

PREVENTIVE CARDIOLOGY – AYURVEDIC ASPECT

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ABSTRACT

Ayurveda is recognized as a science of life. It has tremendous potential to become the “Global Preventive Health Care system” because *Ayurveda*'s approach is the holistic approach & only the affected organ is not targeted. So in the case of heart diseases and in preventive Cardiology; the normal functioning of the other body organs & system are equally important. Urbanization, affluence and changes in the dietary pattern are contributing and associated in increased prevalence of cardiac diseases, the drugs & medicines and other therapeutic procedures come under secondary preventive measures.

Keywords: *Ayurveda*, Cardiology

INTRODUCTION

The burden of the diseases like “Coronary Artery Disease” (CAD) and Diabetes Mellitus (DM) is increasing in Indian Population. These conditions are almost endemic in India Society. This excess burden of premature (CAD) in Indian is due to genetic Susceptibility mediated through a metabolic syndrome which consist of hypertension.

Ayurvedic embryology considers Heart is influenced more by maternal factors. The *Kapha*, *Rakta* & *Mamsa Dhatu* are dominant in the structural development of the Heart. The co-ordination of the *vata* subtypes is also influencing on the cardiac physiology. Heart is the vital organ & considered as a ‘*Marma*.’ It is associated with *Pranavaha Strotas* and *Rasavaha strotas*. It means it is system. The psychological impact is explained though the association *Sadhaka Pitta* with the Heart. It is the Site of ‘*Ojas*’ i.e. Vital sap.

DISCUSSION

Therapeutic aspect: The cardio-protective herbs are used to target the following pathological events

- *Agnimandya*- Low metabolism fire. Sluggish metabolism.
- *Ama*- Harmful and toxic metabolic byproducts.
- *Udavarta*- Lack of co-ordination between the various types of *vata*.
- Structural deformities
 - Associated with congenital conditions
 - Obesity or medoroga
 - Generalized debility
 - Kapha* aggravating conditions

Drugs should have the following properties to act on the heart.

- 1) *Hridya*: Cardio tonic
- 2) *Deepan*: Carminatives
- 3) *Pachana*: Metabolic regulator
- 4) *Anuloman*: Mild purgative
- 5) *Virechana*: Laxative
- 6) *Balya*: Tonifying
- 7) *Rasayana*: immune modulators

8) *Mutrala & shothaghan*: Diuretic & Decongestive Drugs.

Now,

- 1) To improve the metabolic conversion i.e. to treat the *Ama*- The drugs from *deepan & pachan* Categories are selected. The dry Ginger (*Zinziber officinale*), *Ajawain* (*Trachiypemum coptiucum*), *Hingu* (*Ferula asafetida*) as the single herbs and the combinations like *ajamodadi Churna*, *lavanbhaskar chuma*, *Hingavashtaka Churna*, *Agnitundi vati* are routinely used.
- 2) In the conditions like impaired Lipid profile i.e. dyslipidemia, hypercholesterolemia- The drugs like *Lashuna* (Garlic; *Allium sativum*), *Guggul* (*Commiphora mukul*) as the single herbs and the combinations like *Ovadi Guggul*, *Triphala Guggul*, *Arogyavardhini Vati* are used in practice.
- 3) In Renal dysfunction: In the conditions like congestive cardiac failure, the Diuretics & Decongestive drugs are used. *Punarnava* (*Boerhavia diffusa*), *Gokshur* (*Tribulus terrestris*), *Haritaki* (*Terminalia chebula*) are used as single herbs and the combinations like *Chandraprabha vati*, *Gokshuradi Guggul*, *Dasharmoolarishta*, *Punarnavasava* are utilized for these patients.
- 4) In the valvular hearts diseases and in cardiac myopathies: Herbs like *Arjuna* (*Terminalia arjuna*), *Ashvagandha* (*Withania somnifera*) and the ash of minerals like *Suvarna Bhasma*, *Abrakh bhasma*, *Loha bhasma* and *Sring bhasma* are used. *Hridayarnava rasa*, *Brihatvat chintamani rasa*, *Suvarna sutshekhar rasa* are used in Cardiac arrhythmias & palpitation.
- 5) In cardiac complication due to pulmonary cause: *Sringarabhra rasa*, *Bharanghyadi*

kashayam, *Dashamool rasayan* are used frequently.

6) *Ayurveda* has emphasized the conditions like “*Udavarta*” In this condition to regulate the harmony between various *vata* subtypes, *Hingvashtaka Churna*, *Lavan bhaskar Churna* are routinely used *Gandharva Haritaki* powder or in tablet form can be used for *vatanuloman*.

7) Stress: Over activity of sympathetic nervous system is the ultimate cause of these patho physiological events. The drugs like *Brahmi* (*Bacopa monneri*) *Jatamansi* (*Nardostachys jatamansi*), *Dhamasa* (*Fagonia arabica*) are used to reduce this sympathetic hyperactivity.

8) Dietary indulgence & nutritional deficiencies are also considered as the predisposing factors. The combinations like *Dadimavaleha*, *Dhatri Rasayan*, *Kushmadapak*, *Tapyadi Loha*, *Balarishta Madiphal Rasayan* can be used.

Panchakarma Therapy

In addition to above said treatment *Panchakarma* therapies like *Snehana* (Oleation), *Swedan* (fomentation), *Basti* (medicated enema), *Nasya*, *Raktamokshana* (Bloodletting), *Hrid-Basti*, *Shirodhara*, *Shrobasti* etc. can be used for better results.

1) Life Style: improving your lifestyle by adoption of ethical elements mentioned in “*Acharya Rasayana*” is must to stay away from mental and physical stress and from eventual hypertension.

2) Exercise: People should be encouraged for the regular exercise like walking, swimming & other aerobic exercises.

3) Yoga: Yoga as we all know it is aimed to unite the mind, the body and the spirit. Mediating & practicing breathing exercise regularly are essential for relaxation in hypertensive reflex to stress.

Thus in an *Ayurvedic* way the Preventive Cardiology Should be explored to live happy, healthy and long life.

CONCLUSION

The constitutional based lifestyle and seasonal modification in the living is the key concept of premorbial prevention for cardiac diseases.

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Source of support: Nil

Conflict of interest: None Declared