

ROLE OF DIET IN LIFESTYLE DISORDERS w.s.r. TO CARDIOVASCULAR DISEASES (HRIDROGA)

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ABSTRACT

Ayurveda is the science of life having holistic approach that considers the importance of physical, mental, social as well as spiritual aspects in the prevention and management of diseases. Diseases result from the disturbance in homeostasis of *Tridosha (Vata, Pitta, Kapha)* which are affected by dietetic factors, lifestyle as well as environmental factors. Cardiovascular Disease (CVD) is the leading cause of premature deaths worldwide. The major CVD risk factors include unhealthy dietary practices such as high consumption of saturated fats, salts and refined carbohydrates and tobacco use in the form of smoking or chewing as well as low consumption of vegetables and fruits along with physical inactivity. In Ayurvedic literature, features of CVD correlate with *Hridroga* which has been stated to be caused by intake of faulty diet such as *Guru* (heavy) foods and faulty stressful lifestyle as well as excessive exertion which in turn cause provocation of *Doshas* and initiation of *Rasa Dhatu*, thereby leading to the development of *Hridroga*. Chronic and non – communicable diseases such as CVD are preventable with changes in diet, lifestyle and environment. Ayurveda emphasizes regulation of *Ahara* in the form of *Ashtaharvidhi Visheshayatanani, Dwadasha Ashanapravicharna*, etc. This paper will deal in length about the role of diet in prevention and management of CVD (*Hridroga*).

Keywords: Cardiovascular disease, *Hridroga*, Lifestyle, *Pathya*

INTRODUCTION

The increasing stress during the work and rapid industrial growth, changing dietary habits and various types of foods such as preserved food items and fruits, excess amount of soft drinks and beverages, canned foods along with lack of exercise result into the disturbance of *Agni* or metabolism and ultimately cause various chronic and non-communicable diseases. Coronary Heart Disease (CHD) or Ischemic Heart Disease (IHD) is one of such disease which denotes

the myocardial impairment due to imbalance between coronary blood flow and myocardial requirement.

A diet which is rich in saturated fat and cholesterol is associated with increased incidence of atherosclerosis. Although our life expectancy has doubled in the last 150 years but too many people still die prematurely from, or are disabled by, CHD. Obesity, insulin resistance and type 2 diabetes mellitus are increasing and are strong risk factors for CHD. In the light of the projection of large increases in CHD throughout the

World, CHD is likely to become the most common cause of death worldwide by 2020.

In Ayurvedic classical texts, clinical features of heart diseases of modern era are mentioned in the context of *Hridroga* and feature of CHD especially resemble with those of *Vatika Hridroga* and *Krimija Hridroga*. The role of diet and lifestyle has been well considered as etiological factors responsible for generating heart diseases. Careful obeying the rules mentioned under *Swastha Vritta* (preventive medicine and Hygiene) such as proper dietary habits, *Dinacharya* (day regimen), *Ratricharya* (night regimen) and *Nidra* (sleep), *Ritucharya* (seasonal regimen), *Sadvritta* (good conduct) and *Achara Rasayana* (Promotive ethical practices) and use of *Rasayana* (rejuvenation therapy) are some of the measures which can prevent IHD at all levels.

Aim - To study the role of diet according to Ayurveda in Cardiovascular diseases (*Hridroga*).

Objective -

1. To explain the different forms of diet in cardiovascular diseases with special reference to *Hridroga* with Ayurvedic prospective.
2. *Pathya Ahara* in Cardiovascular diseases with special reference to *Hridroga* with Ayurvedic prospective.

Materials and Methods:

- 1) Ayurvedic *granthas* and *samhitas*.
- 2) Modern texts
- 3) Online data and journals

Literature Review -

Nidana (Aetiology) of Hridroga (CHD) -

The following etiological factors are responsible for causing *Hridroga* as mentioned in *Madhava Nidana*:

1. Related to diet (Ahara) -

Regular intake of foods having following properties causes *Hridroga* -

- a) *Ati Guru Anna* (grains having excessive heavy property)
- b) *Ati Ushna Anna* (grains having excessive hot property or potency)
- c) Foods having *Kashaya* (astringent) and *Tikta* (bitter), *Rasa* (taste)

2. Related to Lifestyle (Vihara) -

The following factors and lifestyle may cause *Hridroga* - Excessive hard work, trauma, taking a meal before complete digestion of previous one, anxiety and suppressing natural urges.

Etiology of Cardiovascular Diseases (Hridroga) -

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

Life style related - Excessive physical exercise and activity (*Vyayama*). Excessive enema (*Basti*), purgation (*Virechan*), emesis (*Vamana*). Suppression of natural urges (*vegadhaaran*), *Abhighatajanya* (physical & mental trauma), *Chinta, Krodha, Bhaya* etc.

Pathogenesis of Cardiovascular Diseases (Hridroga) -

In this disease *Agnimandya* occurs due to *Mithya Ahara - Vihara*. *Agnimandya* produces *Sama Rasa Dhatu* and due to *Sama Rasa Dhatu Sroto avrodha, Dhamniratichya* occurs and results in *Hridroga*.

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.

Pathya Ahara -

1. Puraan raktashali, Milk Shali is *Snigdha, Laghu, Madhura* in *rasa, Tridoshaghna*.

Dughdha is *Madhura rasa, Madhura vipaki*, and *snigdha, ojo vrudhikar, dhatu vrudhikar*.

2. Balya dravya - Jaangal pashu-pakshiy ka mamsa rasa, Ghruta.

a) *Mamsa rasa* is *brihana, prinana, vrushya* and *laghu*.

b) *Ghruta* is *Dhee-smruti-Medha* useful, *Shukrakar, Ayukar*

3. Munga - Munga is *Kashaya* and *Madhura rasa, Katu vipaki, Sheeta veerya, Alpa vatakar, laghu, Medohara, Pittahara*.

4. Daadim (Pomegranate) - Sweet Daadim does *Pitta shaman*. Sour *Daadim* is *Pitta avirodhi, Natiushna, Vata-Kapha nashak*.

All types of *Daadim* are *Hridya*, *Laghu*, *Snigdha*, *Graahi*, *Ruchikar* and *Agnideepak*.

5. Shunti - It is *Agnideepak*, *Vrushya*, *Graahi*, *Hridya*, *Vibandha nashak*, *Ruchikar*, *Laghu*, *Madhur vipaki*, *Snigdha*, *Ushna veerya* and *Kapha nashak*.

6. Aakash Jal - It is *Jeevana*, *Tarpana*, *Hridya*, *Lhaadi*, *Buddhi prabodhan*, *Tanu*, *Avyakya rasa*, *Mrushta*, *Sheeta*, *Shuchi* and *Amrut* like.

7. Parwal - It is *Hridya*, *Krimi nashak*, *Madhura vipaki* and *Ruchikar*.

8. Saindhav lavana - It is little *Madhura rasatmak*, *Vrushya*, *Hridya* and *Tridosha nashak*.

9. Saurvachal - It is *Laghu*, *Hridya*, *Sugandhit*, *Udgaar shuddhi pravartak*, *Katu vipaki*, *Vibandha nashak*, *Agnideepaka* and *Ruchiprada*.

10. Manda, Peya, Vilepi, Odana - They are *Laghu*, *Soumya*, *Amadosha pachak*, *Graahi*, *Trishna nashak*, *Agnideepak*, *Hridya* and *Pathya*.

11. Mardvik - It is *draksha rasodbhava madya*, which acts as *Lekhan*, *Hridya*. It is *naatyushna*, *Madhura rasatmak*, *Sara*, *Alpa pittakar* and *Alpa vatakar*.

12. Shaarkar Madya - It is *Sugandhit*, *Madhura rasatmak*, *Hridya*, *Alpa madakararak* and *Laghu*.

13. Dhanyaamla, Sauvairaka and Tushodaka - It is *Purishbhedak*, *Tikshna*, *Ushna veerya*, *Pittakar*, *Sheeta sparsh*, *Shramahar*, *Klamahar*, *Ruchikar*, *Agnideepak*, *Basti shoola nashak*, *Hridya*, *Laghu*, *Vata nashak* and *Kapha nashak*.

14. Pakvarasa Sidhu - It is made from cooking sugarcane juice. It is *Ruchikara*, *Agnideepak*, *Hridya*, *Shosh*, *Shotha* and *Arsha roga nashak*.

15. Madhu Madya - It is made from honey. It is *Ahara ruchikara*, *Jatharagni deepaka*, *Balya*, *Hridya*, *Vibandha nashak*, *Kaphagna*, *Laghu*, *Alpa vatakar* and *Pitta avirodhi*.

16. Lahshun (Garlic) - It is *Tikshna*, *Ushna veerya*, *Katu rasatmak* and *vipaki*, *Malpravartak*, *Hridya*, *Keshya*, *Guru*, *Vrushya*, *Snigdha*, *Agnideepak* and *Pachaka*.

17. Naarangi (Orange) - It is little *Amla*, *Madhura rasatmak*, *Hridya*, *Ruchya*, *Vatashamak* and *Guru*.

18. Yavani, Shweta tulasi, Shigru, Sarshapa and Shatapushpa - These all are *Hridya*, *Ruchiprada* and *Pitta prakopaka*.

19. Food products made from Godhuma (wheat) -

These products fried in oil or *Ghruta* are *Guru*, *Tarpaka*, *Vrushya* and *Hridya*.

20. Ragashaadav - It is made from unripened mango and jaggery. It is a type of pickle. It is *Katu*, *Amla*, *Madhura* and *Lavana rasayukta*. It is *Laghu*, tasty, *Hridya*, *Agnideepaka* and *Ruchikara*.

21. Eranda taila (Castor Oil) - It is *Madhura*, *Guru*, *Kapha vardhak*. It is considered best drug in the treatment of *Vatarakta*, *Gulma*, *Jeerna jwara* and *Hridaroga*.

DISCUSSION

Human body requires food to provide energy for all life process, growth, repair, and maintenance. A balanced diet contains different types of foods in such quantities and proportions that the need of the body is adequately met. *Hridroga* has a quite brief discussion in Ayurvedic texts. The increase incidence of the cardiovascular diseases all over the world is due to the faulty diet pattern & life style, which adds more importance for its proper management. Role of Ayurveda in the prevention and cure of the cardiovascular diseases is very systematic and good manner. In Ayurveda, diet forms the important component of life as it is included in the *Tri Upasthambas* (three pillars of life). If someone adopts the diet pattern, life style according to the *Ayurveda* it can be helpful in the decrease the incidence of cardiovascular diseases. The diet mentioned in Ayurveda includes all the food products we use in our day to day life. The vegetables, fruits, salts etc. are all easily available around us. Thus, it makes it achievable for every individual to maintain one's heart in good health by just following proper diet.

CONCLUSION

According to Ayurveda, the fundamental principles like *Tridoshas*, *Prakriti*, the tastes, processing of food, the quality, quantity and the rules regarding eating of food if followed properly while consuming diet, any person can keep away from many diseases of both body and mind. Thus, in Ayurveda, *Ahara* is of utmost necessity in prevention & cure of the cardiovascular diseases. The prevention can be done successfully by following proper diet mentioned in Ayurveda.

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