A REVIEW ON AYURVEDIC MANAGEMENT OF HRIDYA ROGA
(HEART DISEASE)

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ABSTRACT
Diseases among them; Hridya roga (heart disease) is becoming more prevalent in our society due to lifestyle changes, eating patterns, and environmental conditions. The burden of disease on a global scale is changing from infectious to infectious diseases, and it is now a major cause of death worldwide. However, variety. Advanced treatment and diagnostic techniques are available in modern medicine for patients of Hridya roga (heart disease), but these methods cannot be afforded by every patient and his or her family. In the Ayurveda text, there are dozens of popular drugs, Arjuna, herbal remedies, Pathya Apathya, Dinacharya, and various forms of yoga that have a positive effect on the prevention and treatment of Hridya roga (heart disease). In addition, good health is needed for everyone, so the entire Ayurveda class can work together to prevent heart disease and other diseases. This article explains how Hridroga is similar to the symptoms of heart disease and how Ayurveda helps us in preventing and controlling heart disease.

KEYWORD: Ayurveda, Hridyaroga, Pathya, Apathya.

INTRODUCTION
As a result of changes in diet and lifestyle, the incidence of the heart (cardiovascular disease) and diabetes is increasing at a high rate. Today the rate of non-communicable communicable diseases is growing at a high rate in our society. In estimated 46.9 million patients with cardiovascular disease in India in 2010. An estimated 2.33 million people died of heart disease in 2008. In today's world, most deaths are caused by non-communicable diseases (35 million) and more. Half of these (17 million) are the result of cardiovascular disease, with more than a third of these deaths occurring in middle-aged adults. In developed countries,
heart disease and stroke are the leading and second leading causes of death in older men and women.\cite{1} By the 21st century, the diet and lifestyle of people around the world have changed dramatically. Changes in lifestyle & diet patterns, lack of exercise, increased stress, environmental changes have increased the incidence of this disease. Ayurveda has long been known for its community-based treatment and prevention (Swasthya Rakshanam) and this concept applies directly to the treatment and prevention of heart disease. Ayurveda teaches us and enriches us with such a wonderful diet and a wonderful lifestyle that works so well to prevent of heart diseases. Giving Ayurveda value helps to maintain good health for everyone. There is no prevention (Pathya Apathyap), therapeutic features, therapeutic drugs and preparations described in Ayurveda that have a positive effect on these diseases.\cite{2}

AIMS AND OBJECTIVE
Exploring the role of Ayurveda in preventing and controlling Hidya Roga cardiovascular disease). Assessment of the Ayurvedic Literature in useful Lifestyle Disorders. Exploring Ahara, Vihara, Dinacharya, Ritucharya, Yoga, Rasayana is described as having a positive role in preventing and treating heart / cardiovascular disease.

MATERIALS AND METHOD
Various ancient Ayurvedic textbooks, research papers, and journals were submitted to complete this section, covering a section on the prevention and management of cardiovascular disease in Ayurveda.

Hridroga (Heart diseases)
Cardiovascular disease can be associated with Hridroga in Ayurveda. Acharya Susruta said that due to the suppression of natural desires, excessive intake of Ushna, Rukshna, food, food of Virudha, Ajrina. Vikrita Dosha travels Hridaya and involves Rakta in it.\cite{3} Cardiovascular disease includes a group disease of the heart and cardiovascular system. The main conditions are ischemic heart disease, high blood pressure, cerebrovascular disease (stroke) and congenital heart disease. Heart disease continues to be an important health problem in many developing countries.\cite{4}

Hridroga etiology of (Heart disease)
**Food-related** - Excess and frequent use of Usna, Tikshna, Guru, Ruksha, Kashaya properties.
**Lifestyle related** - Exercise and work (Vyayama). Excessive enema (Basti), purgation
(Virechan), emesis (Vamana). Suppression of natural desires (Vegadhaaran) Abhighbhatajanya (physical and mental trauma) Chinta, Krodha, Bhaya etc.\textsuperscript{[5]}

**Pathogenesis of hridroga (Cardio vascular disease)**

In this disease Agnimandya occurs due to Mithiya Ahara- Vihara. Agnimandya produces Saama Rasa Dhatu and due to Saama Rasa Dhatu Srotoavrodh, Dhamnipartichya result in Hridroga.\textsuperscript{[6]}

Agnimandya

Hypercholesteremia

Atherosclerosis, obstruction of arteries (Srotoavrodh)

Hridya roga

**Table 1: Symptoms of Hridroga according to Ayurveda and modern views.**

<table>
<thead>
<tr>
<th>S. N.</th>
<th>Symptoms of Hridroga\textsuperscript{[7]} (According to Ayurveda)</th>
<th>Symptoms of cardiovascular disease\textsuperscript{[8]} (According to modern vision)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Vaivarnya (Cyanosis)</td>
<td>Dyspnoea</td>
</tr>
<tr>
<td>2</td>
<td>Murcha (Syncope)</td>
<td>Orthopnoea</td>
</tr>
<tr>
<td>3</td>
<td>Jwara (Fever)</td>
<td>Chest pain</td>
</tr>
<tr>
<td>4</td>
<td>Kasa (Cough)</td>
<td>Peripheral edema</td>
</tr>
<tr>
<td>5</td>
<td>Hikka (Hiccough)</td>
<td>Palpitation</td>
</tr>
<tr>
<td>6</td>
<td>Shwasa (Dyspnea &amp; Orthopnoea)</td>
<td>Cheyne- Stokes breathing</td>
</tr>
<tr>
<td>7</td>
<td>Mukha vairasya (Better oral taste)</td>
<td>Anorexia</td>
</tr>
<tr>
<td>8</td>
<td>Trishna (Excessive thirst)</td>
<td>Vomiting</td>
</tr>
<tr>
<td>9</td>
<td>Pramoha (Stupor)</td>
<td>Syncope</td>
</tr>
<tr>
<td>10</td>
<td>Chardi (Vomiting)</td>
<td>Fatigue</td>
</tr>
<tr>
<td>11</td>
<td>Kaphoutklesha (nausea)</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Urashooila (chest pain)</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Aruchi (Anorexia)</td>
<td></td>
</tr>
</tbody>
</table>

If we read the Symptoms given above these are usually the same in Ayurveda and modern view. Therefore in cardiovascular diseases we can provide the prevention and control described in Ayurveda.

**Types of Hridroga and their co- relation with modern view**

1. **Vataja hridroga** - Due to Shoka (sad state), Upashaya (fasting), Ativyayam (extreme exercise), Rooksha, Shushka and Alpa aahar Vata raise and caused pain in the region of the heart. Shula (pain) is also a common symptom of Vataja Hridaya roga. Angina also causes severe pain. In view of the pain Vataja Hridroga can be associated with angina. In view of the pain Vataja Hridroga can be associated with angina. Ruksha and Laghu Guna
Vata aggravate and cause stiffness or calcification of the arterial wall. i.e. Arteriosclerosis can be associated with Vataja Hridaya roga.

2. **Pittaja hridroga**- Due to Ushna, Amla, Lavana, Kshara, Katu Rasa's diet and overuse of alcohol Pitta Dosha enhances and produces Burning sensation in heart, bitter taste of mouth, vomiting (Vamana), thrust (Trishna), Murcha (syncope), Sweda (sweating) in the body. From a modern point of view we can associate it with pericarditis, an inflammatory disease of the heart.

3. **Kaphaja hridroga**- Due to overeating food, Snigdha, Guru diet, Lack of exercise Kapha aggravates and exhibits Kapha dosha symptoms in the heart area such as heaviness and numbness in the chest, anorexia. Kapha Hridroga can be associated with myocardial infarction because in myocardial infarction also feels Heaviness in the chest.

4. **Sannipataja hridroga**- Produces due to Vata, Pitta and Kapha and produces three of its dosha symptoms simultaneously. Sannipataja Hridroga can be associated with severe chest pain.

5. **Krimija hridroga**- When pt suffers from kaphja hridya roga take, Tila, Guda and Rasa dhatu dusthi Rasa leads to granthi utpatti in this granthi Krimi comes and spreads throughout the heart region and produces severe cutting pain, itching etc. It could also lead in death and Acharya Charka advised that early treatment be performed in this case. Krimija Hridroga can be associated with myocardial infarction because in the event of a myocardial infarction it becomes severe pain and requires urgent treatment like Krimija Hridroga.

Some research works on Ayurvedic medicines that are useful for Hridya (Heart Disease)

**Pushkar guggulu:** Pushkar guggulu has some significant result in case of heart disease. The researchers showed that after six months of treatment with Pushkar guggulu, there was a significant decrease in serum lipid levels as well, pericardial pain & dyspnoea in the effort.

**Arjuna:** Arjuna improves function of cardiac muscle and subsequently pumping improve activity of heart. It is possible that saponin glycosides may be responsible for the inotropic effect of Terminalia, while flavonoids provide free antioxidant activity and detoxification.

**Prevention hridroga (Heart disease):** Ayurveda System Prevention is better than cure. Therefore, the prevention factor is very important in the case of Hridroga.

1. The avoidance of Manas Hetu
2. Changes in diet and lifestyle
3. Rasayana Treatment of Hridroga- Brahm Rasayana, Amalaki Rasayana, Shilajeet Rasayan, Agasty haritaki Chayavanprash rasayan\textsuperscript{[12]} management of cardiovascular disease as per ayurveda.
4. Nidan parivajaran (eg changing diet and lifestyle)
5. Samshodhana treatment
6. Vamana Karma (only mridu Vamana in Vataja & Kaphaja Hridroga) Virechana Karma
(Useful for Hypartension, Hyperlipidemia & Krimija Hridroga & Verechan in Pitta Hridroga)
   • Basti (Benificial in Obesity, Hyperlipide-mia, Hypertension)
   • Snehan, Sevadan, Shirodhara\textsuperscript{[13]}

\textbf{Saman treatment}
Hridya Mahakashya - Amra, Amarataka, Lakucha, Karmarda, Vrikshela, Amlavetas, Kuvala, (Badi Ber) Badra, Dadima & Matulunga.
Beneficial construction in Hridaroga\textsuperscript{[14]}
1. Rasa- Hridayarnawa Rasa, Nagarjunabhra Rasa, Kalayansunder Rasa
2. Churna- Haritakyadi churna, Pipali chur-na, Pushkermul churna
3. Ghrita — Haritakyadi Ghrita, Arjun Ghrita, Pipplyadi Ghrita
4. Vati- Prabhadakara Vati, Shanker said, Hri- droga vati
5. kwath - Arjunatwak Finished, Shunti Kwatha
6. Bhasma / Pishti- Akika Bhasma, Akika Pishti, Mukta Pishti\textsuperscript{[14]}

\textbf{Hridroga yoga}
Simple Exercises, Shavasan, Surya Namashkar, Pranayama.

\textbf{Pathya apathya}\textsuperscript{[15]}
\textbf{Table 2: Pathya apathya vihara of hridroga.}

<table>
<thead>
<tr>
<th>Pathya vihara</th>
<th>Apathya vihara</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sevadan, Vamana, Basti</td>
<td>Tarishna, Vamana, Mutra,</td>
</tr>
<tr>
<td>Virechana, Vishraama,</td>
<td>Adhovayu, Kash, Ashru Vega,</td>
</tr>
<tr>
<td>Laghna Etc</td>
<td>dhaaran karna, Daatun karna</td>
</tr>
<tr>
<td></td>
<td>etc</td>
</tr>
</tbody>
</table>
Table 3: Hridroga diet plan (pathya apathya).

<table>
<thead>
<tr>
<th>Pathya aahar</th>
<th>Apathya aahar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Puraanraktshali, Jaangal Pasupakshiyo Ka Maasrasa, Munga, Kultha ka Yush, Khandayush, Aama, Aanaar, Amal- taash, Nayi Muli, Shunti, Kelaa, Aakesh ka Jla, Parwal etc</td>
<td>Bheda ka Dudh, Nadi ka Jla, Usna, Tikshna, Gurupakee, Kashaya Aahar ka Sevan, mahuua etc.</td>
</tr>
</tbody>
</table>

DISCUSSION

The increased incidence of heart disease worldwide is due to poor diet and lifestyle, obesity, and diabetes mellitus. Uncontrolled hypertension and Hyperlipidemia are common risk factors for heart disease. The role of Ayurveda in preventing and treating heart disease is a systematic and effective method. In Ayurveda Ahara, Vihara, Dinacharya, Ritucharya, Yoga, Rasayana are said to have a positive role in preventing and treating cardiovascular diseases.

Various studies have shown that Ayurveda drugs play an important role in heart disease. When a person takes food patterns, an Ayurvedic lifestyle can be helpful in reducing the risk of heart disease. In the Ayurveda text, there are a number of drugs, the formulation is described as having a very effective effect on cardiovascular diseases. as mentioned above in detail.

CONCLUSION

In Ayurveda Ahara, Vihara, Dinacharya, Ritucharya, Yoga, Rasayana are described as having a positive role in preventing and treating heart disease. Research into the cardiovascular drugs mentioned above plays an important role in cardiovascular disease. Prevention and management can be done successfully in Ayurveda. In addition Ayurvedic remedies are safe and affordable for everyone.

REFERENCE

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