



AYURVEDA PROPERTIES AND GENERAL OVERVIEW OF HRIDYA MAHAKASHYA DRUGS

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ABSTRACT

Hridya Mahakashya represents a collection of medicinal ingredients that exert their influence on cardiovascular health. It is one of the groups among the other *Mahakashya* groups mentioned in *Charak Samhita*. This category comprises some medicinal elements like; *Amra*, *Lakuch*, *Amratak*, *Karmarda*, *Amlavetas*, *Virkshamla*, *Kuval*, *Dadim*, *Matulunga* and *Badar*. These components collaborate synergistically, delivering an augmented therapeutic impact. These drugs exhibit predominance of *Amla Rasa* and are abundant sources of vitamin C. Thus offers antioxidant and cardio-tonic effects. Furthermore, these plants possess attributes such as *Amla*, *Madhura Ras*, *Guru*, *Ruksha*, *Ushana Virya*, *Amla Vipaka* and *Tridoshaghana* properties. These drugs also balance *Vata*, *Pitta*, and *Kapha Doshas*. These properties contribute to their therapeutic utility.

KEYWORDS: *Ayurveda*, *Hridya*, *Mahakashya*, *Dravyagun*.

INTRODUCTION

Hridya Mahakashya includes a set of ten substances that exert positive influence on cardiovascular health. The heart (*Hridaya*) is considered the foremost center of *Chetnayata* and *Oja*. *Charak*, stated that the heart serves as the hub for physiological channels i.e.; *Pranavaha srotas* and *Rasavaha srotas*. *Pranavaha srotas* is responsible for ensuring a continuous supply of vital *Ambarapeeyush* through respiration, crucial for sustaining life processes. *Rasavaha srotas* plays a pivotal role in converting *Aahar Rasa* into *Rasa Dhatu*, which nourishes all other bodily constituents. *Rasa Dhatu* is the primary tissue formed from this nutritive fluid.^[1-4]

Rakta, the blood, circulates throughout the body in conjunction with *Rasa*, and it plays a vital role in *Jeevan Karma*, which sustains life by supplying *Prana* to all body components. The *Rasa-rakta* is indispensable for the perpetuation of life, with *Hridaya* facilitating the circulation of *Shuddha Rakta* through the agency of *Vyanavayu*. *Acharya Charak* categorized medicinal substances based on their pharmacological actions into different *Mahakashya* classes. *Hridya Mahakashya* is one such class, consisting of ten drugs known for their heart-boosting benefits.^[3-5] These drugs within *Hridya Mahakashya* predominantly possess following properties:

- *Madhura*, *Amla* and *Kashay Rasa*
- *Ruksha-Laghu Guna*

- *Ushana Veerya*
- *Madhura-Amla Vipaka*
- *Tridosh Shamak* effect

These properties play significant role in disrupting the etiopathogenesis of cardiovascular diseases. These *Hridya* drugs primarily operate through their inherent properties. *Amla Rasa* nourishes heart; phytoconstituents found in these herbs contribute to maintaining the health of blood vessels, including coronary arteries. These drugs offer benefits to the heart as well as to the mind, aiding in stress reduction. These drugs help to maintain cardiac health and prevent risk of cardiovascular diseases.

Drug from *Hridya Mahakashya* serve as rich source of vitamin C, which offers potent antioxidant and stress alleviator effect thus boost cardiac health and helps to treat diseases of cardio-vascular-system. The sour and sweet tastes, heavy characteristic, dry quality and warm potency of these drugs imparts *Tridoshaghana* properties thus balancing of the three *Doshas* and offers cardio-protective effect.^[5-7] The other therapeutic properties of these herbs are depicted in **Figure 1**.

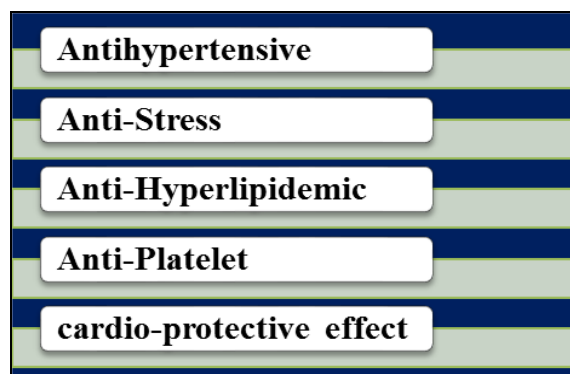


Figure 1: Therapeutic properties of *hridya mahakashaya* drugs.

These drugs also offer Antidiabetic, Diuretic, antimicrobial and immunomodulatory activities along with biological effects as mentioned in **Figure 1**. Ayurveda classics described following drugs under the heading of *Hridya Mahakashaya*:

- ✚ Amra
- ✚ Lakuch
- ✚ Amrata
- ✚ Karmarda
- ✚ Amlavetas
- ✚ Virkshamla
- ✚ Kuval
- ✚ Dadim
- ✚ Matulunga
- ✚ Badar

Mode of action of *hridya mahakashaya* drugs

Most of the drugs categorized under this classification exhibit a harmonious blend of sour and sweet tastes. The sour taste stimulates the *Rakta Dhatvagni*, enhancing the production of *Rakta Dhatu*, thereby nourishing the heart and bolstering its strength. These drugs predominantly possess a warm potency and typically undergo a sour metabolic transformation, known as *Amla vipaka*.

In general, these herbs are characterized by their warm, subtle, light and penetrative qualities. They offer digestive, appetizing, cardiac stimulant and carminative properties. They function as hematinics, aiding in the formation of blood and exhibit anti-hyperlipidemic actions. These botanicals are valuable for reducing lipid and clot accumulation, addressing atherosclerosis and optimizing heart function. They play crucial role in maintaining blood viscosity and preventing clot formation. Additionally, they possess anti-atherosclerotic and anti-inflammatory effects as well as antioxidants properties.^[7-9]

- ✓ These drugs exert a stimulating effect on the heart.
- ✓ The sour taste imparts refreshing qualities, thus boost physiology of heart functioning.
- ✓ *Madhura Vipak* nourishes bodily tissues and boost *Oja*.
- ✓ These herbs act as cardio-tonics by virtue of their inherent properties.

- ✓ These drugs acts as cardio-tonic, they are rich sources of vitamin C and flavonoids, thus boost functioning of heart.

The drugs from the *Hridya gana* offer a range of therapeutic benefits. They help to regulate cardiac functions, maintaining the rhythm and pumping action of the heart. Their hematinic properties also alleviate symptoms such as breathlessness and work-related exhaustion. These drugs are beneficial in both bradycardia and tachycardia conditions. They have demonstrated efficacy in cases of sinus tachycardia and hypertension, providing tangible benefits.^[8-10]

CONCLUSION

Hridya Mahakashaya is class of drug which used to boost health of cardio-vascular system. These drugs help therapeutically in case of cardiac functioning deficiencies. Beyond their cardio-protective attributes, these herbs act as dietary supplement, natural antioxidant and rich sources of Vitamin C and flavonoids. They possess additional properties such as, diuretic, anti-hyperlipidemic, antimicrobial and anti-stress activities, etc. These therapeutic effects supports in the treatment of cardiac ailments. The sour taste inherent in these drugs plays a pivotal role in promoting *Agneesandhukshana* and *Dhatwagnideepana*. They restore vitiated *Vayu* and appease *Ama* thereby contribute to the resolution of the patho-physiology underlying *Hridyarog*.

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