



## OPTIMIZING HEART HEALTH THROUGH AYURVEDA: A DETAILED FOCUS ON THE PREVENTION AND TREATMENT OF HRIDROGA

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## ABSTRACT

**Purpose(Introduction):** Diseases associated with a person's lifestyle are known as lifestyle diseases. Conditions, including heart disease, stroke, obesity, and type II diabetes, mainly impact our way of life. This article focuses on the idea of *Hridroga* (Heart Diseases) and how to handle it from an *Ayurvedic* perspective, including current updates so that one might avoid certain illnesses or treat them with greater precision.

**Design/methodology/approach:** The study is grounded in analysing ancient *Ayurvedic* texts, including the *Charaka Samhita* and *Sushruta Samhita*. It examines the concepts of *Dosha Imbalances*, dietary guidelines, and holistic practices prescribed for maintaining heart health.

### Discussion :

Heart disease, or *Hridroga*, is one of the leading causes of death in India. In *Ayurveda*, heart disorders are referred to as *Hridroga*. The heart is a *Marma*, or vital organ.

Cardiovascular disease is one illness that is significantly on the rise in the modern day. Stress, alcohol consumption, smoking, and high-calorie intake are a few examples of lifestyle modifications that raise the risk of cardiovascular disease. *Nidan-Parivarjana* (avoid causative factor) is the first line of treatment for all ailments since *Nidan*(Causative Factor) plays a significant role in how disorders emerge.

**Practical implications:** The *Ayurvedic* scriptures provide in-depth explanations of the causes, signs, and treatment of *Hridroga*. *Ayurveda* describes in great detail how vitiated *Pitta*, *Kapha*, and *Vata* cause symptoms and how to treat them clinically to avoid these circumstances.

**Originality/value:** This study, which focuses primarily on cardiac ailments, aids in managing lifestyle conditions.

**Keywords:** *Hridroga*, Lifestyle diseases, *Nidan-Parivarjana*, Cardiovascular health

## INTRODUCTION

India is just starting its transition, while other countries have moved further. However, there is a worrying increase in heart disease in India, which seems to be linked to changes in life and diet, fast urbanization, and perhaps some inheritable factors. The World Health Organization says that by 2010, 60 per cent of the world's heart complaint cases will be in India. Notably, about 50 percent of heart-related deaths are in people under 70 in India, compared to around 22 percent in Western countries. Between 2000 and 2030, it's estimated that 35 per cent of all heart complaint deaths in India will be in people aged 35 to 64.<sup>1</sup> Cardiovascular conditions can largely be averted by mollifying threat factors, including tobacco consumption, poor salutary habits, rotundity, lack of physical exertion, hypertension, diabetes, and elevated lipid situations.

Individuals are increasingly hunting for much less invasive, cost-important, and safer results when applicable. Although the progress made in contemporary cardiology is significant, integrating the traditional approach can also help reduce reliance on specifics and reduce the need for surgical interventions. Integrative Cardiology is evolving encyclopaedically by incorporating multitudinous practices from reciprocal and indispensable medicinal medicine (Payyapalliman and Venkatasubramanian, 2016). It elaborates on the unique *Ayurveda* approach to food, its relation to health, and overall well-being. Their paper appreciates the *Ayurveda* nutritional principles, which modern nutritional science would disregard. They propose that, as a technology in health care, the knowledge of natural (constitution), age, and climate variability changes would be beneficial. This article explains the concepts of *Ayurveda*, including *Rasa*

(Nutritive Fluid) or the flavour of food. For instance, it aids in drawing a dietary strategy for heart health and well-being encasement. The quest for this is not just a search for a cure in the form of chemotherapy but rather a rejuvenation therapy. Committed particularly to health rather than treatment with its concomitant cost burden on patients, this treatment approach will also help in containing the costs of health care. These articles, taken together, portray cardiac disease therapeutic dimensions in *Ayurveda*, which prove to be divergent. This illustrates the possibilities for treatment and the justification for more exploration in this field—assimilation of the conventional *Ayurvedic* treatment modes and the modern healthcare system results in improved cardiac health<sup>2,3</sup>.

*Hridya* (Heart) is the heart, intimately connected with *Rasa* and *Rakta* (Blood), and is affected by their state of vitality. Herbs for the heart often work via *Rasa* and *Rakta Dhatu*. Muscle tissue is also essential to the heart's health; hence, herbs that are good for the muscles are often beneficial for the heart. It is also considered to be the seat of consciousness.

### Ahar

According to a study on the "Association of *Prakriti* (Body type) with CVD, Inflammatory Markers, and Insulin Resistance," *Vata-Kapha Prakriti* predominates among CVD risk factors. Modern science also clearly shows that malnutrition results from low-calorie and imbalanced diets, impacting the body's nutritional state. One of the key instances of a thiamine (vitamin B1) deficiency causing cardiac dysfunction is "Beri-Beri."

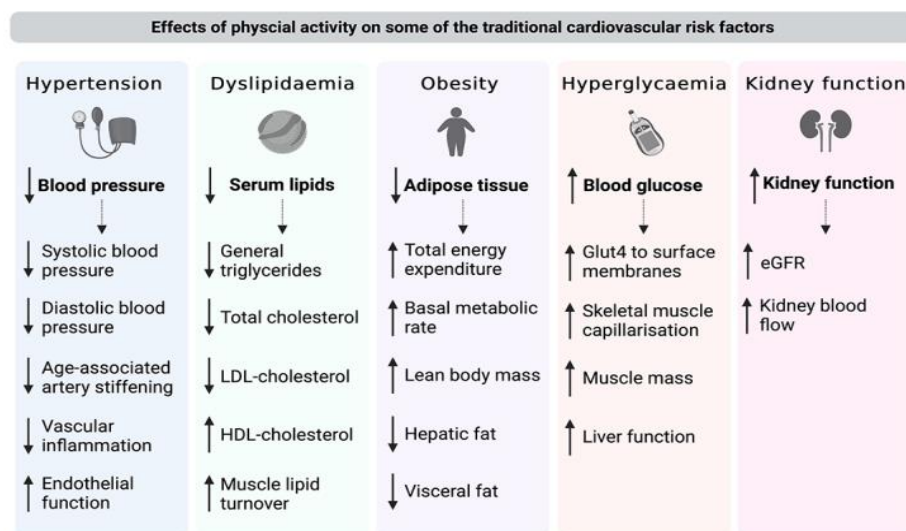
Heart failure has been linked to thiamine deficiency, which is thought to be a clinically significant determinant of heart function. Thiamine insufficiency con-

tinues to be overlooked, particularly in non-alcoholic individuals, because of the intricate clinical presentation and the lack of diagnostic tests.

A person who consumes food that is advantageous for the body will find that there is little necessity for medication; conversely, without a proper diet, medications may prove ineffective.<sup>4</sup> Unhealthy eating habits and a lack of physical activity are significant risk factors for major non-communicable diseases, such as cardiovascular diseases, cancer, and diabetes, as reported by the World Health Organization. Ingredients such as *Godhuma* (Wheat), *Piyush* (Milk), *Rasala* (Sweetened curd), *Navneet* (Butter), *Vilapika* (Partridge), *Sauvarchal Lavana* (Black salt), *Aanupa Jala* (Water from marshy areas), *Alabu* (Bottle gourd), *Dadima* (Pomegranate), *Kharjura* (Dates), *Narikela Jala* (Coconut water), *Lavaka Mamsa* (Flesh of sparrow), *Mamsarasa* (Meat soup), *Edaka* (Sheep), *Shashkuli* (Sweet rice cake), *Shilindhramatsya* (Fish found in muddy waters), and *Purana madira* (Aged wine) are beneficial for the heart.<sup>5</sup>

**Vihar**

**Blood biochemistry:** *Yogaasanas* (Yoga postures) have also been shown to produce biochemical changes. A significant increase in serum creatine phosphokinase levels and serum pyruvate/lactate ratio has been observed, indicating increased muscular activity without developing an anaerobic situation. While serum monoamine oxidase, plasma cholinesterase, and cortisol have increased, dopamine hydroxylase activity shows a decrease. *Pranayama* has been shown to cause a significant increase in plasma cortisol levels. The effect of certain *Yoga Asanas* on the lipoprotein profiles has been studied. There is a reduction of free fatty acids and LDL and VLDL cholesterol. Certain yogic practices have reduced fat-fold thickness and increased lean body mass without producing any change in body weight. Yogic exercises have also been shown to reduce oxygen consumption. Hypertension: *Pranayama* and *Shavasana* have been shown to lower blood pressure levels, both systolic and diastolic, and cause significant reduction in drug requirements. Those who regularly practice yoga have a decrease in the incidence of cerebrovascular, cardiovascular and renal complications and an improvement in their lipid profile.<sup>6</sup>



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**Classification of Hridroga with treatment acc to Dosha(functional bio-regulatory system)**<sup>7,8,9,10,11</sup>

Hridroga	Modern co-relation	Drugs used
Vataja Hridroga	Angina Pectoris, IHD	Haritakyadi Taila, Pippalyadi Churna, Pushkarmooladya Churna

<i>Pittaja Hridroga</i>	Myocarditis, Endocarditis	<i>Drakshyadi Churna, Arjunadi Churna, Arjunadi Ksheerapaka, Laghu Panchamoola Ksheerapaka, Bala Madhuk Ksheerapaka</i>
<i>Kapha Hridroga</i>	Congestive heart failure	<i>Trivritadi Churna, Eladi Churna.</i>
<i>Sannipataja Hridroga</i>	Acute Coronary Syndrome	<i>Arjuna Ksheerapaka, Dasha-moolarishta, Brahmi Ghrita</i>
<i>Krimija Hridroga</i>	Infective endocarditis, Rheumatic fever	<i>Vidangadi Churna.</i>

## CONCLUSION

The management of *Hridroga* stands out as a perfect blend of the ancient art of medicine and modern-day science. It can also be understood that *Ayurveda* holistically approaches all the degenerative diseases of the doshas division of heart disease from within, reducing the weight placed only on external treatment options. Herbs like *Arjuna*, *Ashwagandha*, and *Guggulu* incorporate a natural approach toward heart disease when accompanied by a well-planned detoxification of diet and lifestyle.

However, there are significant limitations regarding the use of *Ayurveda*, which must be addressed in integrative medicine. Modern doctors and scientists are responsible for integrating into what *Ayurveda* philosophy underpins with how modern science can help. There is a need for more objective controlled trials to measure the real impact of these alternative forms of treatment and how they work at the cellular level.

The prospects of *Ayurvedic* management are more than just treating *Hridroga* as a disease; they involve improving cardiovascular fitness in patients suffering from *Hridroga* with the help of a customised, preventive strategy. By considering an individual's unique constitutional type (*Prakriti*) and addressing the root causes of imbalance, *Ayurveda* offers a promising framework for comprehensive heart health management that complements modern medical treatments.

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11. Bhavaprakasha Nighantu describes heart disorders due to infections and parasitic causes.

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