection dealing with prevention & management of cardiovascular diseases in *Ayurveda*.

**Hridroga (Heart Diseases)**

Cardiovascular/Heart diseases can be correlated with *Hridroga* in *Ayurveda*. *Achrya Susruta* said that due to the suppression of the natural urges, excessive intake of *Ushna, Rukshna*, food, *Virudha* food, *Ajrina*

(indigestion), etc *Vikrita Dosha* goes in the *Hridaya* and also involves *Rakta* in it.<sup>[3]</sup> Cardiovascular disease comprise of a group of disease of the heart and the vascular system. The major conditions are ischemic heart disease, hypertension, cerebro-vascular disease (stroke) and congenital heart disease. Rheumatic heart disease continues to be an important health problem in many developing countries.<sup>[4]</sup>

**Hridroga Etiology of (Heart Diseases)**

Diet related- Excess & frequent consumption of substances having *Usna*, *Tikshna*, *Guru*, *Ruksha*, *Kashaya* properties. 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.<sup>[5]</sup>

Life style related

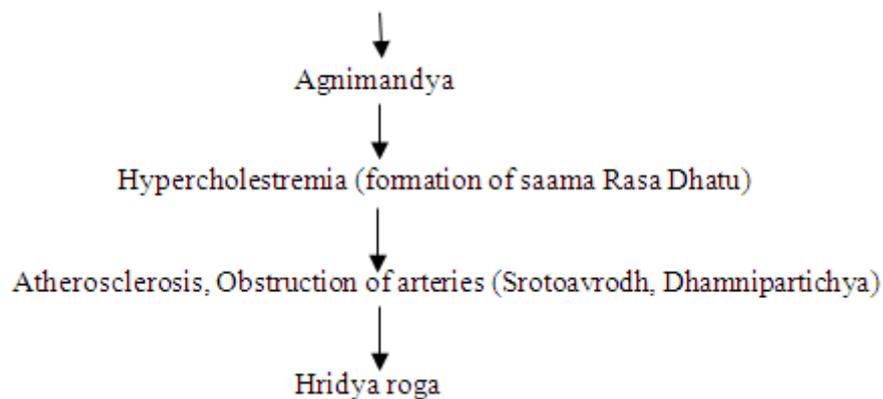
Excessive physical exercise and activity (*Vyayama*). Excessive enema (*Basti*), purgation (*Virechan*), emesis (*Vamana*). Suppression of natural urges (*vegadhaaran*) *Abhighatajanya* (physical & mental trauma) *Chinta*, *Krodha*, *Bhaya* etc

**Pathogenesis of Hridroga (Cardiovascular Diseases)**

In this disease *Agnimandya* occurs due to *Mithya Ahara- Vihara*. *Agnimandya* produces *Saama Rasa Dhatu* and due to *Saama Rasa Dhatu Srotoavrodh*, *Dhamnpartichya* occurs and results in *Hridroga*.<sup>[6]</sup>

Familial factors

Mithya Ahara-Vihara



**Table 1: Symptoms of Hridroga as per Ayurveda and modern view.**

S.N.	Symptoms of <i>Hridroga</i> <sup>[7]</sup> (as per Ayurveda)	Symptoms of Cardiovascular diseases <sup>[8]</sup> (as per modern view)
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> (Dysponea & 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)	

If we study the symptoms which are given above mostly these are same in *Ayurveda* and modern view. So in cardiovascular diseases we can give the prevention and management which described in *Ayurveda*.

**Types of Hridroga and their correlation with modern view**

1. *Vataja Hridroga* - Due to the *Shoka* (sad mood), *Upashaya* (fasting), *Ativyayam* (excessive exercise), *Rooksha*, *Shushka* and *Alpa aahar Vata* aggravates

and pro- duce pain in the heart region. <sup>[7]</sup>*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 calcifi- cation of arterial wall. i.e Arteriosclerosis can be correlated with the *Vataja Hridaya roga*.

2. *Pittaja Hridroga*- Due to *Ushna*, *Amla*, *Lavana*, *Kshara*, *Katu Rasa*'s food and ex- cessive use of

alcohol *Pitta Dosha* aggrava-tes and produce burning heart, bitter taste, vomiting (*Vamana*), thrust (*Trishna*), *Murcha* (syncope), *Sweda* (sweating) in the body. As per modern view we can correlate with pericarditis, inflammatory disorder of heart.

3. *Kaphaja Hridroga*- Due to excessive in- take of food, *Snigdha*, *Guru* food, Lack of physical work *Kapha* aggravates and pro- duce the symptoms of *Kapha dosha* in heart region like heaviness & numbness in the chest, anorexia. *Kaphaja Hridroga* can be correlated with the myocardial in- farction because in myocardial infarction also feels heaviness in chest.
4. *Sannipataja Hridroga*- It produces due to *Vata*, *Pitta* & *Kapha* & in produce the symptoms of all three *dosha* at the same time.<sup>[9]</sup> *Sannipataja Hridroga* can be cor- related with acute chest pain.
5. *Krimija Hridroga*- If pt suffering from *kaphja hridya roga* 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 ad- vice to do early management in this condi- tion.<sup>[10]</sup> *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*.

**Some research works on Ayurvedic medicines useful in Hridya (Cardiovascular Diseases)**

*Pushkar guggulu*; *Pushkar guggulu* has some significant results in case of heart diseases. Researchers have shown that after six months treatment with *Pushkar guggulu*, there is sig- nificant reduction in the serum lipid levels and, pericardial pain & dyspnoea on effort.

*Arjuna*; *Arjuna* improves functions of cardiac muscle & subsequently improves pumping activity of the heart. It is though that the sapo- nin glycosides might be responsible for the inotropic effect of *Terminalia*, while the fla- vonoids provide free radical antioxidant activi- ty and vascular strengthening.<sup>[11]</sup>

**Prevention of the Hridroga (Cardiovascular Diseases)**

Principle of *Ayurveda* is Prevention is better than cure. So, preventive aspect is very impor- tant 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*.<sup>[12]</sup> 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 Hyparten- sion, Hyperlipidemia & *Krimija Hridroga & mridu Virechana* in *Pitta Hridroga*)

- *Basti* (Beneficial in Obesity, Hyperlipide- mia, Hypertention)
  - *Snehan, Sevedan, Shirodhara*<sup>[13]</sup>
4. *Saman* Therapy
    - *Hridya Mahakashya – Amra, Amarataka, Lakucha, Karmarda, Vrikshamla, Amlave- tas, Kuvala,(Badi Ber) Badra, Dadima, & Matulunga.*
    - Beneficial formulation in *Hridaroga*<sup>[14]</sup>
  1. *Rasa- Hridyarnawa Rasa, Nagarjunabhra Rasa, Kalayansunder Rasa*
  2. *Churna- Haritakyadi churna, Pipali chur- na, Pushkermul churna*
  3. *Ghritha—Haritakyadi Ghritha, Arjun Ghritha, Pippyadi Ghritha*
  4. *Vati- Prabhakara Vati, Shanker vati, Hri- droga vati*
  5. *Kwatha- Arjunatwak Kwatha, Shunti Kwa- tha*
  6. *Bhasma /Pishti- Akika Bhasma, Akika Pishti, Mukta Pishti*<sup>[14]</sup>

*Yoga for Hridroga*

Light exercise, *Shavasan*, *Surya Namashkar*, *Pranayama*.

*Pathya Apathya*<sup>[15]</sup>

**Table 2: Pathya Apathya Vihara for Hridroga.**

Pathya Vihara	Apathya Vihara
<i>Sevedan, Vamana, Basti, Virechana, Vishraama, Laghna Etc</i>	<i>Tarishna, Vamana, Mutra, Adhovayu, Kash, Ashru Vega dhaaran karna, Daatun karna etc</i>

**Table 3: Diet regimen (pathya apathya) for Hridroga.**

Pathya Aahar	Apathya Aahar
<i>Puraanraktshali, Jaangal pshupakshiyo ka maasrasa, Munga, Kultha ka Yush, Khandayush, Aama, Anaar, Amal- taash, Nayi Muli, Shunti, Kelaa, Aakesh ka Jla, Parwal etc</i>	<i>Bheda ka Dudh, Nadi ka Jla, Usna, Tikshna, Gurupakee, Kashaya Aahar ka Sevan, mahuaa etc</i>

**DISSCUTION**

The increase incidence of the Heart diseases all over the world is due to the faulty diet pattern & life style, Obesity, & Diabetes mellitus. Uncontrolled hypertension & Hyperlipidemia are the common risk factors for the Heart diseases. Role of *Ayur- veda* in the prevention and cure of the cardi- ovascular diseases is very systematic and good manner. In *Ayurveda Ahara, Vihara, Dina- charya, Ritucharya, Yoga, Rasayana* are de- scribed which have good role in prevention & cure of the cardiovascular diseases. Different researches have been showed that *Ayurveda* drugs have effective role in cardiovascular diseases. If someone adopt the diet

pattern, life style according to the *Ayurveda* it can be help- ful in the decrease the incidence of cardiovas- cular diseases. In text of *Ayurveda* there are number of drugs, formulation are described which have very effective result on the cardi- ovascular diseases. as mentioned above in details.

## CONCLUSION

In *Ayurveda Ahara, Vihara, Dina- charya, Ritucharya, Yoga, Rasayana* are de- scribed which have good role in prevention & cure of the Heart diseases. The re- searches on the cardio protective drugs men- tioned above have an effective role in the car- diovascular diseases. The prevention and management can be done successfully in *Ayurveda*. Moreover *Ayurvedic* treatments are safe & affordable by everyone.

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