

PREVENTION AND MANAGEMENT OF CARDIOVASCULAR DISEASES IN AYURVEDA

Munish Sharma¹, Ved Prakash², Sachin Yadav³, Mahendra Singh⁴

¹Munish Sharma, M.D Scholar, Dept of Swasthviritta and Yoga, SGCAS&H, Tania University, Sriganganagar, Rajasthan, India.

²Ved Prakash, Lecturer, Dept of Rog Nidan, SGCAS&H, Tania University, Sriganganager, Rajasthan, India.

³Sachin Yadav, Lecture, Dept of Swasthviritta and Yoga SGCAS&H, Tania University,

⁴Mahendra Singh, H.O.D and Professor, Dept of Sharir Rachana SGCAS&H, Tania University, Sriganganagar, Rajasthan, India

Email: jeetgaur097@gmail.com

ABSTRACT

The global burden of diseases is altering from infectious diseases to the non-communicable diseases, and now becoming the chief cause of the death in all over the world. There are many non-communicable diseases among of them; cardiovascular diseases are tremendously increasing in our society due to the change in the diet pattern, life style, and environmental conditions. However, various advance treatment and diagnostic techniques are available in the modern medicine for the patients of cardiac diseases, but these techniques are not affordable by every patient and their family. In text of *Ayurveda*, there are a number of drugs likes, *Arjuna*, medicinal preparations, *Pathya Apathya*, *Dinacharya* and diverse techniques of *Yoga* which have wonderful preventive and curative effect on cardiac diseases. Furthermore, the good health is necessary for everyone, so all the section of *Ayurveda* can work together in the prevention of cardiovascular and other diseases. This article explains how *Hridroga* resembles with the symptoms of cardiovascular diseases & how Ayurveda help us in the prevention & management of cardiovascular diseases.

Keyword: *Ayurveda*, cardiovascular disease, *Hridroga*, *Pathya*, *Apathya*

INTRODUCTION

Today the incidence of chronic non-communicable disease is increasing at a high rate in our society. Due to change in concept

of diet and life style, the incidence of cardiovascular diseases and diabetic mellitus is increasing at a high rate. In today's world most

death are attributable to non communicable disease(35 millions) and just over half of these (17 millions) are as a result of cardiovascular diseases, more than one- third of these deaths occur in middle aged adults. In developed countries, heart disease and stroke are the first and second leading cause of death for adult men and women.

It is estimated that there were approximately 46.9 million patients with cardiovascular diseases in India during the year 2010. An estimated 2.33 million people died of cardiovascular diseases during 2008. [1]

In the 21th century diet pattern and life style of populations across the world have been changed dramatically. Change in life style & diet pattern, lack of physical exercise, increase mental stress, environmental changes has increases the incidence of this disease. From the ancient time *Ayurveda* is known for serving the society by cure & prevention (*Swasthya rakshanam*) & this concept is exactly applicable on the cure and prevention of the cardiovascular diseases. *Ayurveda* teaches & enriches us such a good diet and wonderful living pattern that are very effective in the prevention of cardiovascular diseases. If we give importance to *Ayurveda* it is helpful in maintaining good health for every person. There are no of preventive (*Pathya Apathya*), curative aspects, medicinal drugs and preparations described in the *Ayurveda* having wonderful effect on these diseases.

Aims and Objective-

- To assessment the role of *Ayurveda* in the prevention and management cardiovascular diseases.

- To assessment the *Ayurvedic* literature in useful life style disorder.
- To assessment *Ahara, Vihara, Dinacharya, Ritucharya, Yoga, Rasayana* are described which have good role in prevention & cure of the cardiovascular diseases.

Materials and methods:

Different *Ayurvedic* classical books, research papers and journals were referred to fulfill this part, it comprise of subsection dealing with prevention & management of cardiovascular diseases in *Ayurveda*.

Cardiovascular diseases (*Hridroga*)

Cardiovascular disease comprise of a group of disease of the heart and the vascular system. The major conditions are ischemic heart disease, hypertension, cerebro-vascular disease (stroke) and congenital heart disease. Rheumatic heart disease continues to be an important health problem in many developing countries. [1]

Cardiovascular diseases can be correlated with *Hridroga* in *Ayurveda*. *Achrya Susruta* said that due to the suppression of the natural urges, excessive intake of *Ushna, Rukshna*, food, *Virudha* food, *Ajrina* (indigestion), etc *Vikrita Dosha* goes in the *Hridaya* and also involves *Rakta* in it. [2]

Etiology of Cardiovascular Diseases (*Hridroga*) [3]

Diet related-

Excess & frequent consumption of substances having *Usna, Tikshna, Guru, Ruksha, Kashaya* properties.

Life style related-

Chinta, Krodha, Bhaya etc

Excessive physical exercise and activity (*Vyayama*).

Pathogenesis of Cardiovascular Diseases (*Hridroga*) ^[4]

Excessive enema (*Basti*), purgation (*Virechan*), emesis (*Vamana*).

In this disease *Agnimandya* occurs due to *Mithya Ahara- Vihara*. *Agnimandya* produces *Saama Rasa Dhatu* and due to *Saama Rasa Dhatu Srotoavrodh, Dhamnipartichya* occurs and results in *Hridroga*.

Suppression of natural urges (*vegadhaaran*)

Abhighatajanya (physical & mental trauma)

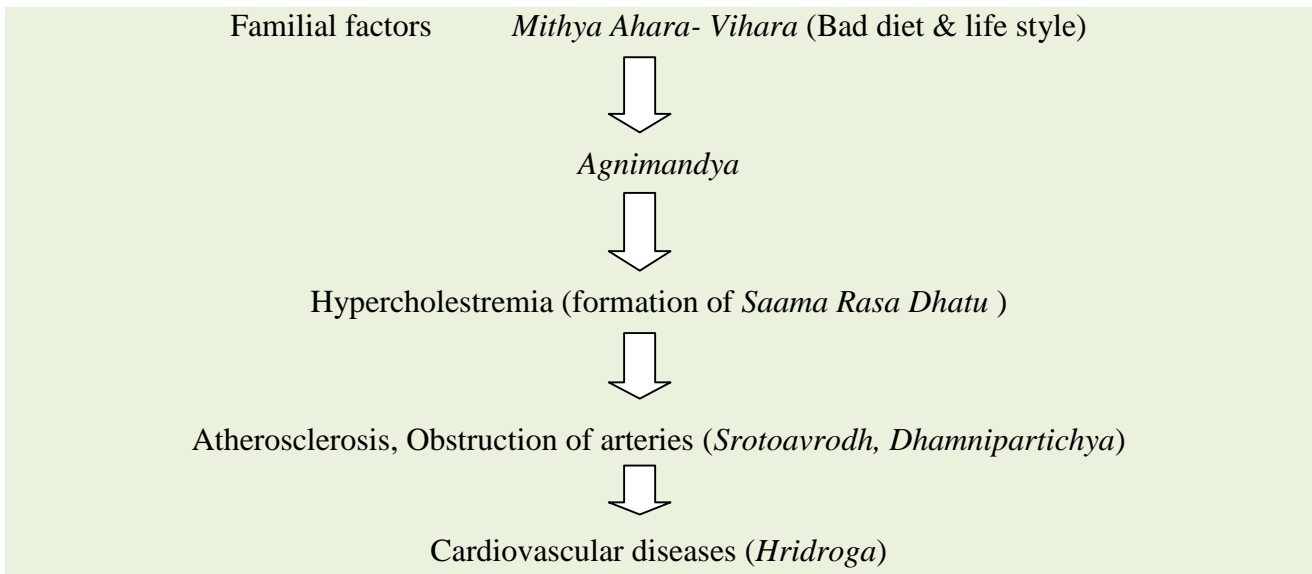


Table 1: Symptoms of *Hridroga* as per Ayurveda and modern view

S.N.	Symptoms of <i>Hridroga</i> ^[5] (as per Ayurveda)	Symptoms of Cardiovascular diseases ^[6] (as per modern view)
1.	<i>Vaivarnya</i> (Cyanosis)	Dyspnoea
2.	<i>Murcha</i> (Syncope)	Orthopnoea
3.	<i>Jwara</i> (Fever)	Chest pain
4.	<i>Kasa</i> (Cough)	Peripheral edema
5.	<i>Hikka</i> (Hiccough)	Palpitation
6.	<i>Shwasa</i> (Dyspnoea & Orthopnoea)	Cheyne- Stokes breathing
7.	<i>Mukha vairasya</i> (Better taste of mouth)	Anorexia
8.	<i>Trishna</i> (Excessive thirst)	Vomiting
9.	<i>Pramoha</i> (Stupor)	Syncope
10.	<i>Chardi</i> (Vomiting)	Fatigue
11.	<i>Kaphoutklesha</i> (Nausea)	
12.	<i>Urashoola</i> (pain in chest)	
13.	<i>Aruchi</i> (Anorexia)	

If we study the symptoms which are given above mostly these are same in *Ayurveda* and modern view. So in cardiovascular diseases we can give the prevention and management which described in *Ayurveda*.

Types of *Hridroga* and their correlation with modern view-

1. *Vataja Hridroga* - Due to the *Shoka* (sad mood), *Upashaya* (fasting), *Ativyayam* (excessive exercise), *Rooksha*, *Shushka* and *Alpa aahar Vata* aggravates and produce pain in the heart region. ^[7]*Shula* (pain) is also a common symptom of *Vataja Hridaya roga*. In angina also severe pain occurs. On the point of view of pain *Vataja Hridroga* can be correlated with angina. Due to *Ruksha & Laghu Guna Vata* aggravates & cause hardness or calcification of arterial wall. i.e Arteriosclerosis can be correlated with the *Vataja Hridaya roga*.
2. *Pittaja Hridroga*- Due to *Ushna*, *Amla*, *Lavana*, *Kshara*, *Katu Rasa's* food and excessive use of alcohol *Pitta Dosha* aggravates and produce burning heart, bitter taste, vomiting (*Vamana*), thrust (*Trishna*), *Murcha* (syncope), *Sweda* (sweating) in the body. ^[7] As per modern view we can correlate with pericarditis, inflammatory disorder of heart.
3. *Kaphaja Hridroga*- Due to excessive intake of food, *Snigdha*, *Guru* food, Lack of physical work *Kapha* aggravates and produce the symptoms of *Kapha dosha* in heart region like heaviness & numbness in the chest, anorexia. ^[7] *Kaphaja Hridroga*

can be correlated with the myocardial infarction because in myocardial infarction also feels heaviness in chest.

4. *Sannipataja Hridroga*- It produces due to *Vata*, *Pitta & Kapha* & in produce the symptoms of all three *dosha* at the same time. ^[7] *Sannipataja Hridroga* can be correlated with acute chest pain.
5. *Krimija Hridroga*- If pt suffering from *kaphja hridya roga* takes, *Tila*, *Guda* then *Rasa dhatu dusthi Rasa* leads to *granthi utpatti* In this *granthi Krimi* arrives and spread in all region of heart & produces severe cutting pain, itching etc. It may also lead in death & *Acharya Charka* also advice to do early management in this condition. ^[8] *Krimija Hridroga* can be correlated with myocardial infarction because in case of myocardial infarction there is severe pain occur & required urgent management like as *Krimija Hridroga*.

Some research works on Ayurvedic medicines useful in Cardiovascular Diseases - ^[9]

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

Arjuna; *Arjuna* improves functions of cardiac muscle & subsequently improves 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.

Inula racemosa, Studies have been conducted to find the efficacy of *Inula* compared to nitroglycerin for the prevention of angina symptoms in patients with chest pain and electrocardiogram ST- segment depression on exertion. Pre-treatment with *Inula* (3 grams root powder 90 minutes prior to testing) or nitroglycerin showed improvement in ST segment depression on electrocardiogram, with greater improvements seen after *Inula* treatment.

Prevention of the Cardiovascular Diseases (*Hridroga*)

Principle of *Ayurveda* is Prevention is better than cure. So, preventive aspect is very important in case of *Hridroga*.

1. Avoidance of *Manas hetu*
2. Diet & life style modification
3. *Rasayana* therapy for *Hridroga*- *Brahm Rasayana*, *Amalaki Rasayana*, *Shilajeet Rasayana*, *Agastaya Haritaki*, *Chayavanprasha Rasayana* ^[10]

Management of Cardiovascular Diseases as per *Ayurveda* ^[11]

1. *Nidan parivarjana* (eg- change in diet & life style)
2. *Samshodhana* therapy
 - *Vamana Karma* (only *mridu Vamana* in *Vataja* & *Kaphaja Hridroga*)

- *Virechana Karma* (Beneficial in Hypertension, Hyperlipidemia & *Krimija Hridroga* & *mridu Virechana* in *Pitta Hridroga*)
- *Basti* (Beneficial in Obesity, Hyperlipidemia, Hypertention)
- *Snehan, Sevadan, Shirodhara*

3. *Saman* Therapy

- *Hridya Mahakashya* – *Amra, Amarataka, Lakucha, Karmarda, Vrikshamla, Amlavetas, Kuvala, (Badi Ber) Badra, Dadima, & Matulunga*. ^[12]
- Beneficial formulation in *Hridaroga*- ^[11]
 - a) *Rasa- Hridyarnawa Rasa, Nagarjunabhra Rasa, Kalayansunder Rasa*
 - b) *Churna- Haritakyadi churna, Pipali churna, Pushkermul churna*
 - c) *Ghrita—Haritakyadi Ghrita, Arjun Ghrita, Pipplyadi Ghrita*
 - d) *Vati- Prabhakara Vati, Shanker vati, Hridroga vati*
 - e) *Kwatha- Arjunatwak Kwatha, Shunti Kwatha*
 - f) *Bhasma /Pishti- Akika Bhasma, Akika Pishti, Mukta Pishti*

Yoga for Hridroga

Light exercise, *Shavasan, Surya Namashkar, Pranayama*.

Pathya Apathya ^[13]

Table 2: Diet regimen (*pathya apathya*) for *Hridroga*

<i>Pathya Aahar</i>	<i>Apathya Aahar</i>
<i>Puraanraktshali, Jaangal pshupakshiyo ka maasrasa, Munga, Kultha ka Yush, Khandayush, Aama, Anaar, Amaltaash, Nayi Muli, Shunti, Kelaa, Aakesh ka Jla, Parwal etc</i>	<i>Bheda ka Dudh, Nadi ka Jla, Usna, Tikshma, Gurupakee, Kashaya Aahar ka Sevan, mahuaa etc</i>

Table 3: Pathya Apathya Vihara for Hridroga

Pathya Vihara	Apathya Vihara
Sevadan, Vamana, Basti, Virechana, Vishraama, Laghna etc	Tarishna, Vamana, Mutra, Adhovayu, Kash, Ashru Vega dhaaran karna, Daatun karna etc

DISCUSSION

The increase incidence of the cardiovascular diseases all over the world is due to the faulty diet pattern & life style, Obesity, & Diabetes mellitus. Uncontrolled hypertension & Hyperlipidemia are the common risk factors for the cardiovascular diseases. Role of *Ayurveda* in the prevention and cure of the cardiovascular diseases is very systematic and good manner. In *Ayurveda Ahara, Vihara, Dinacharya, Ritucharya, Yoga, Rasayana* are described which have good role in prevention & cure of the cardiovascular diseases. Different researches have been showed that *Ayurveda* drugs have effective role in cardiovascular diseases. If someone adopt the diet pattern, life style according to the *Ayurveda* it can be helpful in the decrease the incidence of cardiovascular diseases. In text of *Ayurveda* there are number of drugs, formulation are described which have very effective result on the cardiovascular diseases. as mentioned above in details.

CONCLUSION

In *Ayurveda Ahara, Vihara, Dinacharya, Ritucharya, Yoga, Rasayana* are described which have good role in prevention & cure of the cardiovascular diseases. The researches on the cardio protective drugs mentioned above have an effective role in the cardiovascular diseases. The prevention and management can be done successfully in

Ayurveda. Moreover *Ayurvedic* treatments are safe & affordable by everyone.

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