



CARE OF HRIDYAROGA W.S.R. CARDIO VASCULAR DISORDERS WITH THE HELP OF AYURVEDA.

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ABSTRACT

In this present era due to the life style modification Hridya Roga (cardio vascular diseases) are enormously increasing in our civilization because of two big reasons that Nourishment design, and environmental situations. The worldwide load of diseases is fluctuating from infectious diseases to the non-communicable diseases, and now becoming the chief cause of the death in all over the domain. On the other hand, numerous advance management and diagnostic techniques are manageable in the modern medicine for the patients of Hridya Roga (cardio vascular diseases), but these techniques are not

reasonable by all patient and their family. In *Ayurveda contexts*, there are a number of medications likes, *Arjuna*, therapeutic preparations, *Pathya Apathya*, *Dinacharya* and various procedures of *Yoga* which have magnificent protective and therapeutic outcome on *Hridya Roga* (cardio vascular diseases). Likewise, the good vigor is essential for one and all, so all the unit of *Ayurveda* can effort together in the anticipation of cardiovascular diseases. This article clarifies how *Hridroga* be similar to the symptoms of cardiovascular diseases & how *Ayurveda* support to get in the anticipation & management of cardiovascular diseases.

KEYWORD: *Ayurveda, Hridyaroگا, Pathya/Apathya Aahara Vihara.*

INTRODUCTION

Due to alteration in conception of (*Pathya/Apathya*) *Aahara Vihara* and life style modifications, the frequency of *hridya roga* (cardio vascular diseases) is aggregate at a high frequency. It is estimated that there were nearly 46.9 million patients with cardio vascular diseases in India during the year 2010. A probable 2.33 million individuals expired of cardiovascular diseases during 2008. In established nations, cardiovascular disease is the first and second leading cause of death for adult men and women.^[1] In this advance Era nourishment practice and life style modifications of people through the biosphere have been transformed drastically. Modification in life style & regimen methods, nonexistence of physical workout, growth psychological stress, and environmental alterations has increases the frequency of this CVD. Since the ancient period *Ayurveda* is known for service the humanity by treatment & anticipation (*Swasthya rakshanam*) & this conception is precisely appropriate on the cure and prevention of the CVD. *Ayurveda* explains & enriches us such a good nourishment and perfect living design that are identical effective in the prevention of CVD. If we give significance to *Ayurveda* it is useful in conserving worthy fitness for one & all. There are numbers of defensive (*Pathya Apathya*), curative traits, therapeutic drugs and preparations titled in the *Ayurveda* having magnificent consequence on these diseases.^[2]

AIMS AND OBJECTIVE

To evaluation the role of *Ayurveda* in the anticipation and management (cardiovascular diseases).

To assessment the *Ayurvedic* literature in beneficial life style related illness.

To assessment of *Dinacharya, Ritucharya, Ahara, Vihara, Yoga, Rasayana* are designated which have impact able part in prevention & cure of the cardiovascular diseases

MATERIALS AND METHODS

Ayurvedic classics texts, research Articles and journals were denoted to justify this part, it include of subdivision deals with prevention & management of Cardiovascular diseases in *Ayurveda*.

Hridroga (cardiovascular Diseases)

Hridroga quoted by *Ayurveda* can be associated with Cardiovascular/Heart diseases. *Achrya Acharya Sushruta* mentioned that due to the suppression of the natural needs, too much consumption of *Ushna*, *Ruksha*, foodstuff, *Virudha* diet, *Ajrina* (indigestion), etc *Vikruta Dosha* goes in the *Hridaya* and also involvement of *Raktadhatu* in it.⁽³⁾ Cardiovascular disease include of a group of disease of the heart and the vascular system. The major conditions are congenital heart disease, hypertension, ischemic heart disease, cerebro-vascular disease (stroke).^[4]

Hridroga Etiology of (Cardiovascular Diseases)

Aahara (regimen) related- Extra & recurrent eating of ingredients having *Guru*, *Ruksha*, *Usna*, *Tikshna*, *Kashaya* properties.

Vihara (Life style modifications) related- Extreme physical workout and activity (*AtiVyayama*). Unnecessary enema (*Basti*), purgation (*Virechan*), emesis (*Vamana*). holding of natural desires (*vegadhaaran*) *Abhighatajanya* (physical & mental trauma) *Chinta(stress)*, *Krodha(Anger)*, *Bhaya()* etc.^[5]

Table No. 1 Indicators of *Hridroga* according to Ayurveda and Modern Perspective-**Pathogenesis of *Hridroga* (Cardiovascular Diseases)**

In Hridroda Samprapti due to *Mithya Aahara- Vihara* main cause start to develops *Agnimandya*. this *Agnimandya* condition creates *Saama Rasa Dhatu* then *Saama Rasa Dhatu* raised in all over sharir

S.N.	Indicators of <i>Hridroga</i> ^[7] (Ayurveda perspective)	S.N.	Indicators of Cardiovascular diseases ^[8] (modern perspective)
1.	<i>Vaivarnya</i> (Cyanosis)	1	Dyspnoea
2.	<i>Murchha</i> (Syncope)	2	Orthopnoea
3.	<i>Jvara</i> (Fever)	3	Chest pain
4.	<i>Kasa</i> (Cough)	4	Peripheral edema
5.	<i>Hikka</i> (Hiccough)	5	Palpitation
6.	<i>Shwasa</i> (Dyspnoea)	6	Restlessness
7.	<i>Aasya Vairasya</i> (Bitter taste all over in mouth)	7	Anorexia
8.	<i>Trushna</i> (Excessive thirst)	8	Vomiting
9.	<i>Pramoha</i> (Stupor)	9	Syncope
10.	<i>Chhardi</i> (Vomiting)	10	Fatigue
11.	<i>Kapha utklesha</i> (Nausea)		
12.	<i>Urashoola</i> (pain in chest)		
13.	<i>Aruchi</i> (Anorexia)		

through develops *Srotoavrodh, Dhamnipartichya* which consequences to form *Hridroga*.^[6]

Common correlation of Hridroga and cardiovascular diseases symptoms as below:

If we read the indications which are specified above typically these are similar in modern & *Ayurveda* view. Hence in Cardiovascular diseases we can give the better preventive and management which defined in *Ayurveda*.

Categories of *Hridroga* and their connection with modern point of view

1. ***Vataja Hridroga*** – in this type of *Hidroga Upashaya* (fasting), *Ativyayam* (extreme workout), *Shoka* (sad mood), *Rooksha*, *Shushka* and *Alpa Aahar* due to this hetusevan *Vata* exaggerates and generate pain in the heart/chest region. ^[7]*Shula* (pain) is likewise a communal symptom of *Vataja Hridaya roga*. In angina also tremendous discomfort and pain happens. pain *Vataja Hridroga* can be related with angina. because of this *Ruksha & Laghu Guna Vata* intensifies & outcome hardness or calcification of arterial wall. i.e. Arteriosclerosis can be interrelated with the *Vataja Hridaya roga*.
2. ***Pittaja Hridroga***- in this type of *Hidroga Ushna*, *Kshara*, *Katu*, *Amla*, *Lavana*, *Rasa's Aahara* (foodstuff) and extreme use of alcohol due to this hetusevan *Pitta Dosha* exaggerates and generate burning heart, *Sweda* (sweating) , bitter taste, , thrust (*Trishna*) vomiting (*Vamana*), *Murcha* (syncope), in the body. As per modern medicine interpretation we can relate with pericarditis, inflammatory disorder of heart.
3. ***Kaphaja Hridroga*** in this type of *Hidroga* extreme intake of *Aahara* (foodstuff), *Guru Aahara* (diet), *Snigdha* Lack of physical exertion due to this hetusevan *Kapha* exaggerates and produce the symptoms of *Kapha dosha* in heart region identical heaviness & numbness in the chest, anorexia. *Kaphaja Hridroga* can be related through the myocardial infarction because in myocardial infarction also feels heaviness in chest.
4. ***Sannipataja Hridroga***- In this type of *Hidroga Vata, Pitta & Kapha* & in create the symptoms of all three *dosha* at the same time.^[9] *Sannipataja Hridroga* can be related with acute chest pain.
5. ***Krimija Hridroga***- in this type of *Hidroga* If patient get symptoms like from *kaphaja hridaya roga* takings, *Tila*, *Guda* then *Rasa dhatu dusthi Rasa* indications in form of *granthi utpatti*. In this *granthi Krimi* cerate and spread in all area of heart & generates severe critical pain, itching etc. It causes death & *Acharya Charka* also acclaim to do initial management in this situation.^[10] *Krimija Hridroga* can be interrelated with myocardial infarction reason in situation of myocardial infarction there is severe pain happen & essential critical management corresponding to *Krimija Hridroga*.

Certain research workings taking place Ayurvedic medicines useful in Hridyaroga(Cardiovascular Diseases)

Pushkar guggulu; *Pushkar guggulu* has particular important outcomes in case of heart diseases. Researchers have displayed that afterward six months management with *Pushkar guggulu*, there is essential decrease in the serum lipid levels and, pericardial pain & dyspnea on exertion.

Arjuna; *Arjuna* develops functions of cardiac muscle & accordingly advancements pumping activity of the heart. It is though that the saponin glycosides might be response for the inotropic outcome of *Terminalia*, whereas the flavonoids supply free radical antioxidant activity and vascular strengthen.^[11]

Prevention of the Hridroga (Cardiovascular Diseases) Standard of *Ayurveda* is Prevention is better than cure. So, defensive characteristic is very significant in case of *Hridroga*.

1. Avoid the *Manas hetu*(like stress, anger,
 2. Aahar and Vihara (Diet & life style modification)
 3. *Rasayana* therapy for *Hridroga*- *Chayavanprasha*, *Amalaki Rasayana*, *Shilajeet Rasayana*, *Brahm Rasayana* *Agastaya Haritaki*, *Rasayana*.^[12] Management of Cardiovascular Infections as per *Ayurveda*.
 4. *Nidan parivarjana* (eg- modification in diet & life style)
 5. *Samshodhana* treatment.
 6. *Vamana Karma* (in *Vataja* & *Kaphaja Hridroga* *mrudu Vamana karma* is take place) *Virechana Karma* (Useful in Hypertension, Hyperlipidemia & *Krimi**ja Hridroga* & *mrudu Virechana* in *Pitta Hridroga*)
- *Basti* (Favorable in Obesity, Hypertension ,Hyperlipidemia)
 - *Snehan*, *Sevadan*, *Shirodhara*^[13]

4. Shaman Therapy

Table No. 2 Shamana Drugs

Hridya Mahakashya	<i>Amlavetas</i>	<i>Amra</i>	<i>Kuvala</i>	<i>Badra</i>	<i>Amarataka</i>
	<i>Karmarda</i>	<i>Dadima</i>	<i>Matulunga</i>	<i>Lakucha</i>	<i>Vrikshamla</i>

Table No. 3 Showing Useful preparation in *Hridaroga* are as follows^[14]

Rasa	Churna	Ghrita	Vati	Kwatha	Bhasma /Pishti
<i>Hridyarnawa Rasa, Nagarjunabh ra Rasa, Kalayansunder Rasa</i>	<i>Haritakyad i churna, Pipali chur- na, Pushkermul churna</i>	<i>HaritakyadiGhrita , ArjunGhrita, Pipplyadi Ghrita</i>	<i>Prabhakar a Vati, Shanker vati, Hridroga vati</i>	<i>Arjunatwa k Kwatha, Shunti Kwatha</i>	<i>Akika Bhasma , Akika Pishti, Mukta Pishti^[14]</i>

Various Yoga for Hridroga according to Ayurveda-

Light exercise and Brisk walking, *Shawasan*, *Soorya Namaskar*, *Pranayama* and *yoga*.

- Useful preparation in *Hridaroga* are as follows^[14]

Table No. 4 Showing *Pathya and Apathya Vihara*

<i>Pathya Vihara</i>	<i>Sewadan, Basti, Vamana, Laghaana, Virechana, Vishrama,</i> <i>Etc</i>
<i>Apathya Vihara</i>	<i>Tarishna, Vamana, Mutra, Adhovayu, Kash, Ashru Vega</i> <i>dhaaran karna, Daatunkarna etc</i>

Table No. 5 Showing *Pathya and Apathya Aahara*

<i>Pathya Aahara</i>	<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>Apathya Aahar</i>	<i>Bheda ka Dudh, Nadi ka Jla, Usna, Tikshna, Gurupakee, Kashaya Aahar ka Sevan, mahuaa etc</i>

DISSCUTION

The increase frequency of the cardiovascular diseases over the worldwide is to the defective Aahara (diet) pattern & Vihara (life style modifications), Obesity, & Diabetes mellitus. Uncontrolled hypertension & Hyperlipidemia are the mutual risk aspects for the Heart diseases. Role of *Ayurveda* in the prevention and cure of the cardiovascular diseases is very efficient and good resourceful technique. In *Ayurveda Dinacharya, Rasayana, Ahara, Vihara, Yoga and Ritucharya* are very well defined which have best part in prevention & cure of the cardiovascular diseases. Different researches have been presented that *Ayurveda* drugs have effective role in cardiovascular diseases. If someone adopt the *Aahara Vihara* (nourishment design), life style modifications allowing to the *Ayurveda* it can be useful in the diminution the frequency of cardiovascular diseases. In context of *Ayurveda* there are number of Ayurvedic medicinal herbs / drugs, formulation are defined which have identical effective outcome on the cardiovascular diseases. As cited above in particulars.

CONCLUSION

In *Ayurveda Ahara, Vihara, Dinacharya, Ritucharya, Yoga, Rasayana* are defined which have perfect part in prevention & cure of the Heart diseases. The researches on the cardio protective drugs stated above have an effective title role in the cardiovascular diseases. The anticipation and management can be done magnificently in *Ayurveda*. Furthermore *Ayurvedic* managements are harmless & reasonable to one and all.

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