



CONCEPT OF HRIDROGA AND ITS MANEGEMENT IN AYURVEDA – A REVIEW ARTICLE

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ABSTRACT

Due to changes in the concept of diet and lifestyle, the incidence of *Hridroga* (cardiovascular disease) is increasing at a high rate. *Hridroga* is a disease of the *Marma* (vital organ), which is the seat of many vital activities. *Hridroga* is among those diseases mentioned in *Ayurveda* where the description is quite brief and the *Ayurvedic* viewpoint needs clarification. From ancient times *Ayurveda* is known for serving society through cure & prevention (*Swasthya Rakshanam*) and this concept is exactly applicable to the cure and prevention of heart diseases. The present review article encompasses the concept of *Hridroga* (heart diseases) in *Ayurveda* i.e., understanding the term *Hridroga* in *Ayurveda*; along with its *Bheda* (classification), *Nidana* (etiology) and *Samprapti* (pathogenesis) with modern insights wherever relevance is there.

Keywords: *Hridroga*, *Marma*, *Virudhha Ahaar*, cardiovascular disease

INTRODUCTION

The incidence of *Hridroga* (cardiovascular illnesses) is rising rapidly due to changes in diet and lifestyle concepts. Over half of all fatalities worldwide today

(35 million) are attributed to non-communicable diseases, with cardiovascular diseases accounting for 17 million of these deaths. Middle-aged adults ac-

count for more than one-third of these deaths. Heart disease and stroke are the first and second leading causes of death for adults in developed nations for both men and women. ^[1] In the 21st-century diet pattern and lifestyles of populations across the world have changed dramatically. The incidence of heart disease has increased as a result of changes in lifestyle and dietary habits, inactivity, elevated levels of mental stress, and environmental changes. Cardiovascular/Heart diseases can be correlated with *Hridroga* in *Ayurveda*. *Acharya Sushruta* said that due to the suppression of the natural urges, excessive intake of *Ushna*, *Ruksha*, food, *Viruddha Ahaar*, *Ajirna* (indigestion), etc. *Vikrita Dosha* goes in the *Hridaya* and also involves *Rakta* in it. ^[2] As the name indicates *Hrida Roga* is the disease of *Hridaya* which is considered to be 'heart' in this context. According to *Sushruta*, any condition which produces disturbances in the *Hridaya* (heart) is called *Hridroga*. ^[3] From the ancient time *Ayurveda* is known for serving society through cure & prevention (*Swasthya Rakshanam*) & this concept is exactly applicable to the cure and prevention of the heart diseases. In modern medicine, a number of medicines are available for the treatment of heart disease, but these drugs carry their own side effects and still, there is not any permanent cure available and the patient has to suffer from it. So, it is necessary to search for a permanent cure for it without any side effects.

The present review article encompasses the concept of *Hridroga* (heart diseases) in *Ayurveda* i.e., understanding the term *Hridroga* in *Ayurveda*; along with its *Bheda* (classification), *Nidana* (etiology) and *Samprapti* (pathogenesis) with modern cardiovascular diseases and how the concepts of *Ayurveda* can help to prevent heart disease and how the care of heart should be taken through the holistic way. Hence, in this article attempt has been made to review various available *Samhita*, and *Samgrahagrantha* to find out the different descriptions of *Hridroga* and its management and bring all of them in a single place.

AIM AND OBJECTIVES: To review the concept of *Hridroga* and its management in *Ayurveda* from different *Ayurvedic* literature.

MATERIAL AND METHOD: Material has been collected from ancient *Ayurvedic* texts, Research Journals, and electronic databases.

NIRUKTI:

The word "*Hridaya*" in *Ayurveda* is synonymous with the word heart. "*Hridaya*" is derived from three verbs (as per *Shatapatabrahman* and *Brihadaranyak*). "*Hrun*" which means to abduct, "*dad*" which means to donate, and "*in gatou*" self-generated rhythmicity for contraction and relaxation.

^[4] The *Hridaya* thus means an organ that draws fluid including blood from all over the body and then supplies it to all the parts of the body. ^[5] The *Hridaya* is a vital organ and if affected, may cause instantaneous death. ^[6] *Hridrogamiti Va Shoksyam Rogeshu Iti Roga Pare Hridiyasya Hridbhavah Athva Hridrogo Hridrogah* ^[7]

PARIBHASA: *Hridi Badha Prakurvanti Hridrogam Tam Prayakshate* ^[8] Diseases that occur in *Hridaya* are known as *Hridroga*

SYNONYMS: The terms *Hridiyata*, *Hridroga*, *Hridayamaya*, and *Hridaya Sula* have been used in *Vedas*

ETIOLOGICAL FACTORS OF HRIDROGA:

Ayurveda emphasizes multiple causative factors for *Hridroga* as Over exertion, excessive exercise, excess administration of purgation, enema and emetic therapies, emaciation, certain psychological factors like excessive worry, fear, and stress, trauma (physical and mental), Improper treatment of disease, emesis, *Ama*, Suppression of natural urges like thirst, tears, *Shrama Shwasa* (exertional dyspnoea), *Adho Vata* and cough. ^[9] In *Ayurveda*, *Kapha*, unhealthy lifestyle, excessive indulgences in sleep, lack of exercise, sedentary habits, eating *Kashaya* (astringent) & *Katu* (bitter) food, and stress are major causes. ^[10]

& ^[11] Diet related- Excess & frequent consumption of substances having *Ushna*, *Tikshna*, *Guru*, *Ruksha*, *Kashaya* properties. Lifestyle-related- Excessive physical exercise and activity (*Vyayama*). Excessive enema (*Basti*), purgation (*Virechan*), emesis (*Vama-*

na), Suppression of natural urges (*Vegadharana*) *Abhighatajanya* (physical & mental trauma) *Chinta*, *Krodha*, *Bhaya*, etc. ^[12]

LAKSHANA:

The general symptomatology of *Hridrogas* has been mentioned only by *Charaka*, in the 26th chapter of *Chikitsa* he observes. *Vaivarnya Murcha Jwara Kasa Hikka Swasasya vairasya Trisha pramohah Chardih Kaphotklesha Rujo Arucisca Hridrogajah Syuh Vividhah Thathonye* ^[13]

1. *Vaivarnya* (Cyanosis)
2. *Murcha* (Syncope)
3. *Jwara* (Fever)
4. *Kasa* (Cough)
5. *Hikka* (Hiccough)
6. *Shwasa* (Dyspnea & Orthopnea)
7. *Mukha vairasya* (Better taste of mouth)
8. *Trishna* (Excessive thirst)
9. *Pramoha* (Stupor)
10. *Chardi* (Vomiting)
11. *Kaphoutklesha* (Nausea)
12. *Urashoola* (pain in chest)
13. *Aruchi* (Anorexia)

TYPES OF HRIDROGA AND THEIR SPECIFIC SYMPTOMS – 5 TYPES

Vataja Hridroga - Different types of pain - Stretching/ tearing/ Crushing/pricking pain and Palpitations

Pittaja Hridroga - Excess thirst, Fever, Burning pain, Fatigue, Dryness of mouth

Kaphaja Hridroga – Heaviness, Anorexia, Nausea, Excessive salivation, Indigestion

Sannipataja Hridroga – Mixed symptoms

Krimija Hridroga - Sharp pain, Edema, Nausea, Anorexia, Itching, giddiness.

SAMPRAPTI (Pathogenesis) of Hridroga: *Du-shayita Rasam Doshah Viguna Hridayamgatah Hridibadam Prakurvanti Hridorganga Pracakshate* (Su. Ut. 43/4)

In the presence of the Etiological factors, the *Doshas* get vitiated and take refuge in *Hridaya*. Then vitiate *Rasa*, *Hridaya* being the seat of *Rasa*, and produce *Hridroga*. A doubt arises as to whether the *Rasa* is Vitiated after the *Doshas* invade *Hridaya* or prior to it. As *Hridaya* is the seat of *Rasa* it would be logical

to accept that the vitiation of *Rasa* takes place after the vitiated *Doshas* reach *Hridaya*. But an interpretation like “*Viguna Kupita Doshah Rasam Dushayitva Hridayam Gatah*” ^[14] is also possible. In this disease, *Agnimandya* occurs due to *Mithya Ahara- Vihara*. *Agnimandya* produces *Sama Rasa Dhatu* and due to *Sama Rasa Dhatu Srotoavrodh*, *Dhannipartichya* occurs and results in *Hridroga*. ^[15]

UPDRAVA: ^[16]

1. *Klama*
2. *Bhram*
3. *Shosh*
4. *Krimij Hridrog Updrava* are same as *Kaphaj Krimi*

PREVENTION OF HRIDROGA (CARDIAC DISORDERS)

Ayurveda mainly relies upon the principle of 'Prevention is better than cure'. So, the preventive aspect of the diseases has been given first & prime importance in the management of all the diseases including *Hridroga* as well.

1. ‘*Pariharya Visheshen Manso-Dukh Hetavah*’ - The deep vision of *Acharya Charaka* has laid the prime importance on avoidance of the factors that cause Emotional and mental upsets i.e., suppression of *Dharniya Mansika Vega* like anger, fear, worry, etc. ^[17]
2. ‘*Tat-Tat Sevayam Praytnena Prashmo Gyanmev Cha*’ - The second most important factor for the prevention of cardiac and associated problems like Anxiety, Controlling the Lust/desires (*Indriyajaya*), and spiritual enlightenment (*Satyabuddhi / Gyan*) of self.
3. *Ahara* (Diet) & *Vihara* (Lifestyle) modifications – Avoiding the etiological factors
4. *Rasayana* Drugs for the prevention of cardiovascular diseases Specific *Rasayana* drugs for the heart (*Naimittika Rasayana*) like *Arjuna Twak*, *Pushkarmula*, and *Tambula* have cardio protective and cardio tonic properties thus their daily use decreases the tendency to develop cardiac diseases. Drugs like *Amlaki*, and *Haritaki* have anti hyperlipidemic & anti-hypertensive properties which are important risk factors for

coronary artery disease, ischemic heart disease, and heart attack. Beneficial *Rasayana* preparation for the prevention of cardiac diseases is *Amalaki Rasayana, Brahm Rasayana, Agastaya Haritaki Rasayana, Chyavanaprasha Rasayana & Shilajeet Rasayana*.^[18]

5. Samshodhana therapy :

a) *Vamana Karma* (only *Mridu Vamana* in *Vataja & Kaphaja Hridroga*)

b) *Virechana Karma* (Beneficial in Hypertension, Hyperlipidemia & *Krimija Hridroga & Mridu Virechana* in *Pitta Hridroga*)

c) *Basti* (Beneficial in Obesity, Hyperlipidemia, Hypertension)

d) *Snehan, Svedan, Shirodhara*^[19]

6. Saman Therapy

a) *Hridya Mahakashay – Amra, Amarataka, Lakucha, Karmarda, Vrikshamla, Amlavetas, Kuvala, (Badi Ber), Badra, Dadima, & Matulunga.*

b) The beneficial formulation in Hridroga^[20]

1. *Rasa- Hridyarnawa Rasa, Nagarjunabhra Rasa, Kalayansunder Rasa*

2. *Churna- Haritakyadi Churna, Pipali Churna, Pushkermul Churna*

3. *Ghrita—Haritakyadi Ghrita, Arjun Ghrita, Pipplyadi Ghrita*

4. *Vati- Prabhakara Vati, Shanker Vati, Hridroga Vati*

5. *Kwatha- Arjunatwak Kwatha, Shunti Kwatha*

6. *Bhasma /Pishti- Akika Bhasma, Akika Pishti, Mukta Pishti*^[21]

7. Yoga for Hridroga:

Light exercise, Shavasan, Surya Namaskar, Pranayama.

Some research works on *Ayurvedic* medicines useful in *Hridaya* (cardiovascular diseases):

- *Pushkar guggulu; Pushkar Guggulu* has some significant results in the case of heart disease. Researchers have shown that after six months of treatment with *Pushkar Guggulu*, there is a significant reduction in the serum lipid levels and, pericardial pain & dyspnoea on effort.

- *Arjuna: Arjuna* improves functions of cardiac muscle & subsequently improves the pumping activity of the heart. It is thought that the saponin glycosides might be responsible for the inotropic effect of *Terminalia*, while the flavonoids provide free radical antioxidant activity and vascular strengthening.^[22]

PATHYA APATHYA^[23]

- *Pathya Aahar: Puraanraktshali, Jaangal pshupakshiyo ka maasrasa, Munga, Kultha ka Yush, Khandayush, Aama, Anaar, Amal- taash, Nayi Muli, Shunti, Kelaa, Aakesh ka Jla, Parwal etc*
- *Pathya Vihara: Sevadan, Vamana, Basti, Virechana, Vishraama, Laghna, etc.*
- *Apathya Aahar: Bhedi Ka Doodh, Nadi Ka Jala, Ushna, Tikshna, Gurupakee, Kashaya Aahar Ka Sevan, Mahuaa etc.*
- *Apathya Vihara: Tarishna, Vamana, Mutra, Adhovayu, Kash, Ashru Vega Dhaaran, Daatun Karma, etc.*

DISCUSSION

Hridroga is discussed in detail in every *Samhita* and *Chikitsagranthas*. Five types of *Hridroga* are found in every *Ayurvedic* text. The causes mentioned for *Hridroga* are mainly *Vataprakopakara* and *Rasava-hasrotasdustikara* i.e., *Vyayama, Chinta, Bhaya, Shoka*, etc. Today's lifestyle has led to an increase in the incidence of cardiac diseases in society. '*Ayurveda*' because of its most powerful aspect of '*Swasthyarakshanam*' has a big role to play in the prevention of cardiac diseases.

CONCLUSION

While, in *Ayurveda* so many drugs are available to treat different conditions of heart disorders, which are helpful in preventing, treating, and relieving the symptoms and taking care of the valves from further damage. : The research and the concepts of *Ayurveda* mentioned for the prevention and cure of heart disease show that *Ayurvedic* medications have a significant role in controlling heart conditions. Treatment through *Ayurveda* is not similar in all patients having the same disease as *Ayurveda* considers individual

parameters like *Prakriti*, *Sara*, etc. Thus, the treatment of heart disease can be done successfully through the holistic principles of *Ayurveda*. Prevention and management can be done successfully in *Ayurveda*. Moreover, *Ayurvedic* treatments are safe & affordable for everyone.

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