

REVIEW OF *DINCHARYA AS NIDANA OF HRIDROG*

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ABSTRACT

Now a day modified lifestyle in modern era like, tobacco usage, physical inactivity & unhealthy diet became a major cause of Cardiovascular diseases. In modern era everything is running very fast like, bicycle, cars, trains, aeroplanes which gives speed to human & internet, mobiles which give speed to human work. In such type of schedule people have no time for food, sleep & other necessary daily routine work. These factors are causes of many diseases & specially *Hridrog* (Ischemic Heart Disease). The heart is the seat of consciousness, known as *Hridaya*, from which our word “heart” originates, as well as *Mahat*—the great. “The body with six divisions, sense organs, five sense objects, *Atma* (Soul) together with qualities, mind along with its objects are located in the heart.” Heart holds the aspects of the body together just like the central girder of a house. “It is seat of the excellent *Ojas* and reservoir of *Chitta*.” Depression can also indirectly impede heart health by contributing to unhealthy behaviors, such as some addiction, overeating, inactivity, social isolation, poor follow-up with medical care, and poor medication adherence. As the heart is seat of consciousness, the *Ayurvedic* classics emphasize that “One who wants to protect the heart should avoid particularly the causes of affliction of the mind.” According to the American Psychiatric association, “Hostility is a better predictor of coronary heart disease (CHD) in older men than a variety of other socio-demographic and physiological risk factors, including smoking, drinking, high caloric intake and high levels of LDL cholesterol. Stressed people with depressive mood are more prone to CVD. Patients with depression after MI have five times higher mortality risk compared with patients without depression³¹. Contemporary studies underscore the close relationship between heart disease and negative emotions. “Negative emotions are associated with increased CHD (chronic heart disease) incidence due to stimulation of sympathetic nervous system activity result in increased heart rate & blood pressure.” People do not take proper diet, sleep on proper time. Due to this *Rasa* get vitiated & not formed in required quantity & quality. *Hridaya* is *Mulasthan* of

Rasavaha Strotas. So the change in lifestyle is naturally making the heart prone to disease. Now day's increased competition is the main cause of stress. This is one of the main *Hetu* of *Hridrog*.

Keywords: *Hridroga, Dincharya, CVD, Rasa Dhatu.*

INTRODUCTION

Ayurveda is knowledge of *ayush* i.e. life. *Ayurveda* is system of medicine but it also emphasizes *Swasthya & Dincharya*. 'Nidan' is the causative factor for the disease. Different types of *chikitsa* mentioned in *Ayurveda* for different type of disease. Out of them *Nidan parivarjan* has also been mentioned as line of treatment for prevention of disease. Prevention of disease is always better than cure. *Ayurveda* is the only science which gives importance to *Nidanparivarjan* rather than eradication of disease or to cure disease. *Dincharya, Ratricharya, Rutucharya, Aachar-Rasayan, Sadavruttapalan* plays very important role in disease prevention, disturbance in that may leads to disturbance in *Aahar, Vihar* regularities & improper rest to mind & ultimately causes disease. Amongst *Dashapranayatanas, Hriday* is most important. *Hriday* is also the most prominent *Marma* in three *Sadyapranahara marmas* i.e. *Shira, Basti & Hriday*. *Hriday* is seat of *Chetana*.

AIM: Aim is to review the *Dincharya*, as *Nidan* of *Hridrog*.

OBJECTIVES

1. To review the literature of *Hridrog*.
2. To review the *Dincharya*.

METHODOLOGY

Review of *Hridrog*

The earliest description of *hridrog* is available in *Charak samhita*, followed by *Sushrut samhita & Ashtanghriday*. *Charak & Vagbhata* has described *Hridrog* as a part of other chapter while *Sushruta* has devoted a separate chapter to deal with the disease.

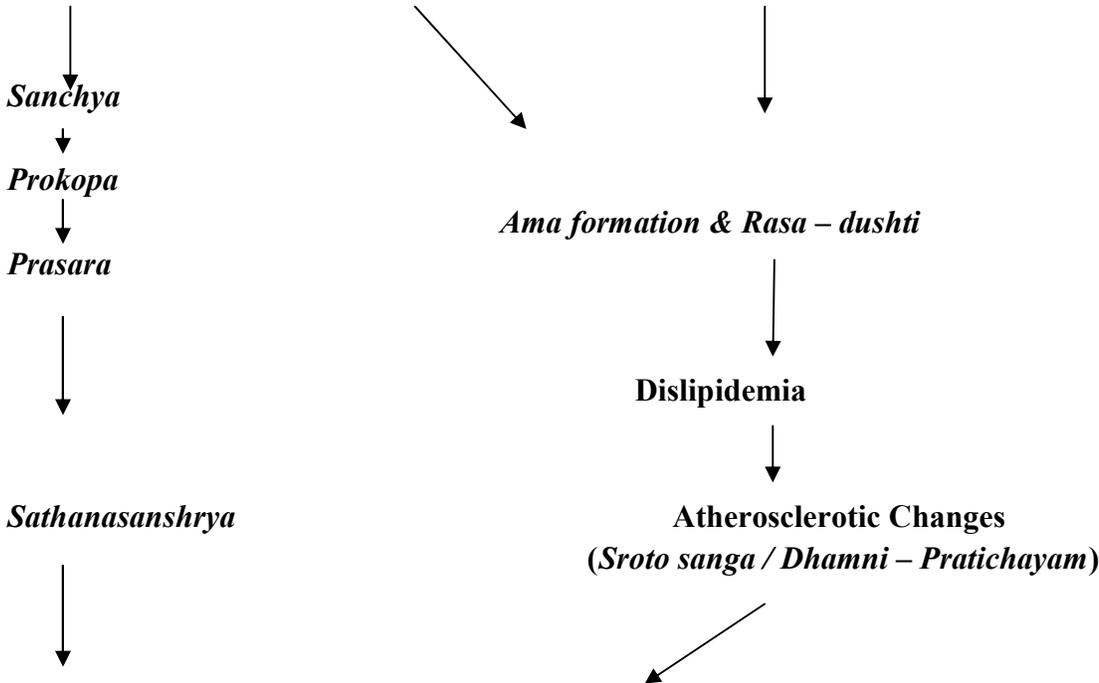
Types of *Hridrog* Five types of *Hridrog* viz. *Vataj, Pittaj, Kaphaj, Sannipatik & Krimija* have been described by *Charak* ^[1] & *Vagbhata*. ^[2] *Sushruta* has omitted *Sannipatik* variety. ^[3]

General causes of *Hridrog* According to *Ayurveda, nidan* of *Hridrog* revolve around the improper food intake & the way of living one's life. *Dosha's* of body (i.e. *Vata, Pitta* and *Kapha*) gets aggravated they vitiate *Rasa Dhatu* and find lodgment in the heart, producing various symptoms & characteristic pain in heart which is known as '*Hridroga*'.^[4] Following are the factors that cause *Hridroga*, Excessive consumption of food having *Guru, Ruksha, Ushna gunatmak ahar dravyas* etc, Excessive physical exertion (*Ativyayam*), Excessive purgation & Excessive *Karshan*, etc External injury (*Sharir* and *Mano- Abhighat*), Side effect of wrong medication, Suppression of natural urges (*Veg- Vidharan*), Stress (*Trass*), Fear (*Bhaya*), Anxiety (*Chinta*)^[5]

Comparative study of the Pathogenesis of *Hridroga* (Ayurveda VS. Contemporary Science)

Kulaja Vikara (Familial factors)

Mithya Ahara – Vihara (improper diet & sedentary life style)



***Uccharaktadab* (Hypertension) & Coronary artery disease**

Review of *Dincharya* Ayurveda considers four factors which constitutes life i.e. Sharir indriya satva a tma samyaga dhari jivitam. *As per Ayurveda* Jeev sharir is a sensitive instrument affected by everything in environment, from *sukshma* (Subtle) to *vrihat* (physical level). Lifestyle is a set of attitudes, habits or possessions associated with particular person or with group. In terms of *Ayurveda* lifestyle means all things that produce effects over our body, mind & spirit. It includes the place where we live, that's condition, environment, weather, food habits, our habitual thoughts & beliefs as activities like exercise sleep, driving, and works even live making. However sometimes it seems that we are not in control of it, most of time due to work schedules. These all depends on our

choice about how we live our lives are the input we have. Hence the health or disease is directly related to good or bad lifestyle.

DISCUSSION

In today's era Younger age group is more prone to have effect on lifestyle due to number of reasons it may be due to workload , improper food habits & food timings , improper sleep , stress & as a general rule little careless attitude towards health issues. It is seen that male are more affected by the modern lifestyle because they are more exposed to it.

The modern day lifestyle everyone is crazy to utilize the day, mostly driven by earning money or activity for entertainment. It may be working in double shifts , watching the television or

working on computer upto late night. The least thought is given to sleep. Due to that waking up at *Brahma muhurta* seems like impossible task. If person gets up at *Brahmamuhurta*, *mala pravrutti* takes place during natural *kala* of *vata*. But when people skip it, the *mala Pravrutti* takes place in *Kaphakala*, which is unnatural. When it happens again & again over a long period of time, *Guru & Shita kapha* opposes the movement of *Apanvayu* ultimately leads to *Pratilomagati apanvayu*, *Purishasanchiti & Agnivikriti*. This results in *samprapti* process of *Udavarta & Rasa Dushti* which are the fundamental causes of *Hridroga*.

Use of air conditioner: Air produced by it is *Shita & Rukshagunatmak*. So, frequently using air conditioner may increase *Vata dosha* in *sharir*, looking at *hridroga* from this perspective, we can assume that vitiated *VataDosha* is the main cause of *Hridroga*, as the *Dhatu Gati (Rasa Gati)* or *Vikshepa* is achieved by *Vayu* itself. [6] *Pitta* and *Kapha* complement the effect of vitiated *Vata* and support the progress of the disease with *Rasa, Rakta* (whole blood) being the main mediator of vitiation.

Diwaswap (sleeping during day time): If people sleep after meal then it increases *snigdhasaguna & tridosha prakopaka*, but mainly causes *kaphadushti* which leads to *agnimandya* & ultimately *ama* formation. Due to *Ama* formation there is *medo dhatwagni mandya* which over a period of time resulting in obesity which is a risk factor for Cardiovascular disease. [7] Alongwith that *ama* formation leads to *rasa dhatu & rasavaha srotas dushti*, hence it is considered as *nidan* of *hridroga*.

Abhyanga: Just as by oiling the pot, leather & the axle of hole of the cart they become strong,

similarly the body becomes *dridh, sthira* & skin becomes healthy by anointing it with oil. It subsides *vatavriddhi janya vikaras* & people become capable of withstanding fatigue & exercise. Now a day's people do not take daily *abhyang* & some people do not do *abhyanga* ever that causes *vatavriddhi*. Gradually increased *vata dosha* affects body & as per age it may cause hardening of vessel wall result in atherosclerosis. So it might be cause of *Hridrog*. **Avyayam:** *Vyayam* is *Agnidipak, Sharirlaghavkar* & makes fresh to all *Indriyas* so as to grasp their *indriyarth* actively. *Avyayam* causes *Agnivikruti* both i.e. *jatharagni & dhatwagni* causes, *Ajirna* which leads to *Ama* formation & *Kaphavikruti*. *Avyayam* causes *Medovahasrotasdushti* [8] & *Medovruddhi*. It is known to us that *Sira* are nourished by *Mrudupaka* of *Sneha* of *Medadhatu*. & if *Meda* is formed *Apakwa* state, the *Sneha* from such *meda* will leads to abnormal nourishment of *Sira* which will lead to possible blocking of *Sira* & gradually resulting in *hridrog* over a period.

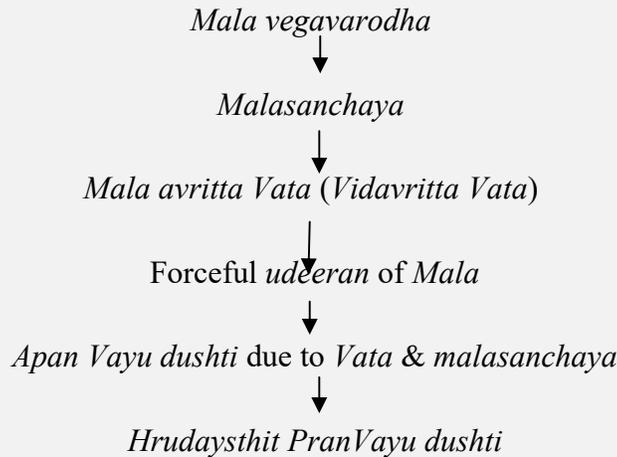
Vegadharan: There are two types of *Vegas*, *Dharniya* (should be suppressed) and *Adharniya* (should not be suppressed). Forceful suppression of *Adharniya* *vegas* of body is called *Vegavrodha*. Initiation & suppression of these urges is *Karma* of *Apan vayu*. [9] Due to *Vegadharan & Vegaudeeran* *Vata Dosha* gets vitiated and results into a disease [10] There are 13 '*Adharniya Vegas*' out of them nine *Vega* shows symptoms related to *Hriday* like *Hridrog*. They are [14].

1. *Adhovata (Flatus) (Hrudgad) - Hrudgad iti hridrog*,
2. *Shakrut (Faeces) - Hrudayasya uprodhanam*,
3. *Mutra (Urine)- Purve cha prayo rogah*,

4. *Udgar (Belching) -Vibhandho hruday urasa (hruday uras vibandh rajjwadibhi badhyamanyo ev dukham.)*,
5. *Trushna (Thirst) - Hrudgad,*
6. *Shramshwas - Hrudrog,*
7. *Bashpa (Tears)- Hrudrog,*
8. *Kasa (Cough) - Hrudayamay,*
9. *Shukra (Semen) - Hruday vyatha*

Udavarta: According to *Sushrut* this *Vegavrodh* is ‘*Udavarta*’.^[11] As per acharya *Charak* ‘*Udavarta*’ is nothing but the reverse movement of *Apan vayu*.^[12] Total there are 6 types of *Udavarta*, out them three are due to *Mala, Mutra* and *Adhovat vegavarodha janya*.^[13] Excretion of *Mal, Mutra* and *Adhovat* is *karma* of *Apanvayu* .

Oppression of Mala vega: ^[18, 19, 20]



Suppression of Mutravega: *Mutra vegavrodha* causes pain in *guda* , *basti* & *shir* alongwith *basti aanah*, etc.^[21] But if someone do it daily or habitually it will cause aggravation of *apan* in *Pakwashaya* ultimately leads to *Udavarta*.^[22] It also causes *Shakrut* and *Adhovata Veg-vidharana janya roga*.^[23]

- **Cigarette smoking & tobacco chewing:**
These are major cause’s hridrog, it do not

But habitual *Mala, Mutra* and *Adhovat vegavarodha* causes *pakwashayasth apan vayu dushti* which obstructs movement of stool, urine and flatus giving rise to *Udavarta*. *Apanvayudushti* & its upward movement causes harm to *Trimarmas*. *Koshtha* is sthana of *Saman vayu*.^[15] If *Vata, mutra & purisha anuloman* not done then this *koshthashrit saman vayu* envelopes *apan vayu*, results in symptoms of *Grahani, Parshwshool, Hridrog*, etc.^[16] If it is not treated in time then gradually it gives rise to diseases like *Hridrog*.^[17]

cause *Hridroga* directly but smokers & tobacco chewers are comes in high risk person for cardiovascular diseases . Nicotine present in tobacco when mixes with blood causes *rakta, pitta* and *ojavikruti*. *Hriday* collects *rasa* & pump it in systemic circulation. *Manas, oja & sadhak pitta* resides in *hriday* & it is *mulasthan* of *rasavaha, pranavahastrotas* it may cause *hridrog*.

Stress: *Ati chinta* is the *hetu* for *rasavaha srotodushti*^[24] & *manovaha srotasodushti*. Due to excess worrying, *hritya sthita sadhaka pitta* vitiated, Stressful situations raise heart rate and blood pressure due to activation of sympathetic nervous system adrenaline comes out which increases heart rate & blood pressure, which can injure the lining of the arteries. Along with that Increased heart rate also increase oxygen requirement. This need for oxygen can bring on angina pectoris, or chest pain, in people who already have heart disease. Stressed persons with depressive mood are more prone for heart disease rather than other one.^[25]

TAILIYA AHAR (OILY FOODSTUFF):

Snigdha, madhura ahara, tailiya, guru ahara & sedentary lifestyle causes *agnimandya jatharagni* & *dhatwagni* leads to *Ama* formation.

These *rasadhatugata Ama* can be correlated with hyperlipidemia. Ultimately this will lead to obesity & improper nourishment of further *dhatu*. Vitiated *Rasa dhatu (Amarasa)* obstructs the *hridayavahini dhamni* & results in *hridroga*.^[26]

MADYA: *Madyapan* disturbs the normal function of the heart. In excess quantity, it is *tridoshprakopak* and destroys *Ojas* present in *Hridaya*. It badly affects heart. *Madya sevan* causes *ojakshaya, raktodushti, dhatukshaya, tridoshprakopa* & *manodushti*. *Ushma* present in *Madya* leads to improper nourishment of *sira* which leads to the formation of *Hridroga*. As per *Ayurveda* the *Hridaya* & *annavahasrotas* are interrelated '*Tatra pranavahanam srotasam hridaya mulam mahasrotasashcha*' means *hridaya* & *mahasrotas* are *mula* of *Pranavaha Srotas*. *Rasavaha srotas mula* is also *hridaya*. They are interrelated and *rasavaha* and

pranavaha srotodushti ultimately results in heart disease.^[27]

INSOMNIA (ANIDRA): As per *Ayurveda* sleep is important factor for health. It is told that *Nidra* and *Ahara* are the two pillars of health. Due to *ratrijagran* there is *vataprakopa*; as this is *Vataj Kala* & more specifically vitiates *prana, udan* & *apanvayu* alongwith *agnivikruti* & *rasodushti*. *Anidra / Nidranasha* cause an imbalance in *Tarpaka Kapha, Sadhaka Pitta* and *PranaVayu*. Ultimate goal of deep sleep as ayurvedi point of view to fabricate the *Ojas*, because it has been proven from research that, only the deepest and most restful sleep i.e. Stage four sleeps, fabricates *Ojas*. *Prana, udan* & *apanvayu, Tarpak kapha, Sadhak pitta* & *oja* affected by *anidra* & these all resides in *hridaya*.

VISHAMASHAN: It means Improper & irregular meal timing which is very common in today's lifestyle. *Abhyavaran Shakti* i.e. intake of meal depends upon strength of *Agni*. *Vishamashan* for long time causes *Agnivikruti* then *Ajirna* & later leads to *Amlotpatti* & *Kaphavikruti*. Due to *Vishamashan* there is improper formation of *Rasa Dhatu* and *Hridaya* is *Mulasthan* of *Rasavaha srotas*. '*Rasastu hridayam yati saman marute ritah*' as per this shloka when *saman vayu* carries these *dushta rasa* to *hridaya* & *hridaya* circulates it all over the body by systemic circulation. *Dushta rasa* causes improper nutrition of all *Dhatu*s results in improper formation of *Oja*. *Rasakshaya* and *Ojakshaya* is harmful for *Hridaya* as *hridaya* is *sthana* of *Oja*. This is caused by *Asatmya ahara, Ahitashan, Ajeernashan* & *Akalbhajan*. Refrigerated food, junk foods, cold drinks leads to *Agnivikruti* & further *Amlotpatti, Rasa Dushti* & can be contributing factor for *Hridrog*. Ice is *Snigdha, Guru* & *Shitagunatmak* can cause

Kaphavridhi, Mandagni & Ama formation. Carbonic acids are found in Cold drinks which are aerated drinks. They are *Ushna & Drava* by *Gunas*, causing *Pittaprakopa, Mandagni & Raktadushti*. Amla rasa leads to *Dhatushaithilya*. *Viruddhashan, ahitashan, samshan, adhyashan* cause *Amadosha* which works like *Visha* & hence possible cause of *Hridrog*.

CONCLUSION

Modern lifestyle plays major role in the genesis of *Hridrog* & is responsible as *Hetu* of *Hridrog*. Everyday someone young & successful dies & most of them die due to heart disease. Research has now shown the onset of heart problem is due to our modern lifestyle changes & indulgence in improper food habits & activity. The life we lead today is more stressful as compare to that of our forefathers. With the advent of processed & innovative fast foods & influx rapidly of so many technological innovations like television, computers, internet & multimedia our whole pattern of living has undergone such a drastic transformation that some of these changes have had a determining effects to our health. These have led to increase in number of people suffering from *Hridrog*.

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