

A CRITICAL REVIEW ON HRIDAYA ROGA W.S.R TO CARDIAC VASULAR RISK

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ABSTRACT

The development of human being brings a complementary package of burden of many new and non-communicable diseases. These diseases are now a days observed in very young age also. Cardiovascular disorders are the leading cause of death in the Indian subcontinent, it accounts for almost 25% of all deaths. "Prevention is better than cure", in the text of Ayurveda there are no. of drugs, yogas, pathya and apathy, dincharya followings which have wonderful prevention and curative effect on cardiac diseases. These disease entities are due to altered life style and diet. One of Hridroga or cardiovascular disorders are one among them with significant mortality. Latest medical research suggest that cardiovascular disorders are the world's leading cause of mortality and responsible one out of every four deaths. Hence the situation is really alarming and we must not overlook this fatal condition.

KEYWORDS: Hridaya, Hridroga, Myocardial infarction, Ischemic Heart disorder.**INTRODUCTION**

Ayurveda provides us with a magnificent food and living pattern (Ahara- Vihara- dincharya, Ritucharya) as well as codes of behavior (Achara Rasayan) that are extremely useful in preventing heart disease. The World is being enticed to the possibilities of Ayurveda, which is acknowledged as the most important life science and provides ways to prevent and manage lifestyles illness. Ayurveda provides better solution in the form of correct nutritional management, lifestyle recommendations, Panchakarma procedures such as detoxification and bio-purification, medications, and rejuvenation therapies. Considering facts to create a healthy future society, proper lifestyle measures should be adopted from childhood level.

Hridaya has been explained in Ayurveda with multiple meanings and considers its shape like lotus (Pundareekena Sadrusha) and apex situated pointing downwards (Adhogata position). It is told that it works round the clock and year. (Jagrukha Swapatha)^[1] Hridaya has been explained that Padma Koshapatikasha and it is seat of Atma, Indriya, Indriyarth and Para- ojas.^[2,3] Meanwhile Hridaya is also Mool of rasvaha and pranvaha srotas^[4] which play significant role in maintaining body homeostasis. Hridaya is seat of all the three types of dosha like VyanA Vata, Sadhaka Pitta, and Avalambaka Kapha.^[5,6,7] Hridaya is mentioned on Pranayathana^[8] as vital point. Embryologic Hridaya is produced from shonita and kapha (Shonita Kapha

Prasadja).^[9] While Sour taste (Amla rasa) is considered as Cardiac tonic (Hridaya).^[10]

Hridya

According to Sushruta Samhita Hridya, similar to pundarika (lotus bud) is facing downwards; it opens when the person is awake and closes when he is asleep.^[1]

According to Madhav Nidan heart is a vital organ in the body; hence any disease affecting this organ is of a serious nature.

Hridaroga is caused by following factors

- 1) Excessive exercise;
- 2) Excessive use of articles having tikshna (sharp) attributes;
- 3) Administration of purgation and emetic therapies, and enema in excess;
- 4) Excessive worry, fear and stress;
- 5) Emesis, ama (product of improper digestion and metabolism), and suppression of the manifested natural urges;
- 6) Emaciation and
- 7) Trauma (physical and mental). According to Madhav Nidan^[3]
- 8) Excessive Consumption of hot and heavy diet.
- 9) Excessive Consumption of diet having Kashaya and tikta rasa.
- 10) Excessive Fatigue, trauma and stress.
- 11) Suppression of natural urges

Types

Five types have been described.

- 1) Vataj;
- 2) Pittaj;
- 3) Kaphaj;
- 4) Tridoshaj
- 5) Krumija

Samprapti ghatak

Dosha – Vata dosha, Vata pradhan

Dushya – Rasa, Meda

Adhishthan – Hridya

Strotas – Rasvaha

Samprapti (Pathogenesis)^[4]

High calorie and saturated lipid rich diet + Sedentary lifestyle → Mandagni (low digestive power) → Rasa

dushti → Sama Rasa (Hyperlipidemia) + kapha - pitta + rakta + meda → Dhamni Prachitya (Atherosclerosis) → Strotorodha (obstruction of arteries) + Vayu → Uro Ruja (chest pain) → Hridashoola or Hridaroga.

Lakshan (Symptoms) According to charak samhita^[5]

Discoloration of the skin

Fever, cough, hiccup, Asthama

Bad taste in mouth

Morbid thirst

Unconsciousness

Vomiting, nausea, pain, anorexia

The modern correlation of various symptoms is present below ^[6]	
Samanya lakshan (Clinical feature)	Modern correlation
Ruja	Pain
Shwas	Dyspnoea
Kasa	Cough
Aasyavairasya	Bad taste
Trishna	Thirst
Vaivarnya	Discolouration
Murcha	Syncope
Hikka	Hiccough
Kaphautklesha	Nausea

Etiology of hridrog^[8]

Dietary related Excess of dietary regimen like ushna, tikshan, guru, ruksha, and kashya properties.

Life style related Excessive physical exercise and activity (Vyayama). Excessive enema (Basti), purgation (Vire- chan), emesis (Vamana). Suppression of natural urges (vegadhaaran). Abhighatajanya (physical & mental trauma). Excessive stress like chinta, shoka, raag, krodh.

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 produce pain in the heart region.^[9] 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 Vata aggravates & cause hardness or calcification 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 excessive use of alcohol Pitta Dosha aggravates and produce burning heart, bitter taste, vomiting (Vamana), thrust (Trishna), Murcha (syncope), Sweda (sweating) in the body.^[9] As per modern view we can correlate with pericarditis, inflammatory disorder of heart.

3. Kaphaja Hridroga- Due to excessive intake of food, Snigdha, 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.^[9] Kaphaja Hridroga Can be correlated with the myocardial infarction 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.^[9] Sannipataja Hridroga can be correlated with acute chest pain.
5. Krimija Hridroga- If patient 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 advice to do early management in this condition.^[10] 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.

Cardiovascular disorders are the leading cause of death in the Indian subcontinent, it accounts for almost 25% of all deaths.^[18] According to Ayurveda, heart and the alimentary tract are the central point where channels conducting the vital energy (Prana) converge. Heart and ten vessels are said to be circulate rasa, one among the

seven Dhatu (tissue element) which serve the purpose of nutrition, oxygenation and transport of essential factor to periphery. Vitiating of same results in symptom complex and collectively known as Hridroga (heart disease). As stated in Ayurveda texts, one must adhere to the Dinacharya and Ritucharya rules and regulation to maintain the cardiac health. Proper lifestyle method like Ahara, Nidra, Brahmacharya, (Regular lifestyle) has to be followed, from Nidan (diagnostic) through. We must practice Nidan Parivarjana in order to prevent sickness and Prajna Paradha should be minimized.

Prevention of hridaya roga

Prevention of Hridaroga Acharya Charak has given following message for prevention of Hridaroga^[11]: Those who want to preserve ojas and maintain heart and the vessels attached to it in good condition should avoid such of the factors as may lead to unhappiness (mental worries). Diets and drugs which are conducive to the heart, ojas and channels of circulation should be taken.

Tranquility and wisdom should be followed meticulously for this purpose. Avoid various risk factors like smoking, alcohol consumption and stress. Brisk walking and certain physical activities should be done for weight loss.

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 cardiovascular diseases as per ayurveda

1. Nidan parivarjana (Eg- change in diet & life style)
2. Samshodhana therapy
 - Vamana Karma (Only mridu Vamana in Vataja & Kaphaja Hridroga)
 - Virechana Karma (Beneficial in Hypertension, Hyperlipidemia & Krimija Hridroga & mridu Virechana in Pitta Hridroga)
 - Basti (Beneficial in Obesity, Hyperlipidemia, Hypertension)
 - Snehan, Sevedan, Shirodhara

Beneficial formulation in hridaroga

- a) Rasa- Hridyarnawa Rasa, Nagarjunabhra Rasa, Kalayansunder Rasa
- b) Churna- Haritakyadi churna, Pipali churna, Pushkermul churna
- c) Ghrita—Haritakyadi Ghrita, Arjun Ghrita, Pipplyadi Ghrita
- d) Vati- Prabhakara Vati, Shanker vati, Hri droga vati
- e) Kwatha- Arjunatwak Kwatha, Shunti Kwatha
- f) Bhasma /Pishti- Akika Bhasma, Akika Pishti, Mukta Pishti.

Diet regimen (Pathya apathya) for hridroga

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

DISCUSSION AND CONCLUSION

We all know that the heart is one of the most vital organs in the body. The heart is an important seat (primary location) of vata, pitta, kapha, and ojas, and it plays a crucial role in a number of internal bodily channels (srotamsi). The increase incidence of the cardiovascular 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 cardiovascular diseases. Role of Ayurveda in the prevention and cure of the cardiovascular diseases is very systematic and good manner. In Ayurveda Ahara, Vihara, Dinacharya, Ritucharya, Yoga, Rasayana are described which have good role in prevention & cure of the cardiovascular diseases. The heart is an important crossroads among pathways through the subtle body (nadis), and it is intimately connected to the heart chakra as well. So, we should protect our heart by simply following healthy lifestyle, avoiding stress, and eating right and practicing yoga daily. Many forms of heart disease can be prevented or treated with healthy lifestyle choices. Not only cardiac diseases but many diseases can be treated by following dincharya, ritucharya and pathya apathya. In text of Ayurveda there are number of drugs, formulation are described which have very effective result on the cardiovascular diseases as mentioned above in details. One in every four deaths occurs as a result of heart disease. So, this is a highly alarming situation and we can't ignore this lethal disease. In our samhitas to minimize the disease various yoga asanas we can perform is included in this article. The researches on the cardio protective drugs mentioned above have an effective role in the cardiovascular diseases. The prevention and management can be done successfully in Ayurveda. Moreover Ayurvedic treatments are safe & affordable by everyone.

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