



REVIEW ON HRIDYA MAHAKASHAY

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ABSTRACT

Ayurveda, a natural system of medicine, originated in India more than 3,000 years ago. Ayurveda gives certain lifestyle interventions and natural therapies to regain a balance between the body, mind, spirit and the environment. There are many fundamental principles in Ayurveda which can be helpful in understanding the maladies in modern medicine. Nowadays, life has become so erratic that everybody is in hurry and is stressed. This life style has a direct impact on the health especially on the heart. Thus cardiovascular diseases pose an alarming threat to global health. Hridya is considered to be an important aspect of health with variety of physiological and pathological effects. Large number of herbs are mentioned in Ayurveda as Hrida i.e. beneficial for heart. In Charak Samhita Hridya Mahakashaya has described. These medicines are used either internally or externally.

KEYWORDS: Hridya, Hridya Mahakashaya, Heart, Ayurveda, cardiovascular diseases, Charak Samhita.

INTRODUCTION

In the last decades as suffering COVID situations, lot of interest has been generated in the medical world regarding Ayurveda. According to ayurveda hridya is wholesome of life, controlling factor of both mind and brain. Cardiovascular diseases pose an alarming threat to global health. Cardiovascular diseases (CVDs) have now become the leading cause of mortality in India. A quarter of all mortality is attributable to CVD. The Global Burden of Disease study estimate of

age-standardized CVD death rate of 272 per 100 000 population in India is higher than the global average of 235 per 100 000 population¹.

Dravya in ayurveda works with saptapadartha. In Ayurvedic text word “Hridya” is generally used for the drug which is beneficial for the heart “Hridya Hitam Hridyam”². Thus Hridya means Cardiac tonic, the drugs which are helpful in maintaining the cardiac health are called as Hridya. Hriday is the best place of chetnayata and oja. Charak has stated that heart is the seat of chetnayata (consciousness) which is primarily a function of the brain³. People all around the world is getting more cureious about heart and it’s health. Charaka Samhita, the Hridya Mahakashaya had describe⁴. They can be used externally and internally in different ways like decoction, powder, ghruta preparations, lepa-pralepa, etc. Dravyas in Hridya Mahakashaya Includes- Amra, Amratak, Lakuch, Karmarda, Virkshamla, Amlavetas, Kuval, Badar, Dadim, Matulunga.

AIM AND OBJECTIVES

1. To study Hridya Mahakashaya in Charak Samhita.
2. To evaluate the Hridya dravya mentioned in Charak Samhita.

MATERIAL AND METHODS

Sr.No.	Dravya	Ras	Vipaka	Veerya
1.	Amra	Kashaya, Amla	Katu	Sheeta
2.	Amratak	Kashaya, Amla	Madhur	Ushna
3.	Lakoocha	Madhur, Kashaya, Amla	Amla	Ushna
4.	Karmarda	Amla, Tikta	Amla	Ushna
5.	Vrikshamla	Madhur, Amla	Amla	Ushna
6.	Amlavetas	Amla	Amla	Ushna
7.	Kuval	Madhur, Amla	Madhur	Sheeta
8.	Badar	Madhur, Amla	Madhur	Ushna
9.	Dalimb	Madhur, Amla, Kashaya	Madhur	Anushan
10.	Matulung	Madhur, Amla	Madhur, Amla	Ushna

1. Amra:

Amra is Kashaya, Amla rasatmak amla ras causes proper deepan and pachan producing proper ras dhatu and so on all dhatu where as kashay ras works shoshan of excessive drava gun of pitta and kaph dosha, Katu vipak and Ushna veerya helps in deepan helps in hridya karma. All dhatu and doshas maintained properly and works as hridya.

Its Major chemical constituents are Mangiferin, Mangiferolic acid, indicenol⁵. Mangiferin, being a polyphenolic antioxidant and a glucosyl xanthone, it is a strong antioxidant, antiimmunomodulator, lipid cardiogenic, peroxidator, hypotensive, wound healer, and antidiabetic. The fruit pulp contains vitamin A and C, β -carotene and xanthophylls. Thus Fruits of mangoes are good source of antioxidants in human diet and are beneficial for heart⁶.

2.Aamratak

Aamratak is Kashaya rastamak so work on drava gun of kaphpitta helps in ras and raktshodhan as rasvastrotas moolstathna is hridya works directly on it.

The fruit is found to contain beta amyrin, oleanolic acid and amino acids-glycine, cystine, serine, alanine polysaccharides, vitamin C, vitamin A and Iodine. The extracts showed a 16% radical scavenging activity⁷. The exocarp of the fruit of *S. pinnata* also produced significant thrombolytic activity⁸.

3.Lakucha

Madhur ras has hridya karma by dhatuwardhan and kashay ras have aam shoshan karma, ushna veerya works against sheet and snehangun of pitta.

The unripe fruit causes tridosa impotency, loss of appetite. The riped fruit is sour and sweet, aphrodisiac, alleviate the vata and pitta dosha, and improves taste and appetite. The seeds are good purgative for children⁹. It has many pharmacological activities such as anti-inflammatory, antiviral, anticancer and anti-HIV¹⁰.

4.Karamarda

Karmard is amla rasatmak which work as hridya, tikta ras of karmard work as aamshoshan, sadhak pitta dravagun shoshan so work hridya.

It has shown wide range of evidences for its, hepato-protective, free radical scavenging, anti-rheumatic, antibacterial, antiviral and anticonvulsant activity. The results of many studies suggest

that fruit extract was the most potent antioxidant as it exhibit exceptional reducing power, scavenging activity against nitric oxide, DPPH and peroxide radicals¹¹.

5.Vrikshamla

In Ayurveda, it is used for treating piles, sprue, abdominal disorders, and cardiac disease, it is beneficial for vata-shleshmic disorders.

It contains the important chemical constituents viz, Garcinol, Hydroxycitric acid and Anthocyanin pigment. Anthocyanins are well known for their antioxidant, anti-inflammatory, and anti-carcinogenic activities^{12 & 13}. reported the antioxidant and hepato protective effect of aqueous and ethanolic extract of *G. indica* fruit rinsd¹⁴.

6.Amlavetas

According to Charaka it is mild purgative, and alleviates vata and kapha dosha¹⁵. Amalvetas is amla rastmatak work directly on heart so work as hridya.

A rich source of Flavonoids, Xanthones, Benzophenones and phenolic acids. It has been revealed that *G. pedunculata* have beneficial antioxidant properties¹⁶.

7. Kola/ Kuval

Kola is Madhur rastamak, Madhur vipaki, sheet veerya so increases dhatubal specially of ras and rakt dhatu. Hridya is moolstathan of rasvah strotas work as hridya. It is used in traditional medicines as laxative and blood purifier¹⁷.

Fruits are very rich in vitamins C, B1 and B2. antioxidant, anti-inflammatory, and anticancer. It is also known to have high vitamin P content, which enhances the action of vitamin C. Presence of Pectin-A in fruit is also reported¹⁸.

8.Badar

Madhur ras helps in balya karma of heart, amla ras is hridya by its ativity. Ushna veerya improves agnisandhukshana. Medicinally, it is used as an expectorant, stomachic, digestive, laxative, blood purifier and anti pruritus.

Its phytochemical constituents are Vitamin C, alkaloids, glycosides, flavonoids, terpenoids, phenolics and polysaccharides. Research studies showed its pharmacological activities like antioxidant, immunomodulatory, etc. so work as hridya¹⁹.

9. Dadim

Ayurveda it is Balya, Medhya, Shukralam, and Hridya. Madhur and kashay ras work on drava gun of pitta, Amla ras improve heart potential.

Phytochemical analysis of dadim indicated the presence of alkaloids, flavonoids, cardiac glycosides, phenolic compounds, tannins, lignins, etc. Fruit is rich in vitamin C, flavonoids like Punicalgin, tannins, possesses anti-atherosclerotic action, and has an anti-aging effects and potent anti-oxidant properties. These compounds are responsible for antioxidant and free radical scavenging effect of plant material²⁰.

10. Matulunga

In ancient medicine, it is very commonly used in the management of Vibandha, Shawas, Kasa¹⁷. Madhur ras improves bal of hridya, Amla ras improve motility of heart.

It contains secondary metabolites including the ascorbic acid, flavonoids, phenolics and pectin etc. The fruits and seeds are cardiac tonic. Fruit extracts have also shown good umbelliferone, while seeds contain limonin, limonol and antioxidant activity²¹.

CONCLUSION

As per the review of above all mentioned factors- Majority of dravyas in Hridya Mahakashaya are amla rasatmaka, kapha pitta shamaka. Therefore, shows hridya effect. They can be used externally or internally. Amla rasa is composed of Agni and Prithvi Mahabhutas, it is Agneya in origin²² allied with Snigdha (unctuous), Laghu (light) Gunas²³ and Ushna virya²⁴ (hot potency).

In Hridyaroga the predisposing factors causes generation of Aam, contamination of Rasa and vitiation in Doshas creating obstruction in Rasavaha srotasa leading to provocation of Vata. This also results in diminished supply of Pranvayu and nutrition to Hriday. Amla ras, brings Vata in its normal state and proper channel due to its specific Karma (action) i.e. Vatanulomana as well as Amla rasa helps in the opening of channels by its ushna veerya (hot potency).

According to modern review- dravya has a large amount of vitamin C and Flavonoids. Antioxidants are scavenging free radicals. specific phytochemicals, vitamins and other nutrients that protect our cells from damage caused by free radicals. Vitamin C effects on high blood levels and a healthy cholesterol profile. Vitamin C is found to increase HDL and decrease LDL to considerable level²⁵.

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