

ACTION OF *PRABHAKARA VATI* AND *HRUDAYARNAVA RASA* IN CARDIAC DISEASES

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ABSTRACT

Hrudroga is broad term dealing with all the structural and functional abnormalities of *hrudaya*, so far covering all the cardiovascular diseases under this umbrella. According to current studies 17.5 million people die each year from CVDs, with estimated 31% of death worldwide. Among them 7.4 million due to coronary heart disease, 6.7 million due to stroke, hence it is need to discover the effective drugs which can prevent the death due to CVDs.

Nidan plays a vital role in *Hrudroga* manifestation such as *atiushna guru*, *kashaya*, *tikta rasa atisevana*, *atishrama*, *abhighata*, *adhyashana*, *atiprasanga*, *vegadharana*, *adhika chinta* leading to *tridosha prakopa*, *sthanshmshraya in hrudaya* and does *dushana of hrudayagata doshas*. Ayurveda being the ancient science of life provides a range of formulations which can take care of CVDS without any complications. *Prabhakara vati* and *Hrudayarnava rasa* are two such formulations indicated classically in *Hrudroga*. CCF is the disease where ventricles fail to maintain proper cardiac demands as per requirement of cells and organs due to decreased force of contraction of myocardium or increased cardiac load, which might present as Right ventricular failure, Left ventricular failure. *Prabhakara Vati* is having ingredients like *Swarna makshika bhasma*, *Loha bhasma*, *Abhrak bhasma*, *shuddha Shilajatu*, *Arjuna swarasa*. Which are more of *Rasayana* properties hence which may give strength to myocardium. IHD is the heart disease, caused due to decreased blood supply to myocardium by obstructed coronary arteries. The common causes are hyperlipidemia, cigarette smoking, diabetes and hypertension. *Hrudayarnava Rasa* contains ingredients like *Tamra bhasma*, *Shodhita Parada*, *Shodhita Gandhaka*, *triphala kwath* and *Kakamachi svarasa* or *kwath*. In which most of the drugs are having *lekhana* and *karshana* properties hence helps to remove the atheroma or thrombus and to prevent the further accumulation.

Keywords: *Hrudayarnava rasa*, *Prabhakara vati*, CCF, IHD, CVD

INTRODUCTION

Hrudroga is a disease where there is a hampered function of heart producing different pain patterns¹. This is broadly compared with cardiac diseases. With increase in sedentary life style prevalence of cardiovascular diseases is also increasing. Cardiovascular diseases are no 1 cause of death globally². 17.5 million People died in 2012 from CVD which is 31% of all deaths globally³, where 7.4 million were due to coronary heart disease⁴, 6.7 million due to stroke. Hence there is need to discover the drugs preventing CVD's and future deaths.

Hrudroga is the disease of heart either due to structural or functional damage⁵. Because of the causative factors like *atiushna guru*, *kashaya*, *tikta rasa atisevana*, *atishrama*, *abhighata*, *adhyashana*, *atiprasanga*, *vegadharana*, *adhika chinta* causes *tridosha prakopa*, reaches *hrudaya* and does *dushana* of *hrudayagata rasa* and causes *ama utpatti* further causing *avarodha* of *srotas*⁶ (atherosclerosis, coronary artery disease, plaques), *atipravutti* of *vata* (fibrillation, vessel enlargement, palpitations) hence produces the disease *Hrudroga*.

Ayurveda being the ancient science of life provides various formulations which can take care of CVDS without any complications. *Prabhakara vati* and *hrudyarnava rasa* are the two formulations indicated for the *Hrudroga* classically in different texts.

Because of the high prevalence and severity of the disease the present paper was written to understand the probable action of *Prabhakara vati*, *Hrudyarnava rasa* in CVD'S and to know its clinical application

METHOD OF PREPARATION:

1. *Prabhakara vati*⁷

Ingredients: *swarna makshika bhasma*, *loha bhasma*, *abhrak bhasma*, *shilajatu* 1 part each, *arjuna swarasa* QS

Method of preparation: *Swarna makshika bhasma*, *Loha bhasma*, *Abhrak bhasma*, *Vamshalochana*, *Shilajatu* are taken in *khalva* and subjected to

bhavana with *arjuna twak kashaya* and prepare 2 *valla size vati* and dried in shade.

Physical characteristics:

Varna: *Raktabha*; **Gandha:** *Shilajatugandhi*; **Rasa:** *Tikta*; **Anupana:** *Madhu*.

Indication: *Hrudroga* s; Dose: 2 *valla* (2ratti)

2. *Hrudyarnava rasa*⁸

Reference: *Bhaishajya ratnavali*, *Hridroga chikitsa prakarana*, *Shloka* no-39 & 40, P.no- 489

Ingredients: *Tamra bhasma* 1 *tola*, *Shodhita Parada*, *Shodhita Gandhaka Kajjali* – 2 *tola* each, *Bhavana dravya's* – *Vara kwath* & *Kakamachi svarasa* or *kwath*

Method of preparation: prepare *Kajjali* by adding *shudha parad* and *shudh gandhaka* in *khalva yantra*. Add *tamra bhasma* and do *mardana* till it become homogenous then give *bhavana* of *triphala kwath* followed by *mardana* for 1 day then give *bhavana* with *kakamachi swarasa* followed by *mardana* for 1 day and prepare 1 *Chanaka* i.e. 250 mg tablets and dry in shade.

Physical properties:

Gandha: *Rasayanagandhi*; **Varna:** *Krushnavarna*; **Rasa:** *Kashaya*; **Indication:** *Hrudroga*, **Anupana:** *Madhu*; **Matra:** 1 *chanak* (2 *ratti*); **Indication:** *Hrudroga*

DISCUSSION

DISCUSSIONON PRABHAKARA VATI⁹

CCF is the disease where ventricle's are unable to maintain proper cardiac output as per requirement of cells and organs due to decreased force of contraction of myocardium or increased cardiac load. The main two causes of CCF are Right ventricular failure, Left ventricular failure. This may be due to decreased force of contraction due to myocardial damage (MI, myocarditis) and increased cardiac work (mitral stenosis, aortic stenosis etc).

LVH causes decreased cardiac output which causes decreased blood supply to brain and coma and also there is reduced blood supply to kidneys causing renal ischemia leading to increased secretion of ren-

nin angiotensin and aldosterone which facilitates reabsorption of urine and try to revert the pathology by increasing blood volume. As a consequence of which there is reversal of pathology and present with symptoms like anasarca, paroxysmal nocturnal dyspnea, haemoptysis, hypotension etc.

RVH causes RAH and hence there is accumulation of blood in IVC which cause accumulation of blood in hepatic sinusoids and causes the portal hypertension and produces the signs and symptoms like splenomegaly, caput medusa, oesophageal varices, haemorrhoids, ascites etc.

Suvarnamakshika bhasma is indicated in Palpitation due to *agantuja nidana (krodha)*, palpitation, excess sweating, *Sarvanga kampa, sarvanaga daha*, chronic cardiac disease, valvular heart disease, Cardiac edema. **Loha bhasma** is indicated in Palpitation due to anaemia, *Shwasa* associated with *hrudvyatha, Plihavrudhhi, yakrutavruddhi, Sarvanga shopha. Abhraka bhasma* is indicated in Exertional dyspnea, impaired blood circulation, Bradycardia, Irregular pulse, Cardiac edema, **Arjuna swarasa** is indicated *Hrudroga*¹⁰. In both the conditions of CCF what we need is to give strength to myocardium and to treat the underline cause. Hence by considering the actions of ingredients it is best indicated in CCF

DISCUSSION ON HRUDYARNAVA RASA¹¹

IHD are the heart disease, caused due to decreased blood supply to myocardium by obstructed coronary arteries. The common causes are hyperlipidemia, cigarette smoking, diabetes, and hypertension. Because of these causative factors there is excess LDL entering endothelial cell of coronary artery and cell becomes foam like and rough surface of cell facilitate the platelet aggravation and produces atheroma (*avrodha*) with decreased lumen of coronary arteries which leads to decreased blood supply to myocardium mostly during exertion which is known as angina pectoris. As pathology progresses, platelet starts to aggregate on rough surface of atheroma and obstruction increases giving continuous symptoms of is-

chemia causing chronic IHD, further the pathology progresses and aggravated platelets causes complete obstruction of coronary arteries hence there is complete lack of blood supply to myocardium causes MI.

As *Kajjali* is *sarvarogahara* it may correct *hrudayashrita vyana vayu dushti* and gives the strength to cardiac muscles by its *Rasayana* property. *Tamrabhasma* is having actions like *lekshana, karshana* it will help to remove the platelet aggravation, *Triphala* is having *shoshana, rasayana* properties. *Kakamachi swarasa* is having actions like *Bhedana, Hrudya, Kaphahara, Pittahara, Rasayana, Vatahara*. Hence *triphala* and *kakamachi* will also act in the same way to stop the further progression of the disease. Hence by considering the action of specific drugs *hrudyarnava rasa* can be given in CCF

CONCLUSION

Hence by the virtue of the specific actions of the drugs of *Prabhakar vati*, the CVD's which require strength to the myocardium like Left Ventricular Hypertrophy and right ventricular hypertrophy *prabhakar vati* will work better as we need more of *rasayana* properties there. But in case of IHD more we need to concentrate on removal of blockages which may be because of atheroma, *hrudyarnava rasa* will work better by removing the blockage's and by preventing the further accumulation.

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