

HRUDYA – CARDIO-PROTECTIVE ACTIVITY IN AYURVEDA

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ABSTRACT

The word hrudaya is found in ‘atharvanaveda’ which explains the functioning of the heart and it’s relation to life and death. It is one among the trimarmas that is head heart and urinary bladder and it’s orgin is pranavaha srothas and is considered as the seat of Manas . According to Susruta, hrudya is the seat of Chetana⁴(life/consiousness). Vyaana is located in Hridya and travels through whole body with high velocity. The para ojas controls the mind which is correlated to cardiac conduction. There are five types of hrudroga. Arjuna arishtam and navaka guggulu ashwagandha are some of the formulations used as cardio protective in ayurveda. Rasavaha, raktavaha and manovaha srothas are those factors which affects the hrudaya causing hrudroga.

KEYWORDS: Hrudaya, Trimarmas, Paraojas, Hrudroga, Arjuna arishta

INTRODUCTION

Hrudayam/Heart

The description of the word hrudya is found in Chaturveda. ‘Atharvaveda’ has first mentioned the term Hridya Yantra which explains the functioning of Heart and its relation to life and death. *Indha* (pulmonary aorta), *virat* (heart), *Lohita Pinda* (flaps of auriculo-ventricular valves), *Antarhridaya jaalaka* (network with heart-chordae tendineae), *Sritih sanchari* (circulatory openings) and *Kesah sahastrardha nadi* (blood capillaries) are some of the terminologies interpreted between contemporary science and vedic literature.

REVIEW OF LITERATURE

Hrudya is considered as a seat of *Manas*. The synonyms of Hrudya according to Charaka are *Mahat* (Important), *Artha* (significant) and *Hrudayam* (heart)¹.

Hrudaya has been described as one of the *trimarmas*² (head, heart and urinary bladder). It is described as the origin of *Pranavaha* (Respiratory channels) and *Rasavaha* srotas³ (circulatory channels). According to Susruta, hrudya is the seat of *Chetana*⁴ (life/consiousness). In sharirastana, Susrutha has explained *Hrudaya Peedanam* (Acute angina / symptom of myocardial ischemia). ***Vyaano hridisthithaha: kritsnadehachaari mahaajawaha:***⁵

Vyaana is located in Hridya and travels through whole body with high velocity.

MORDEN CORRELATION

Cardiac Conduction / Para Ojas

The heart is indispensable for all the normal mental and physical activities. In the heart resides the Para Ojas (Superior essence of life) which controls the mind and this is the

reason for which the physician has designated the heart as seat of Prana. Hrudaya avarnam that which protects the heart is explained to remove toxins from the heart. Bhadmas play a huge role in removal of toxins. The function of Para Ojas can be correlated to Cardiac conduction.

American heart association has released the simple 7 rule set for healthy heart such as;

1. Controlled Blood pressure
2. Controlled Diabetes
3. Controlled Dyslipidemia
4. Controlled Obesity

In Charaka Samhita, Trimarmiya Adhyaya, he has explained 5 types of hridrogas (heart diseases)

5. Walking minimum of 20 minutes per day
6. Healthy diet (fruits, vegetables, grains etc.,)
7. Nil Smoking

In ayurveda, *Hrudaya Avarnam*⁶ (that which protects heart) is explained to remove Cardiac Toxins/ poisons by administrating 3gms of TamraBhasma in divided dose and later SwarnaBhasma is given to improve the cardiac functioning. The same can be followed in artificially compounded or Heavy metal toxicity since Swarna Bhasma has positive Inotropic property.

SL NO	TYPES	SYMPTOMS	MODERN CORRELATION	TREATMENTS
1	Vataja Hrudroga	Tachy Cardia, Palpitation, Atropy of Cardiac Muscles.	Atherosclerosis	Decoction Prepared out of Punarnava, Devadaru, Dasamoola, Rasna, Yava, Kulatha, Kola, Medicated Oil Prepared With Above Mentioned Decoction Are Used For Internally As Well As Externally.
2	Pittajahru droga	Unconsciousness, Pyrexia.	Pericarditis	Medicated Oil Prepared Out Of Cow's Urine, Water, Salt Cures Heart Diseases, Abdominal Pain. Paste of Yastimadhu And Katu-Rohini Along With Sugar Water Administered Internally.
3	Kaphajah rudroga	Bradycardia, Timidity Heaviness of Heart, Drowsiness.	Myocardial Infraction	Powders of Pippali, Sati, Puskaramula, Rasna, Vacha, Haritaki, Shunti. Decoction Boiled With Katphala, Shunti, Daruharidra, Haritaki, Ativisha And Cow's Urine.
4	Sannipata ja Hrudroga	Mixed Symptoms	Acute Cardiac Pain	Langhana And Tridosha Shamana Like Guduchi, Triphala.
5	Krimijahr udroga	Intense Discomfort, Acute And Piercing Pain With Itching.	Infective Endocarditis	Krimihara Chikitsa.

Drugs Mentioned In

Charaka Mahakasaya Ghana – Hridhyam

- AMRA – Magnifera Indica
- AAMRATHAKA – Spondias magnifera
- LIKUCHA – Artocarpus lakoocha
- KARAMARDA – Careisa carundus
- VRUKSHAMLA – Garcinia indica
- AMLAVETASA–Garcinia pedunculata
- KUVALA – Zizyphus sativa
- BADARA – Zizuphus zizuba
- DADIMA – Punica granatum
- MATHULUNGA- Citrus medica

Some Formulats With Cardio

Protective Activity in Ayurveda :

- Arjunarishtam
- Hrudayavarana rasa
- Prabakaravati

Pathya & Apathya

Pathya(wholesome foods)	Apathya(unwholesome foods)
Rice Green gram Barley Balck pepper powder Honey Ghee Milk Bitter gourd	Oil Excessive amounts of sour things or food and drinks Butter Heavy to digest foods Astringent tastes foods

DISCUSSION

Hrudroga is an ayurvedic concept compared to that of western system of medicine such as systemic heart diseases and congestive heart failure. Agnimandya,vata prakopa (vitiation of vata dosha), dhatukshaya are the three mechanism involved in samprapti of all the hrud rogas. In five types of hrudroga vatika type is clearly compared to ischemic heart diseases. In hrudroga not only dosha and dushya are affected but also avayava is involved. Rasavaha,raktavaha and manovaha srothas

- Lashoonadhi kashayam
- Lashuna ksheerapakam
- Navaka guggulu

Ekamulika dravya (single drugs) with Anti-oxidants :

- Allium sativam (garlic)
 - Allium cepa (onion)
 - Trigonella foenum graecum (fenugreek)
 - Vitis vinifera (Grapes)
 - Withania somnifera (Ashwagandha)
- Some yogaasanas beneficial for cardiac functioning:
- 1.Hasthapadasana
 - 2.Ardhachakrasana
 - 3.Trikonasana
 - 4.Vajrasana
 - 5.Suryanamaskar

are those factors which affects the hrudaya causing hrudroga.

CONCLUSION

Hridaya is formed by applying Kayana to Hri Dhatu. Hridaya is formed from 3 letters Hri Dhatu is used for taking Something. ‘Da’means to give and ‘Ya’ means that which always functioning. Hridaya can be a heart for taking and Giving impure and pure blood and uninterrupted functioning by Its own conducting system where as brain by its sensation and motor action and functioning of knowledge and intelligence.

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