

REVIEW ARTICLE ON PREVENTION AND MANAGEMENT OF CARDIAC DISEASES
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ABSTRACT

Now a days cardiac diseases are major health problem, and becoming the chief cause of the death in all over the world. Previously cardiac diseases were mainly found in elderly peoples but due to change in the diet pattern, life style, and environmental conditions cardiac diseases are extremely increasing in younger population also. However, various advance treatment in the modern medicine for the patients of cardiac diseases, but these techniques are not affordable by everyone. In *Ayurveda*, there are a number of drugs, medicinal preparation, *Rasyana*, *Pathya Apathya* and diverse techniques of *Yoga* described which have wonderful preventive and curative effect on cardiac diseases. Furthermore, the good health is necessary for everyone, so all the section of *Ayurveda* can work together in the prevention of cardiac and other diseases also.

KEYWORDS: Cardiac diseases, Ayurveda, Rasyana, Yoga.

INTRODUCTION

Today the incidence of chronic non communicable disease is increasing at a high rate in our society. Due to change in concept of diet and life style, the incidence of Cardiac diseases (CVDs) and D.M is increasing at a high rate. 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 Cardiac 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.

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 CVDs during 2008.

In the 21st 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 CVDs. *Ayurveda* teaches & enriches us such a good diet and wonderful living pattern that are very effective in the prevention of CVDs. If we give

importance to *Ayurveda* its helpful in maintains 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.

Aims and Objective

- To define the role of *Ayurveda* in CVDs.
- To assess the *Ayurvedic* literature in useful life style disorder.
- To assess *Ahara*, *Vihara*, *Dincharya*, *Ritucharya*, *Yoga*, *Rasayana* are good option in prevention & cure of the CVDs.

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 CVDs in *Ayurveda*.

Cardiovascular diseases (*Hridroga*)

Cardiovascular disease comprise of a group of disease of the heart and the vascular system. The major conditions are ischemic heart disease (IHD), hypertension, cerebrovascular disease (stroke) and congenital heart disease. Rheumatic heart disease (RHD) continues to be an important health problem in many developing countries.

CVD can be correlated with *Hridroga* in *Ayurveda*. *Acharya Susruta* said that due to the suppression of the natural urges, excessive intake of *Ushna*, *Rukshna* food, *Virudha* food, *Ajirana*(indigestion), etc *Vikrita Dosha* goes in the *Hridya* and also involves *Rakta* in it.

Etiology of CVD (*Hridroga*)

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*)
Abhigatajanya (physical & mental trauma)
Chinta, *Krodha*, *Bhaya* etc

Pathogenesis of CVD (*Hridroga*)

In this disease *Agnimandhya* occurs due to *Mithya Ahara- Vihara*. *Agnimandhya* produces *Saama Rasa Dhatu* and due to *Saama Rasa Dhatu Srotoavrodh*, *Dhamnipartichya* occurs and results in *Hridroga*.

- Familial factors *Mithya Ahara- Vihara*
- *Agnimandhya*
- (Formation of *Saama Rasa Dhatu*)
- (*Srotoavrodh*, *Dhamnipartichya*)
- (*Hridroga*)

S.N.	Symptoms of <i>Hridroga</i> (as per <i>Ayurveda</i>)	Symptoms of Cardiovascular diseases (as per modern view)
1.	<i>Vaivarnaya</i> (Cyanosis)	Dyspnoea
2.	<i>Murcha</i> (Syncope)	Orthopnoea
3.	<i>Jawara</i> (Fever)	Chest pain
4.	<i>Kasa</i> (Cough)	Peripheral edema
5.	<i>Hikka</i> (Hiccough)	Palpitation
6.	<i>Shwasa</i> (Dyspnoea & Orthopnoea)	Cheyne- Stokes breathing
7.	<i>Mukhvarsya</i> (Better taste of mouth)	Anorexia
8.	<i>Trishna</i> (Excessive thirst)	Vomiting
9.	<i>Prmoha</i> (Stupor)	Syncope
10.	<i>Chhardi</i> (Vomiting)	Fatigue
11.	<i>Kaphoutklesha</i> (Nausea)	
12.	<i>Urshula</i> (pain in chest)	
13.	<i>Aruchi</i> (Anorexia)	

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

1. *Vataja Hridroga* - Due to the *Shoka*(sad mood), *Upvasha*(fasting), *Ativyayam*(excessive exercise), *Rookshya*, *Shushka* and *Alpa aahar Vata* aggravates and produce pain in the heart region.
2. *Shula*(pain) is also a common symptoms of *Vataja Hridya Roga*. In angina also severe pain occurs. On the point of view of pain *Vataja Hridroga* can be correlated with angina.
3. *Pittaja Hridroga*- Due to *Ushna*, *Amla*, *Lavana*, *Kshara*, *Katu Rasa*'s food and excessive use of alcohol *Pitta Dosha* aggravates and produce burning heart, bitter taste, vomiting(*Vamana*), thrust(*Trishna*), *Murcha*(syncope), *Sweda*(sweating) in the body.
4. As per modern view we can correlate with pericarditis, inflammatory disorder of heart.
5. *Kaphaja Hridroga*- Due to excessive intake of food, *Shinghda*, *Guru* food, Lack of physical work *kapha* aggravates and produce the symptoms of *kapha* dosha in heart region like heaviness & numbness in the chest, anorexia.
6. *Kaphja Hridroga* can be correlated with the M.I because in M.I pt also feels heaviness in chest.
7. *Sannipataja Hridroga*- It produce due to *vata*, *pitta* & *kapha* & in produce the symptoms of all three *dosha* at the same time.

8. *Sannipataja Hridroga* can be correlated with acute chest pain.

9. *Krimiia Hridroga*- If pt suffering from *kaphja hridya roga* takes, *Tila*, *Guda* then *Rasa dhatu dusthi Rasa* leads to *granthi utapti* In this *granthi Krimi* arises and spread in all region of heart & produces seven cutting pain, itching etc. It may also lead in death & *Achrya Charka* also advice to do early management in this condition.

Krimiia Hridroga can be correlated with M.I because in case M.I. there is severe pain occur & required urgent management like as *Krimiia Hridroga*.

Some research works on Ayurvedic medicines useful in CVD-

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 significant 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 thought that the saponin glycosides might be responsible for the inotropic effect of *Terminalia*, while the flavonoids provides free radical antioxidant activity and vascular strengthening.

Inula racemosa, Studies have been conducted to find the efficacy of Inula compared to nitroglycerin for the prevention of angina symptoms in patients with chest pain and ECG ST- segment depression on exertion. Pre-treatment with Inula(3 grams root powder 90 minutes prior to testing) or nitroglycerin showed improvement in ST segment depression on ECG, with greater improvements seen after Inula treatment.

Prevention of the CVD (Hridroga)

Principle of Ayurveda is Prevention is better than cure. So preventive aspect is very important in case of Hridroga.

1. Avoidance of *Manas hetu*
2. Diet & life style modification
3. *Rasayana* therapy for Hridroga- *Brahm Rasayana*, *Amalaki Rasayana*, *Shilajeet Rasayana*, *Agastaya Haritaki*, *Chayavanprasha Rasayana*

Management of CVD as per Ayurveda

1. *Nidan parivarjana* (eg- change in diet & life style)
2. *Samshodhana* therapy
 - *Vamana Karma*(only *maridu Vamana* in *Vataja* & *Kaphja Hridroga*)

- *Virechana Karma*(Beneficial in HTN, Hyperlipidemia & *Krimi* *ja Hridroga* & *maridu Virechana* in *Pitta Hridroga*)
- *Basti*(Beneficial in Obesity, Hyperlipidemia, HTN)
- *Snehan*, *Sevadan*, *Shirodhara*

3. Saman Therapy

Hridya Mahakashya –

Amra, *Amarataka*, *Lakucha*, *Karmarda*, *Vrikshamala*, *Amlavetas*, *Kuvala*, (*Badi Ber*) *Badra*, *Dadima*, & *Matulunga*.

Beneficial formulation in Hridaroga^[11]

1. *Rasa- Hridyarnawa Rasa*, *Nagarjunabhra Rasa*, *Kalaysunder Rasa*
2. *Churna- Haritakyadi churna*, *Pipali churna*, *Pushkermul churna*
3. *Ghrta—Haritakyadi Ghrta*, *Arjun Ghrta*, *Pipplyadi Ghrta*
4. *Vati- Prabhakara Vati*, *Shanker vati*, *Hridroga vati*
5. *Kwatha- Arjunatwak Kwatha*, *Shunti Kwatha*
6. *Bhasma/ Pishti- Akika Bhasma*, *Akika Pishti*, *Mukta Pishti*

Yoga for Hridaroga

Light exercise, *Surya Namashkar*, *Paranayam*.

Pathya Apathya

Diet regimen (pathya apathya) for Hridroga

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

Pathya Apathya Vihara for Hridroga

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

DISCUSSION

The increase incidence of the CVDs in the all over the world due to the faulty diet pattern & life style. Obesity, Diabetes mellitus. uncontrolled hypertension & Hyperlipidemia are the common risk factors for the CVD. Role of Ayurveda in the prevention and cure of the CVD is very systematic and good manner. In Ayurveda *Ahara*, *Vihara*, *Dincharya*, *Ritucharya*, *Yoga*, *Rasayana* are described which have good role in prevention & cure of the CVDs. Different researches has been showed that Ayurveda drugs have effective role in CVDs. If someone adopt the diet pattern, life style according to the Ayurveda it can be helpful in the decrease the incidence of CVDs. In text of Ayurveda there are number of drugs, formulation are described which have very effective result on the CVDs. as mentioned above in details.

CONCLUSION

In Ayurveda *Ahara*, *Vihara*, *Dincharya*, *Ritucharya*, *Yoga*, *Rasayana* are described which have good role in prevention & cure of the CVDs. The researches on the cardio protective drugs mentioned above have an effective role in the CVDs. The prevention and management can be done successfully in Ayurveda. Moreover *Ayurvedic* treatments are safe & affordable by everyone.