



# ROLE OF *YOGENDRA RASA* IN *HRIDROGA* - A CRITICAL REVIEW

<sup>1</sup>Dr Anusha V.K, <sup>2</sup>Dr Ravindra Angadi, <sup>3</sup>Dr Ashok Kumar B.N,

<sup>4</sup>Dr sushmitha V.S , <sup>5</sup>Dr Radhika Ranjan Geethesh P

<sup>1</sup>1<sup>st</sup> year PG scholar, <sup>2</sup>professor & HOD, <sup>3</sup>Associate Professor, <sup>4</sup>Assistant Professor, <sup>5</sup>Associate professor  
Department of Rasashastra & Bhaishajya Kalpana, SDM College of Ayurveda Udupi, Karnataka, India

## Corresponding Author:

Dr Anusha V.K

PG Scholar, SDM College of Ayurveda, Kuthpady, Udupi, 574118

[anushavijayakumar4399@gmail.com](mailto:anushavijayakumar4399@gmail.com); 9400450461

## ABSTRACT

*Hridroga* includes major structural & functional abnormalities of cardiovascular system. Cardiac disorders are one among the leading causes of death globally. Hence there is a need to discover the effective drugs which can prevent death due to CVDs. *Nidana* plays a vital role in *hridroga* manifestation such as *atiushna*, *guru*, *tiktarasa atisevana*, *atisrama*, *abhighata*, *adhyasana*, *vegadharana*, *adhika chinta* leading to *tridosha prakopa*, *Stanasamshraya in hridaya* and does *dushana* of *hridayagata doshas*. Ayurveda being the ancient science of life provides a range of formulations which can take care of CVDs without any complications. *Yogendra Rasa* is one among them. It contains *Parada*, *Gandhaka*, *Swarna bhasma*, *Kantha loha bhasma*, *Muktabhasma*, *Vangabhasma*, *Kumari swarasa*. In this formulation drugs have properties of *tridosha hara*, *ojovardhaka* and *lekhana*. These properties helps to protect the *hridaya* from atherosclerosis & cardiac Hypertrophy. Considering all these factors an effort is made to substantiate the role of *Yogendra rasa* and its probable mode of action in *hridroga*.

Keywords – *Yogendra rasa*, *Hridroga*, CVD

## INTRODUCTION

In *Ayurveda*, all the painful heart disease comes under the broad classification of *Hridroga*<sup>[1]</sup>. when we evaluate the cause, it is mostly due to lifestyle changes ie. Sedentary life style, stress, smoking, alcohol consumption etc. Cardiovascular diseases are considered as one of the leading cause of death worldwide.<sup>[2]</sup>

*Hridaya* is considered one among the *trimarma*<sup>[3]</sup> and *pranayatana*, an *ashaya* and a *koshtanga*<sup>[4]</sup> and it is the *stana* of *ojas*, *prana*, *budhi*, *manas*. It is also *moolastana* of *rasa* and *rakta vaha srothas*. *Prana vayu*, *vyana vata*, *sadhaka pitta* and *avalambaka kapha* are the *doshas* related to *Hridaya*. Hence any of the basic elements viz. *rasa*, *rakta* and *doshas* when affected, it will disturb the function of the *hridaya* and cause *Hridroga*.<sup>[5]</sup> *Ayurveda* elaborate *hridroga* by giving its *hetu*, *samprapti*, *chikitsa* in detail. Due to *tridosha* imbalance and *ama utpathi*, *srotavarodha* (Atherosclerosis) and *atipravrutti* (fibrillation, enlargement, palpitations) are observed as *hridroga*. *Ayurveda* gives a wide range of formulations which can be used effectively in *hridroga*. *Yogendra rasa*, *prabhakara vati*, *sankara vati* are some tablet forms of medicine. *Arjuna ghrita*, *baladhya ghrita* are oil based formulations useful in *hridroga*. *Churna* like *Haritakyadi Churna* described for the prevention and cure of *hridroga*.<sup>[6]</sup> *Yogendra rasa* is one of the formulation which has been mentioned in *Bhaishajya Ratnavali*. Being a *rasoushadhi*, *yogendra rasa* can be administered in small dose, has quick mode of action and palatability. Hence an effort is made to substantiate the role of *prabhakara vati* and its probable mode of action in *hridroga* by critical review of literature.

## AIMS AND OBJECTIVES

To evaluate the role of *yogendra rasa*<sup>[7]</sup> and its probable mode of action in *hridroga*.

## MATERIALS AND METHODS

All the available reference regarding *yogendra rasa*, its individual ingredients and *hridroga* are studied comprehensively.

### 1. Table showing *Hridroga* types, *nidana* and *lakshana*<sup>[8]</sup>

<i>Hridroga</i> - Types	<i>Nidana</i>	<i>Lakshana</i>
<i>Vataja hridroga</i>	<i>Ruksha sushka alpa ahara</i> , <i>vyayama</i> , <i>upavasa</i> , <i>shoka</i>	<i>Sthambha</i> , <i>vepathu</i> , <i>pramoha</i> , <i>jeerne atyartha vedana</i>
<i>Pittaja hridroga</i>	<i>Ushna amla katu lavana ajirna bhojana</i> , <i>atapa</i> , <i>krodha</i> ,	<i>Hrit-daha</i> , <i>klama</i> , <i>trishna</i> , <i>murcha</i> , <i>sweda</i> , <i>bhrama</i> , <i>tikta amla udgara</i>
<i>Kaphaja hridroga</i>	<i>Guru snigdha atisevana</i> , <i>achinta</i> , <i>atinidra</i>	<i>Hrit-sthimitatha</i> , <i>tantra</i> , <i>aruchi</i> , <i>hrit bhara</i> , <i>Ashmavritavat</i>
<i>Sannipataja hridroga</i>	<i>Samsargaja nidana</i>	<i>Samsargaja lakshana</i>
<i>Krimi ja hridroga</i>	<i>Tila- kshira atisevana</i>	<i>Krimi utpathi</i> , <i>tudyamanam cha hridayam</i> , <i>suchibhieva</i> , <i>chidyamanam cha sasthre</i> , <i>maharuja</i> , <i>kandu</i>

## 2. Table showing ingredients of *yogendra rasa* and their ratio

Ingredients	Ratio
Parada	1 part
Gandhaka	1 part
Swarna bhasma , Kanthaloha bhasma, Vanga bhasma	1 part each
Abhraka bhasma, Mukta bhasma	1 part each
Kumari swarasa	Quantity sufficient

### Method of Preparation :

Prepare *Rasasindoora* from *shuddha parade* and *shuddha ghandhaka*. Add other ingredients along with *rasasindoora* taken in a clean *khalva yantra* (mortar and pestle), and make homogenous mixture of the same. Required quantity of *kumari swarasa* is added and *bhavana* is done, then make bolus of that mixture. This bolus is covered with *eranda patra* and kept in *dhanya rashi* for 3 days. On 4<sup>th</sup> day it is removed & again *bhavana* of *kumari swarasa* is given till *subhavitha lakshana* is obtained. Then prepare 125 -250 mg tablets & dried in shade and preserved.

### 3. Table showing *rasa-guna-veerya-vipaka* of individual ingredients

Drugs	Rasa	Guna	Virya	Vipaka
<i>Parada</i>	<i>Shatrasa</i>	<i>Snigdha Guru</i>	<i>Ushna</i>	<i>Madhura</i>
<i>Gandhaka</i>	<i>Katu Tikta</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>
<i>Swarna bhasma</i>	<i>Madhura Kashaya</i>	<i>Guru Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>
<i>Kanthaloha bhasma</i>	<i>Tikta</i>	<i>Ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>
<i>Abhraka bhasma</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>
<i>Mukta bhasma</i>	<i>Madhura</i>	<i>Laghu Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>
<i>Vanga bhasma</i>	<i>Tikta, Amla, Katu, Kshara</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>
<i>Kumari swarasa</i>	<i>Tikta</i>	<i>Snigdha Pichila</i>	<i>Sheeta</i>	<i>Madhura</i>

#### 4. Table showing properties of each ingredients of *yogendra rasa*

Drugs	Properties
<i>Parada</i>	<i>Rasayana, Yogavahi, Sarvarogahara</i>
<i>Gandhaka</i>	<i>Rasayana, Deepana, Pachana, Kapha vatahara</i>
<i>Swarna bhasma</i>	<i>Lekhana, Ojovardhaka</i>
<i>Kantha loha bhasma</i>	<i>Samastha rogahara, Ojovardhaka, Rasayana, Pittahara, Krimigna</i>
<i>Abhraka bhasma</i>	<i>Hridya, Rasayana</i>
<i>Mukta bhasma</i>	<i>Vrushya, Deepana</i>
<i>Vanga bhasma</i>	<i>Medhohara, Krimigna</i>
<i>Kumari swarasa</i>	<i>Rasayana, Vrushya</i>

## DISCUSSION

When we analyse the individual ingredients of *yogendra rasa*, we can find that most of them have *madhura*, *tikta rasa*, *sheeta veerya*, *madhura katu vipaka*. *Madhura rasa* has properties like *sarva dhatu vivardhaka*, *ojo vardhaka* and *santarpana*. By above properties it might act as cardio-tonic and cardio-protective. *Tikta rasa* has properties like *lekhana*, *chedhana*, *srotoshodhana*, *kleda-meda-vasa upashoshana*. By virtue of these properties it might help in atherosclerotic conditions to remove blockage. *Yogendra rasa* contains *Rasasindoora*, *swarna bhasma*, *kanta loha bhasma*, *abraka bhasma*, *mukta bhasma*, *vangabhasma*

***Rasa sindoora:*** *Rasa sindhoora* has *Sarvarogahara*, *Sulahara* properties. It may give strength to cardiac muscles by its *Rasayana* property. It helps to subside *hridayasrita vata dushiti*. It may be useful in *hridsula*.

***Swarna bhasma:*** By virtue of its *tridosahara*, *lekhana* and *ojovardhaka* *guna* might destroy lipids and it provides strength to heart and heart muscles.<sup>[9]</sup> It might play a role in treatment of atherosclerotic condition.

***Kanta loha bhasma :*** It has *tridosahara*, *samastha rogahara* properties. By virtue of its *lekhana* action and *Medopaha* (destroyer of lipids), it acts on liver and cures cardio respiratory ailments and it is indicated in palpitation due to anaemia.

***Abhraka bhasma :*** *Abhraka bhasma* has *rasayana* and *balya* properties which might help in nourishment and strengthening of cardiac muscles. It is indicated in Exertional dyspnea, impaired blood circulation, bradycardia, irregular pulse, cardiac edema.

***Mukta bhasma ;*** *Mukta bhasma* gives strength to heart. It is useful in *hridaya prakambana* (palpitation) and hypertension. It may act as cardiac tonic.

***Vanga bhasma :*** *vanga bhasma* by virtue of its *medo hara*, *vilekaniy* and *krimigna*. It may remove atherosclerosis. It might play a minor role in treatment of myocardial infarction.

***Kumari swarasa:*** *kumari swarasa* used as the *bhavana dravya* in the formulation has *Rasayana* and *vatahara* properties. It controls the level of cholesterol. Its antihyperlipidemic activity is well reported.<sup>[10]</sup> Thus it plays a major role in management of *hridroga*.

*Yogendra rasa* does not possess genotoxic potential under experimental condition and can be used safely<sup>[11]</sup> & it is safe at dose level 2000mg/kg, 1000mg/kg, 3000mg/kg.<sup>[12]</sup>

## CONCLUSION

It is important to prevent the cardiac disorders by identifying and treating the causative and risk factors rather than waiting for the manifestation of cardiac disease proper and its complications. *Yogendra rasa* has key ingredients like *Parada, Gandhaka, Swarnabhasma, Kantha Loha Bhama, Muktabhasma, Vangabhasma, Kumari swarasa* which has *medagna* properties. By virtue of specific actions of the drugs in *Yogendra rasa*, it might act as cardiac tonic and plays a role for removal of blockages due to atherosclerosis. It may be useful in cardiac hypertrophy and to regain normal cardiac parameters.

Hence it plays a major role in prevention of cardiac disorders: treatment of risk factors, treatment of cardiac diseases in proper: minor role in treatment of some of complications of cardiac disorders with other treatment modalities. Thus *yogendra rasa* plays a great role in treatment of cardiac disorders.

## REFERENCES

1. Sharma A, Kayachikitsa 2011; Choukambha orientalia.p117
2. Benjamin. E J et.al; Heart disease and stroke statistics : A report from American heart association 2017
3. Acharya Y.T, editor, Charaka samhita of Agnivesha vol III, Choukamba Krishnadas Academy, Varanasi, Chikitsa sthana, ch 26, verse 3.
4. Dwivedi Lakshmidas, Charaka samhita : vol I, Choukamba Krishnadas Academy, Sutra stana chapter 7 verse 10 to 12
5. Dwivedi Lakshmidas, Charaka samhita : vol I, Choukamba Krishnadas Academy, Sutra stana chapter 12; verse 15 -16
6. Shastri Ambikadutta, Rasa ratna samuchaya, 9<sup>th</sup> edition, Choukamba Amarabharathi Varanasi, p 235
7. Kaviraj Govind Das Sen, Bhaishajya Ratnavali, revised edition 2009, Choukamba Subharathi Prakashan ch 26, verse 160-166, p199
8. Acharya Y T, editor, (1<sup>st</sup> Ed), Charaka samhita of Agnivesha, Sutrasthana: chapter 17, verse 30, Varanasi: Choukamba Subharathi Prakashana, 2014; p 100
9. Blood compatibility studies of Swarna an Ayurveda drug: Willi Paul, Chandra Prakash Sharma et al. 2011
10. Anti hyperlipidemic potential of aloe vera against streptozotocin induced rats: Fatimah M: International Journal of Pharmaceutical & Phyto-pharmacological Research; 2017(5), p 41-46
11. Toxicological studies of an Ayurvedic medicine *yogendra rasa*: Hasan Binoy et al. Int. Journal of Pharmacy; 2017
12. Toxicological studies of Ayurvedic medicine *yogendra rasa*: Hasan Binoy et al. Int. Journal of Pharmacy; 2017