

Supplemental Issue of  
**National Seminar on Empowering and Empanelling Ayurveda System of Medicine**  
Organized by S.C. Mutha Aryangla Vaidyak Mahavidyalaya, Satara on 26-27 March 2015

## Hridaya Marma Paripalanam – Preventing Hridaya Roga

### Review Article

**Mahendra S. Gaikwad<sup>1\*</sup>, Sawai R.V<sup>2</sup>, Rampurkar M.V**

1. PG Scholar, 2. Guide, HOD & Associate Professor, 3. Assistant Professor  
Department Sanskrit Samhita and Siddhant, Government Ayurved College, Nanded

\* **Correspondence Author: Mahendra S. Gaikwad**, PG Scholar, Sanskrit Samhita Siddhant  
Department, Govt. Ayurved College, Nanded.

Email : [drmahen1@gmail.com](mailto:drmahen1@gmail.com); Phone No. +919423509808

### Abstract

Ayurveda our ancient life science believes in the proverb “Prevention Is Better than Cure” as its basic principle of

स्वस्थस्य स्वास्थ्य रक्षणम् आतुरस्य विकार प्रशमनम् । – चरक संहिता सुत्रस्थान १

Which means *Ayurveda* treats the diseases but it mainly concentrates on preventing human beings to get diseases with help *Swasthvrutta Acharana and Nidan Parivarjana*. With this basic principle we can prevent heart diseases i.e. *Hridaya roga*. Ayurveda states 3 basic *marma's* i.e. the vital points where Prana (life) are situated and any trauma to this spots may cause to death. Those 3 *marma's* are *Hridaya* (Heart), *Shira* (head) & *Basti* (bladder). Out of these *Hridaya* is one of the most important *Marma*, which is also a *Pranayatana* (where life resides) and *Moolsthan* of *Rasa & Rakta Vaha Srotas*. Prevalence of *Hridaya Roga* is increasing in our country from last few decades because of change in life style, dietary habits, stress, drinking and smoking habits etc. due to this change in life style, young age peoples are suffering from heart disease. Hence our ancient science states that *Hridaya Marma Paripalanam* means protection and nourishment of *Hridaya Marma* is most important to prevent *Hridaya Roga* which is stated in the following quotation of *Trimarmsiddhi adhyay* of Charak Samhita Siddhistan.

हृदये मुर्ध्नि बस्तौ च नृणां प्राणाः प्रतिष्ठिता । तस्मात्तेषां सदा यत्नं कुर्वित परिपालने ॥

आबाध वर्जनं नित्यं स्वस्थवृत्तानुवर्तनम् । उत्पत्तिर्विघातश्च मर्मणां परिपालनम् ॥

– चरक सिद्धिस्थान त्रिमर्मियसिद्धि अध्याय ९/९-१०

**Keywords:** *Hridaya Roga, Hridaya Marma, Trimarmsiddhi, Paripalanam,*

### Introduction:

Cardiovascular diseases (CVD) one of the leading causes of deaths in developed as well as developing countries. In 2010 CVD accounted for approximately

38% of all deaths. Rate of CVD increased so rapidly between 1940-1967 that WHO announced it most serious epidemic. (1)

*Hridaya* is an Important *Marma* as explained in Ayurvedic Samhitas. It is

sthan for Vyan Vayu, Sadhak Pitta, Avalambak Kaph & Ojhas (2). Involuntary functions of body are conducted by heart and any sort of abnormality or affliction may lead to severe or morbid condition & ultimately to death. Ayurveda believes in prevention hence it has stated *Dincharya, Rutucharya & Swasth Vritta Acharan* so as to prevent from any fatal condition. Ayurveda has explained the etiology of *Hridaya Roga* in a very specific manner with each & every aspect of life i.e. *Ahar, Vihar & Acharan*.

Therefore it is necessity to understand about the *Hetu* (causes) & aspects of *Hridaya Marma* & preventing *Hridaya Roga* by *Paripalan of Hridaya Marma*. In this paper we are going to focus over preventive aspect of *Hridaya Roga*.

**Hridaya Nirukti (1):** The word *Hridaya* is derived from *Sanskrit dhatu Hru + Da + Eena*.

*Hru* – means to receive - blood and nutrients from rest of body.

*Da* – to distribute – circulation.

*Eena* – to move – continuously functioning.

**Hridaya Marma Vivechan:**

*Trimarmiyasiddhi Adhyay (11)* deals with the three *Marmas* i.e. *Hridaya, Shira & Basti* in which the basic aim of *adhyay* is to explain the longitivity of life by *Rakshana & Poshana* of this three vital organs. In which *Hridaya Marma* nourishes each and every *Sthula - Anu Srotas* by circulating the *Rasa dhatu and Ooja* with the help of *Ooja Vaha Dhamanya* with its involuntary action.

*Dasha Dhamanya (Ojo vaha), Prana Apana (Ucchshwas & Nishwas), Mana (Antakarana), Buddhi, Chetana & Mahabhoot (Aatma Sambandhani Sukshma Mahabhoot)* all this *Bhav* resides at this *Hridaya Marma* (3). Because of these *Bhav*, *Hridaya Marma* carry out its work of *Prinana*, provides nourishment to each and every *Sthula - Anu Srotas*.

**Hridaya Marma Paripalanam:**

**Purpose:**

Now a days the prevalence of *Hridaya Roga* is increasing day by day and many patients in between the age of 25 to 40 yrs are suffering from such fatal diseases its main cause is todays stressfull, competitive lifestyle with improper diet schedule which includes junk food, chinese receipes, with irrespective of *Matra* and *Kaal*. Which do not have any nutritive value but causes haphazard leading to various types of dreadful diseases, in which one of the most common is *Hridaya roga* hence the *Paripalan* of this *Hridaya Marma* is necessary. Therefore, *Marmas* where *Prana of Manushya are Pratishthita* must be protected & nourished. For this pupose *Hridaya Marma paripalan* is must with help of following points.

**A. Aabadhvarjanam Nityam ( आबधवर्जनं नित्यं) (१२) :**

आबाध = पिडा (४)

आबधवर्जनमिती मर्मोपघातकहेतू वर्जनम् ।

- चरक सिद्धिस्थान त्रिमर्मियसिद्धि  
अध्याय ९/९-१० चक्रपाणी

*Aabadh Varjanam* means any sort of *Pidda* or *Aghat* (trauma) to the *Hridaya Marma* we have to avoid it. This may be of two types *Sharirik Aghat* (physical trauma) or *Mansik Aghat* (mental trauma) which may produce *badha* (disturbance) in the functioning of *Hridaya Marma*.

- In respect to *Hridaya Roga* its *Hetu* (causes) which affects its *Mansik Bhav* i.e. *Atichinta* (excess stress), *Achinta* (Lavish and luxurious lifestyle), *Bhaya* (Fear), *Trass* (anxiety), *Shoka* (sorrowful), *Krodha* (excessive anger) (5) are

the *Mansik Aghat* to the *Hridaya Marma*.

- Whereas *Sharirik Aghat* to *Hridaya Marma* i.e. *Agantuj* (external factors), *Abhighat* (injury), *Gadatichar* (iatrogenic) (5) which may be accidental or purposeful may lead to *Hridaya Roga*.
- Prevention – Reduce Stress with help of Meditation, Dhyana, Dharna Samadhi.

- Pranayam – Anulom Viloma.

- Yogasanas – Vajrasana, Pavanmuktasana, Tadasana, Dhanurasana, Katichakrasana, Bhujangasana & Shavasana.

Therefore it is important to avoid *Marma Aghat* so as to prevent *Hridaya Roga*.

### B. *Swasthviritta Anuvartanam* ( स्वस्थवृत्तानुवर्तनम् ) (१२) :

स्वस्थवृत्तानुवर्तनं च हिद्यादिपोषकतयेव पालकं भवति । – चरक सिद्धिस्थान त्रिमर्मियसिद्धि अध्याय ९/९-१० चक्रपाणी

As stated above Prevalence of *Hridaya Roga* is increasing due to changed life style i.e. *Jagran*, *Divaswap*, junk food, *Vidahi Aahar* (spicy diet) etc all this factors are opposite to *Swasthviritta acharana* which are explained in our *Samhita's*. Here *Swasthviritta anuvartanam* is explained as *Hridaya Adi Marma Poshak and Palakam* i.e means *acharan* which is Nutritive and preventing *Hridaya Marma* from being disturbed.

*Hetus of Hridaya Roga* according to *Charak Samhita* are as follows:

- **Aharaj hetu (6)** - *Ruksh* (dry), *Shushka*, *Alpa bhojan* (less quantity of food), *Ushna* (hot), *Aamla* (sour), *Kshar* (, *Katu* (bitter), *Ajirna bhojan* (indigestion), *Madya* (alcohol), *Viruddha ahar*, *Tila* (sesamine), *Ksheer* (milk), *Guda* (jiggery), etc.

now a days *Sabudana*, *Potato*, *Sweet potato* and *Shingada* is most commonly used during fast which may also lead to *Hridaya Roga*.

- **Viharaj hetu (5)** – *Ati Vyayam* (excessive exercise), *Ati Vyavaya* (excessive of sexual act), *Shrama* (exertion), *Avyayam* (less exercise), *Rathkshobh* i.e. now a days over use of motorcycle and vehicles, *Atichankraman* (excessive walking), *Divaswap* (nap during day time), & *Vega Vidharan* i.e. Suppression of Urges, *Purish vega* (suppression of faeces urge) -- *Hridi Vyatha* (heart discomfort). *Udgar Vega* (suppression of belching urge) -- *Hridaya Vibandha* (heart obstruction). *Trushna Vega* (suppression of thirst urge) -- *Hridi Vyatha* (heart discomfort). *Bashpa Vega* (suppression of cry urge) -- *Hridaya Roga* (heart diseases). (7)

### Prevention:

**Aharaj** – *Rakta Shali*, *Mudga*, *Puraan Dhanya*, *Gou dugdha*, *Gou Ghruta*, *Puraan*

*Gud*, *Patol*, *Lashun*, *Saindhav Lavan*, *Panaka* (*Panha*), *Sunthi*, *Mardvik Madya*, and in fruits *Draksha*, *Dadima*, *Aamra* (*Mango*), *Matulunga* etc (8).

**Viharaj** – Proper *udiran of Vega* whenever they are produced.

*Nitya Abhyang*, *Vyayam*, *Saadviritta Acharan*, *Avoid Dashvidh Paap karma* (9) (i.e.

*Hinsa*, *Aasteya*, *Vyabhichar*, *Paishunya*, *Apriya Vishaya*, *Asambadh Pralap*, *Matsarya*, *Shastra viruddha Achar*) which disturbs the *Kayik*, *Vachik* and *Manasik Bhav*.

**C. Utpana Artivighatashch**  
(उत्पन्नार्तिविघातश्च) (१२) :

उत्पन्नार्तिविघातश्च इति उत्पन्नमर्म रोग प्रतिकारः ।  
चरक सिद्धिस्थान त्रिमर्मियसिद्धि अध्याय ९/९-  
१० चक्रपाणी

*Utpana artivighat* which means even if the disease has been occurred then the last but not least step i.e. to treat the disease which means *Pratikar* against the *utpana Marma Vikar*. So the treatment against the *utpana hridaya Vikar* is stated according to *Dosha, Dushya & Lakshana* in Charak Samhita Chikitsa Sthan Trimarmiya Chikitsa Adhyay. *Hridya drugs – Arjuna, Karvir, Karpur, Hritpatri, Vaan Palandu, Taruni* (10) .

**Conclusion:**

According to this study we can say that prevention is better than cure. Instead of treating dreadful diseases everyone must try to prevent from getting them. Therefore here we can say that prevention of *Hridaya Roga* is possible by *Hridaya Marma Pariplanam* i.e. Protecting & Nourishing the *Hridaya Marma* which is classically explained in the form of sutra in our Charak Samhita in the above said three points *Aabadh Varjanam Nityam, Swasthvrittanuvartanam and utpanna artivighatshch*.

**References:**

1. Dr. Manisha M. Manthara, & Dr. Manjiri Deshpande, Study Of Hetu Vimarsha of Hridroga, published in NJIRM 2014, vol5 (3) May-June. eISSN : 0975-9840.
2. Pandit Hari Sadashiv Shastri Paradkar, Ashtang Hrudayam of Vagbhata with Arun Dattas Sarvang Sundar & Hemadris Ayurved Rasayana, reprint 2012, Chaukhamba Sanskrit Sansthan, 193p.

3. Vaidya Yadavji Trikamji Acharya, Charak Samhita of Agnivesa Elaborated by Charaka and Dridhbala with the Ayurved Dipika Commentary by Chakrapani, edition 2014, Varanasi, Chaukhamba Surbharti Prakashan, 716p.
4. Veni Madhav Shastri Joshi, Ayurveda Shabd Kosha, part - I, 1968, Maharashtra Sahitya Sanskrit Mandal, 87p.
5. Vaidya Yadavji Trikamji Acharya, Charak Samhita of Agnivesa Elaborated by Charaka and Dridhbala with the Ayurved Dipika Commentary by Chakrapani, edition 2014, Varanasi, Chaukhamba Surbharti Prakashan, 602p.
6. Vaidya Yadavji Trikamji Acharya, Charak Samhita of Agnivesa Elaborated by Charaka and Dridhbala with the Ayurved Dipika Commentary by Chakrapani, edition 2014, Varanasi, Chaukhamba Surbharti Prakashan, 100p.
7. Vaidya Yadavji Trikamji Acharya, Charak Samhita of Agnivesa Elaborated by Charaka and Dridhbala with the Ayurved Dipika Commentary by Chakrapani, edition 2014, Varanasi, Chaukhamba Surbharti Prakashan, 49p.
8. Pandit Hari Sadashiv Shastri Paradkar, Ashtang Hrudayam of Vagbhata with Arun Dattas Sarvang Sundar & Hemadris Ayurved Rasayana, reprint 2012, Chaukhamba Sanskrit Sansthan, 61 & 84p.
9. Pandit Hari Sadashiv Shastri Paradkar, Ashtang Hrudayam of Vagbhata with Arun Dattas Sarvang Sundar & Hemadris Ayurved Rasayana, reprint 2012,

- Chaukhamba Sanskrit Sansthan,  
29p.
10. Acharya P. V. Sharma,  
DravyaGuna Vijnana vol – II,  
reprint 2013, Varanasi,  
Chaukhambha Bharati  
Academy, 185 – 214p.
11. Vaidya Yadavji Trikamji Acharya,  
Charak Samhita of Agnivesa  
Elaborated by Charaka and  
Dridhbala with the Ayurved Dipika  
Commentary by Chakrapani,  
edition 2014, Varanasi,  
Chaukhamba Surbharti Prakashan,  
716p.
12. Vaidya Yadavji Trikamji Acharya,  
Charak Samhita of Agnivesa  
Elaborated by Charaka and  
Dridhbala with the Ayurved Dipika  
Commentary by Chakrapani,  
edition 2014, Varanasi,  
Chaukhamba Surbharti Prakashan,  
718p.

\*\*\*\*\*