

AN AYURVEDIC REVIEW ON UNRAVELING THE GOLDEN GOODNESS OF HRUDAYAVARANA

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ABSTRACT

Ayurveda is the eternal science in which we can dig out all the current scenario of emerging diseases and their remedies. Ayurveda, the science is very vast as an ocean. For the sake of its benefit, it is divided in to eight branches. *Agad tantra evam vyavahara ayurveda* is one among the eight branches which deals with the concept of toxicity, its treatment, forensic medicine and medical jurisprudence. Ayurveda Samhita well mentioned all the *Sthavara* (Plant origin), *Jangama* (Animal origin) and *Krithrima* (Artificial) visha (poison), its Symptoms and Management. Charaka Samhita mainly adopted the *Chaturvimsadi Upakrama* (Twenty-four treatment modalities) for the management of Vishas. *Hrudayavarana* is one among the Twenty-four treatment modalities used as a preventive, curative and emergency management in toxic conditions. *Visha* having properties opposite to that of *ojas*, whereas *ojas* helps to sustain life in the body.

Keywords: *Chaturvimsadi Upakrama, Hrudayavarana Ojas, Rasayana*

INTRODUCTION

Agad tantra is the branch that deals with the unique concept about Visha and its management. Visha is a substance that cause *vishada* (sadness) to the world¹. *Visha*

includes all the *Sthavara* (vegetable & mineral) and *jangama* (animal origin) visha. Visha enters into the body and it imbalances all the normal functions.

Hrudayavarana is a unique and effective treatment modality mentioned in Charaka Samhita under the heading of *chaturvimsadi upakramas*.² *Hrudayavarana* mainly focusing on protection of *hrudaya* (Heart). *Hrudaya* is the site of *ojas* which helps to sustain life in the body. *Hrudayavarana* treatment mainly include administration of *Ghrita* (ghee) with *Agada yogas* (Formulations used in toxicology) as a remedial measure to protect *Hrudaya*.

Aim & Objectives

- To explore the importance of *Hrudayavarana Chikista*.
- To analyse the *Hrudayavarana Chikista* in emergency and preventive aspect.

Hrudayavarana

The concept of *Hrudayavarana* is not only used just for *Vishahara Chikista* (Antipoison) but also applied in different treatment aspects. After *hrudayavarana*, *slesma upachaya* (Accumulation of kapha dosha) occurs in the body. To eliminate this Kapha accumulation and the residual poison present in the body, *Vamana* (Emesis) therapy is induced.³

Importance of Hrudayavarana

- *Avarana: Avaraodh, Gatinirodh (Cha. chi 28/59)*

The meaning *Avarana* means the protection

- *Upakramam Hrudayarakshanam (Cha, chi 23/46)*

The treatment used for the protection of *hrudaya*

- *Hrudayavarana vishavegagamanaavarodakaramavaranam (Gangadar)*

According to Gangadhar *Hrudayavarana* helps to arrest/slow down the spread of poison into the vital organs. The spreading of poison is similar to “*Rakthamanuapi thailaambuvath*” (Similar to spreading of oil in water) indicates the fast spreading of *Visha* in the body. The ten *Visha Gunas* (qualities) and their functions clarified the fatality of *visha* and point out the need of *Atyayika Chikista* (Emergency management). *Hrudayavarana* treatment modality is used as an emergency management because it helps to slow down the action of *visha* and thus gives enough time for management. Hence *Hrudayavarana* treatment is beneficial for all

vishas whether it is *sthavara, jangama & Krithrima visha*.

Aspects of Hrudayavarana

Hrudayavarana treatment can be focused in ----

- Preventive Management
- Emergency management.
- ✓ **Preventive management**

Hrudayavaranam nityam kuryacha mitramadhyagah (su.ka1/79)

Acharya susruta add on that *Hrudayavarana* should be done daily in the company of his friends to protect *hrudaya*.

Satrumadhy Pratishedam(indu)

Intelligent person should take Hrudayavarana yogas daily to protect hrudaya.

- ✓ **Emergency management**

Adou hrudayam Rakshyam tasyavaranam pibet.....(Cha.chi)

Charaka clarifies that *Hrudayavarana* procedure should consider as the first aid treatment, Emergency management

What Is Hrudaya?

The word *Hrudaya* is derived from Sanskrit Word as HARAN + DANA+AYANA which means Receiving+Giving away+Moving or maintaining a continuous activity of two earlier functions. The organs doing these functions can be included in the term *Hrudaya*. Since life is sustained in the body mainly by means of circulation (heart), respiration and nervous system, during toxicity these systems are mainly affected and need to be protected, which can be done by means of *Hrudayavarana*.

- ✓ *Hrudaya* is mainly made up of the *rasada bhaga (Essence) of Raktha and Kapha* in the fourth month of pregnancy.⁴
- ✓ *Hrudaya* abides *ojas*⁵ and *mana* (mind)⁶
- ✓ *Hrudaya* said to be the seat of *Atma, Vyana Vayu, Sadhaka Pitta, Avalambaka Kapha,*⁶ and *Rasa and Prana Vaha Srotas.*⁷
- ✓ *Hrudaya* is Marma-Vital organ⁸

Visha

Visha is the substance that produce *Vishada* and has the ability to destruct the whole world. *Visha* possess *Teekshna* (Penetrate), *Ushna* (Hotpotency), *Ruksha*

(Dry), *Vishada* (Non-unctuous), *Vyavayi* (Spreading all over the body), *Asukari* (Quick acting), *Laghu* (Light), *Vikasi* (Debilitate the tissue), *Sookshma* (Entering the minute pores), *Avyaktha rasa* (No taste) and *Apaki* (Undigestible) properties.⁹ The *Visha* is mainly classified into *Sthavara*, *Jangama*, *Krithrima Visha*.¹⁰ The pathogenesis of all the *Visha* is same as that it vitiates the *Raktha Dhatu* initially, then the *Tridoshas* and their *Asrayas* finally it destruct the *hrudaya* and causes death of the patient.¹¹ In the symptoms of toxicity, disarrangement of physiological and psychological changes happens in the body. All the *Visha* have the properties just opposite to the qualities of *Ojas*, causes the vitiation of *Vatapitta dosha* and *Sadyopranahara* (immediate death) in nature. The manifestations of *Visha* is mentioned in terms of *Vegas* (Stages). *Vega* is defined as the transmission of *Visha* from *one dhatu/kala (tissue)* to another¹². The principle of *Visha chikista* is explained by *Charaka samhitha* in *Vishapratisheda Adhyaya*.

Ojas

Ojas is an important essence which is necessary to maintain health, fight against various diseases and to improve the health status. *Ojas* is formed from the essence of all the *dhatu* and it is the *bala* (Strength) of the body.¹³ *Ojas* is of two types: *Para ojas* & *Apara ojas*. *Para ojas* is the one which is responsible for *Jeeva Dharana/Chetana Anuvrutti* (Maintaining life in the

body) and it is situated in *hrudaya* in *Ashtabindhu pramana* (Quantity of eight drops). *Apara Ojas* circulates throughout the body and have a quantity of *Ardhanjali pramana*.¹⁴ The *Kshaya* (depletion) of *Para Ojas* leads to death and *Kshaya* of *Apara Ojas* results in malfunctioning of the body. Because of the aforementioned reasons it is imperative that *Ojas* should be well preserved to maintain life in the body.

Importance of Ghee

Ghee by its inherent nature has its specific curative action on *Vatapitta dosha*. Ghee having Unctuous, Sweetness and Cold properties pacifies *Vatapitta dosas*.¹⁶ *Ghritha* counteract the qualities of *Visha* by *Vatapittahara* action. *Visha* causes *Manovikaras* (mental disorders) like *Mada* (Delirium), *Apsmara* (Epilepsy), *Moorcha*, (Syncope), *Unmada* (insanity) and *Shareerika vyadhis* (Physical ailments) like *Jwara* (fever), *Shosha* (Emaciation), whereas Ghee improves *Dhi*, *Budhi*, *Smrithi* (Intellectual factors) and also enhances the essence of *Ojas*.¹⁷ In addition, it is rejuvenating and extensively used in various *vishaja* conditions. The efficacy of *Hrudayavarana drugs* along with ghee, so as the use of *Ajey ghritha*, *Amrita Ghritha*, plain ghee was mentioned in Classics. Daily consumption of ghee in small quantity will impart the *Rasayana* (Rejuvenating nature) effect and will also neutralize the residual poison in the body

Hrudayavarana Drugs mentioned in classics

Susruta Samhita ¹⁸	Charaka Samhita ¹⁹	Ashtanga hrudaya ²⁰	Ashtanga sangraha ²¹
<i>Ajey ghritha</i>	<i>Pakwa ikshu rasa</i>	<i>Ajeyaghrta</i>	<i>Ghee</i>
<i>Amrita ghritha</i>	<i>Pakwakaka nishpeedya rasa</i>	<i>Amrutaghritha</i>	<i>Ghee+honey</i>
<i>Ghee</i>	<i>Goat asruk</i>	<i>Ghritha,</i>	<i>Agadayoga+ghee</i>
<i>Curd</i>	<i>Bhasma abha</i>	<i>Dadhi</i>	<i>Majja</i>
<i>Milk</i>	<i>Mrutjala,</i>	<i>Milk</i>	<i>Gomayarasa</i>
<i>Honey</i>		<i>Madhu</i>	<i>Bhasma ambha</i>
<i>Coldwater</i>		<i>Coldwater</i>	<i>Krishnamritjala</i>
<i>Mayoora, Nakula,</i>		<i>Mayoora, Nakula,</i>	<i>Panchagavyam</i>
<i>Godha, Harina Mamsa</i>		<i>Hirana, Godha mamsa</i>	<i>Dadhi</i>
		<i>or mamsa rasa</i>	<i>Gairika jalam</i>
			<i>Kovidara, arka, sireesha, kadabhi</i>
			<i>Young goat raktha</i>
			<i>Vrudha mesha raktha</i>
			<i>Yoshitha varaha raktha</i>

Demulcents: Demulcents are substances which form protective coating on the gastric mucous membrane²². Milk, Curd, Ghee, *Kshoudra* (Honey), *Majja* (Bone marrow) acts like demulcents which delay the absorption of *Visha* in the body. Milk, Ghee pacify the *Vatapitta dosha* aggravated by the poison and also increases the ojas in the body.

Gairika jala: *Gairika* has *Pittahara*, *Vishahara* properties and thus pacify the effect of *Visha*.

Ajeyghrita, Amrita ghrita: These Ghritas have contents like *Madhuka*, *Tagara*, *Kushta*, *Pratyakpushpi* etc helps to pacify the action of *Visha* (*Visha hara*). Also, the property of ghee helps to prevent further absorption.

Mamsa/Mamsa rasa (Meat soup): All the *Mamsa* described in this context have *Vata* mitigating property and impart *Balya* (Strength) to the body. Whereas *Godha Mamsa* is *Vishahara* in nature. *Mamsa rasa/Mamsa* is *guru* in nature and difficult to digest and thus slow down the process of absorption of *Visha* in the body.

Bhasma ambha (Ash water): Acharya detailed the drug ash mixed with water have the property of *Hrudayavarana*. The ash can be formed from any of the drug which pacify the *Vata dosha* and *Visha*. *Svarna* (Gold) and *Tamra* (Copper) are *Vishahara* in nature and therefore their ash also bears *Vishahara* property.

Rakta of different animals: The intake of *Rakta* (Blood) increase the *Poshana* (Nourishment) of *raktha* which is vitiated already by the effect of *Visha* and also helps to prevent the *Vata Dosa* from vitiation.

Cold Water and Krushna mrit jala: These two have *Seeta* (Cold) in potency, helps to increase *Kapha* in the body and decrease the *Pitta dosha*.

DISCUSSION

when *Visha* enters into the body, it initially vitiates the *Raktha Dhatu* and further vitiates all the *Dhatus*, *Tridosha*, finally it stays in *Hrudaya* and cause death. *Visha* affects *Hrudaya* which is both *Sthana* of *Ojas* and *Manas* and there by affects life. In emergency management *Hrudayavarana* is the modality used to slow down the spread of *Visha* from one *Dhatu* to other *dhatu*. It also increases the time duration of *Visha* to reach the heart. *Hrudayavarana agad yogas* with

Ghrita or *Ghrita* alone itself, envelops the heart as a protective covering to save the life. Properties of ghee also have good role in pacifying *Vata pitta raktha dosha* and has action against both physiological and psychological changes in the body. Not only this *Ghrita* is also *Ojovardhaka* (enhancing *Ojas*) and impart *Rasayana* effect in the body. In *Panchamahabhuta* components *Visha* is *Agni* (Fire) & *Akasha* (Sky) predominant and vitiates *Vatapitta dosa*. Whereas *Hrudayavarana* drugs have *Prithvi* (Earth) & *Aap* (Water) *Mahabhuta* predominance and have properties just opposite to the properties of *Visha* having. The *Hrudayavarana* drugs have *Vatapitta* mitigating nature. Some of them act as demulcents and some of them are very hard to digest. All the drugs help to prevent further absorption of *Visha* or decrease the effect of poison in the body and enhances *Ojas*. Due to easy availability and protective action, Ghee is considered as best amongst all the *Hrudayavarana* drugs. In the preventive aspect of *Hrudaya*, *Vagbata* considered Ghee as a *Nityaupayogi* (Substance which can be used daily) *Dravya* and rated as *Hrudya* (Benefit to heart) and it imparts a *Hrudayavarana* effect

CONCLUSION

Nowadays, we are exposed with many poisons accidentally. when a poison is ingested or enter the body, it affects the normal function of the body. In the present era of industrialization, we cannot avoid the exposure with the poison, but with the use of *Hrudayavarana* drugs in daily routine we can limit that in some extent. *Hrudayavarana* treatment can be used in preventive, Curative and Emergency Management. In emergency and curative aspects, the drugs mentioned by Acharyas have to used. In preventive aspect, Ghee should be used to reduce the *Prabhava* of *Visha* by its protective effect Use of *Nityaupayogi* drug as *Ghrita* will be a great steps for the sake of society.

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