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To Explore Ayurvedic Principles of Management of *Hridroga*

Review Article

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Abstract

In Ayurveda the term '*Hridroga*' should be considered as integrated aspects regarding various disease aspects related to cardiovascular system. This includes diseases of coronary artery, Myocardial Infarction, Angina Pectoris, Mitral valve disorders etc. & these diseases also causes of premature death in the present era. Comparatively male sex is more prone to the arterial blockages than female. *Hridroga* is however accelerated due to Smoking, Stress, Sugar(Diabetes) Blood Pressure, Faulty Diet like too much saturated fats, trans fats in the food i.e. consumption of heavy, greasy food, fried items, deep fried potatoes/chips etc. & Alcohol. Coronary artery blockages are caused due to the build-up of the cells, fat and cholesterol which is called as pluck. This causes the lack of supply of blood to the heart muscles & further leads to infarction of cardiac muscles. This shows the symptoms irregular heart rhythm, shortness of the breath, angina, tightness, or pressure in the chest.

As we think of Ayurveda approach about Hridaya & its Dhamani, these are seat of Rasavaha Strotas & it is also one of the Dashpranayatan. Disease aspect can be co- related to the Laxanas of Rasavaha strotodushti & Amavastha. So the treatment aspect of *Hridroga* in Ayurveda can be explained as Langhana (By means of fasting), Ushnodakpana (warming up the system), Laghubhojana (by means of easy digestion of food,Doshaviparit & Dhatu saman Aahar-Vihar (Life style modification), Sadvrittapalan(Good Cultural Code of Conduct), Mantra & Relaxation therapy, Balardha Vyayama. (Moderate exercise),Kalabhोजan (Timely food, sleep & medicines) etc.

Key words: *Hridroga, Ayurveda, Chikkitsa*

Introduction:

Hridroga is a disease of Marma (vital organ), which is the seat of many vital activities. In Ayurveda all the painful heart

diseases comes under the broad classification of *Hridroga*.(1) Ayurvedic concept of *Hridroga* is somewhat difficult to understand in correlation with Modern

pathology and aetiology, but Ayurvedic treatment of *Hridroga* is much effective and preventive.

The increasing evidence of cardiac disorders in present times it is necessary to assume hetus or etiology of *Hridroga* as some lifestyle modifications, factors which affects health of heart & coronary arteries, & how the diseases progresses unknowingly which further converts in some acute conditions.

Ayurveda has been described 5 types of *Hridroga*. E.g. Vataj, Pittaj, kaphaj, sannipatik, krumij. Nature of pain is somewhat distributing in character although it is because of Vata (2). Among these vatic type is seems to be ischemic heart diseases category. Pittas seems to be inflammatory conditions, in kaphaj heaviness is there, Krumij *Hridroga* patient gets acute pain, pricking pain and itching characteristic of pain is Suchibhirivatoda (Pain like piercing by needles) Chidyamanam Yatha Shasthairjatam (As heart cut by weapon) it is more sever type of condition among all types of *Hridroga* (3). So while coming to the treatment, there are various aspects should be kept in mind by the physician e.g. preventive & curative, acute or chronic, diet, exercise, koshnjala, age of person, & most important is Nidanaparivarjana (4) etc. & much more.

***Hridroga*:**

- ❖ Most common disease in present time.
- ❖ Obstructive changes in coronary circulation of heart.
- ❖ Impairment of heart functions due to inadequate blood flow to the heart.
- ❖ Rasa dhatu, Vyan vayu dushti.

Etiological factors:

- Improper diet habits

- Lack of exercise or over exercise
- Psychiatric causes e.g. Anxiety, Fear, Worry etc.

Risk factors (5):

- Addiction like tobacco, cigarette etc.
- Hypertension
- Elevated se. cholesterol
- Diabetes
- Obesity
- Sedentary habits
- Stress

Predominant features:

- Dyspnoea
- Atherosclerotic lesions
- Pain -
Considered as clinical manifestations & it is Due to Rasa Dhatu & Vyana Vayu, May be periodic attacks. Nature of pain can be correlated as Aayamyate (Drawing pain), Tudyate (Crushing pain), Nirmathyate (Piercing pain), Diryate (Cracking pain), Sphotyate (Pricking pain), Patyate (Like cutting by saw), Shulyate Atyarthe(Severe pricking pain), Bhidyate (Stabbing pain), Veshtanam (Cardiac cramps), Uttam rujam (Severe heart pain)

Samprapti:

Hetusevana – mandagni- samarasa-

a) Rasa & vyana prakop- ruja

B) Rasa, pitta, kapha prakop- strotorodh-obstruction- hridrog

Treatment aspect:

- Assess the patient as per dosha & samyavastha
- All clinical findings & investigations are necessary
- Medicines as there respected kala

- In vataj- evening, in Pittaj – noon, in kaphaj-morning

General line of treatment:

a) Lifestyle modification:

- Balardha Vyayam
- Sadvritta Palan
- Avoid Divaswap
- Avoid Ratrijagran

b) Relaxation therapy:

As daily routine

- Yoga
- Pranayama
- Chanting of mantras

c) Diet:

As disease related to Rasavaha Strotas treatment aspect of rasavaha should be taken into consideration as

- Langhan, Apatarpan is important.
- Pachan
- Laghubhojan
- Kalabhojan
- Ushnodakpana
- Salt restriction
- Oil restricted not Ghee
- Use of Buttermilk

d) Medicinal treatment:

1) VATAJ TYPE-

Lavan rasa
Koshna jala
Gomutra
Pushkarmuladi kwath

2) PITTAJ TYPE-

Shit pradaha
Parishek
Virechana
Draksha, falasa, kutaki

3) KAFAJ TYPE-

Swedana
Vamana
Langhana
Kulatha

4) KRIMIJ-

Shodhana
Pachana
Langhana
Krimighna chikitsa

Some single drugs & Preparations:

Lekhaniya Gana (6) which reduces cholesterol level, like Nagarmotha, Haridra, Vacha, Kutaki, Chitrak, Shunthi, Daruharidra, Ativisha etc.

Hridya drugs which regularize cardiac muscle activity & give strength cardiac muscle like Arjuna, Dadim, Ashwagandha, Dashamoola, Rasona, Pushkarmool, Mrugshrung etc.

Rasa kalpas like Hridayarnav Rasa, Chintamani Rasa, Prabhakar Vati etc.

Arishtha like Arjunarishtha, Arjunksheerpakan, Brihatvatachintamani, Laxmivilasa, Shrunga Bhasma etc.

Conclusion:

An Ayurvedic principles are helpful in management in *hridroga* with *aahar and, vihara* some drugs like lekhiya gana, hridya drug, rasa kalpas which is helpful to improve reduce cholesterol level, cardiac muscle activity, cardiac muscle strength, some arishthas are helpful in hridya roga and in hyper tension which reduces risk of imfraction and other risk factor in hridya roga. According to Ayurveda five types of hridya roga and treatment described in compandias which is speciality of ayurvedic treatment part which also reduces risk of compication occurred in hridya roga.

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