PREVENTION AND MANAGEMENT OF CARDIOVASCULAR DISEASES IN
AYURVEDA

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ABSTRACT

The global burden of diseases is altering from infectious diseases to the non-communicable diseases, and now becoming the chief cause of the death in all over the world. There are many non-communicable diseases among of them; cardiovascular diseases are tremendously increasing in our society due to the change in the diet pattern, life style, and environmental conditions. However, various advance treatment and diagnostic techniques are available in the modern medicine for the patients of cardiac diseases, but these techniques are not affordable by every patient and their family. In text of Ayurveda, there are a number of drugs likes, Arjuna, medicinal preparations, Pathya Apathya, Dinacharya and diverse techniques of Yoga which have wonderful preventive and curative effect on cardiac diseases. Furthermore, the good health is necessary for everyone, so all the section of Ayurveda can work together in the prevention of cardiovascular and other diseases. This article explains how Hridroga resembles with the symptoms of cardiovascular diseases & how Ayurveda help us in the prevention & management of cardiovascular diseases.

Keyword: Ayurveda, cardiovascular disease, Hridroga, Pathya, Apathya

INTRODUCTION

Today the incidence of chronic non-communicable disease is increasing at a high rate in our society. Due to change in concept of diet and life style, the incidence of cardiovascular diseases and diabetic mellitus is increasing at a high rate. In today’s world most
death are attributable to non communicable disease (35 millions) and just over half of these (17 millions) are as a result of cardiovascular diseases, more than one-third of these deaths occur in middle aged adults. In developed countries, heart disease and stroke are the first and second leading cause of death for adult men and women.

It is estimated that there were approximately 46.9 million patients with cardiovascular diseases in India during the year 2010. An estimated 2.33 million people died of cardiovascular diseases during 2008. [1]

In the 21th century diet pattern and lifestyle of populations across the world have been changed dramatically. Change in lifestyle & diet pattern, lack of physical exercise, increase mental stress, environmental changes has increases the incidence of this disease. From the ancient time Ayurveda is known for serving the society by cure & prevention (Swasthya rakshanam) & this concept is exactly applicable on the cure and prevention of the cardiovascular diseases. Ayurveda teaches & enriches us such a good diet and wonderful living pattern that are very effective in the prevention of cardiovascular diseases. If we give importance to Ayurveda it is helpful in maintaining good health for every person. There are no of preventive (Pathya Apathya), curative aspects, medicinal drugs and preparations described in the Ayurveda having wonderful effect on these diseases.

Aims and Objective-
- To assessment the role of Ayurveda in the prevention and management cardiovascular diseases.
- To assessment the Ayurvedic literature in useful life style disorder.
- To assessment Ahara, Vihara, Dincharya, Ritucharya, Yoga, Rasayana are described which have good role in prevention & cure of the cardiovascular diseases.

Materials and methods:
Different Ayurvedic classical books, research papers and journals were referred to fulfill this part, it comprise of subsection dealing with prevention & management of cardiovascular diseases in Ayurveda.

Cardiovascular diseases (Hridroga)

Cardiovascular disease comprise of a group of disease of the heart and the vascular system. The major conditions are ischemic heart disease, hypertension, cerebro-vascular disease (stroke) and congenital heart disease. Rheumatic heart disease continues to be an important health problem in many developing countries. [1]

Cardiovascular diseases can be correlated with Hridroga in Ayurveda. Achrya Susruta said that due to the suppression of the natural urges, excessive intake of Ushna, Rukshna, food, Virudha food, Ajrina (indigestion), etc Vikrita Dosha goes in the Hridaya and also involves Rakta in it. [2]

Etiology of Cardiovascular Diseases (Hridroga) [3]

Diet related-

Excess & frequent consumption of substances having Usna, Tikshna, Guru, Ruksh, 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)\textsuperscript{[4]}

In this disease Agnimandya occurs due to Mithya Ahara- Vihara. Agnimandya produces Saama Rasa Dhatu and due to Saama Rasa Dhatu Srotoavrodh, Dhamnipartichya occurs and results in Hridroga.

<table>
<thead>
<tr>
<th>Familial factors</th>
<th>Mithya Ahara- Vihara (Bad diet &amp; life style)</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Agnimandya</td>
</tr>
<tr>
<td></td>
<td>Hypercholestremia (formation of Saama Rasa Dhatu )</td>
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<tr>
<td></td>
<td>Atherosclerosis, Obstruction of arteries (Srotoavrodh, Dhamnipartichya)</td>
</tr>
<tr>
<td></td>
<td>Cardiovascular diseases (Hridroga)</td>
</tr>
</tbody>
</table>

Table 1: Symptoms of Hridroga as per Ayurveda and modern view

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Symptoms of Hridroga\textsuperscript{[3]} (as per Ayurveda)</th>
<th>Symptoms of Cardiovascular diseases\textsuperscript{[6]} (as per modern view)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Vaivarnya (Cyanosis)</td>
<td>Dyspnoea</td>
</tr>
<tr>
<td>2.</td>
<td>Murcha (Syncope)</td>
<td>Orthopnoea</td>
</tr>
<tr>
<td>3.</td>
<td>Jwara (Fever)</td>
<td>Chest pain</td>
</tr>
<tr>
<td>4.</td>
<td>Kasa (Cough)</td>
<td>Peripheral edema</td>
</tr>
<tr>
<td>5.</td>
<td>Hikka (Hiccough)</td>
<td>Palpitation</td>
</tr>
<tr>
<td>6.</td>
<td>Shwasa (Dyspnoea &amp; Orthopnoea)</td>
<td>Cheyne- Stokes breathing</td>
</tr>
<tr>
<td>7.</td>
<td>Mukha vairasya (Better taste of mouth)</td>
<td>Anorexia</td>
</tr>
<tr>
<td>8.</td>
<td>Trishna (Excessive thirst)</td>
<td>Vomiting</td>
</tr>
<tr>
<td>9.</td>
<td>Pramoha (Stupor)</td>
<td>Syncope</td>
</tr>
<tr>
<td>10.</td>
<td>Chardi (Vomiting)</td>
<td>Fatigue</td>
</tr>
<tr>
<td>11.</td>
<td>Kaphoutklesha (Nausea)</td>
<td></td>
</tr>
<tr>
<td>12.</td>
<td>Urashoola (pain in chest)</td>
<td></td>
</tr>
<tr>
<td>13.</td>
<td>Aruchi (Anorexia)</td>
<td></td>
</tr>
</tbody>
</table>
If we study the symptoms which are given above mostly these are same in Ayurveda and modern view. So in cardiovascular diseases we can give the prevention and management which described in Ayurveda.

Types of Hridroga and their correlation with modern view-

1. **Vataja Hridroga** - Due to the Shoka (sad mood), Upashaya (fasting), Ativayam (excessive exercise), Rooksha, Shushka and Alpa aahar Vata aggravates and produce pain in the heart region. [7] Shula (pain) is also a common symptom of Vataja Hridaya roga. In angina also severe pain occurs. On the point of view of pain Vataja Hridroga can be correlated with angina. Due to Ruksha & Laghu Guna Vata aggravates & cause hardness or calcification of arterial wall. i.e Arteriosclerosis can be correlated with the Vataja Hridaya roga.

2. **Pittaja Hridroga** - Due to Ushna, Amla, Lavana, Kshara, Katu Rasa’s food and excessive use of alcohol Pitta Dosha aggravates and produce burning heart, bitter taste, vomiting (Vamana), thrust (Trishna), Murcha (syncope), Sweda (sweating) in the body. [7] As per modern view we can correlate with pericarditis, inflammatory disorder of heart.

3. **Kaphaja Hridroga** - Due to excessive intake of food, Snigdha, Guru food, Lack of physical work Kapha aggravates and produce the symptoms of Kapha dosha in heart region like heaviness & numbness in the chest, anorexia. [7] Kaphaja Hridroga can be correlated with the myocardial infarction because in myocardial infarction also feels heaviness in chest.

4. **Sannipataja Hridroga** - It produces due to Vata, Pitta & Kapha & in produce the symptoms of all three dosha at the same time. [7] Sannipataja Hridroga can be correlated with acute chest pain.

5. **Krimija Hridroga** - If pt suffering from kaphja hridya roga takes, Tila, Guda then Rasa dhatu dusthi Rasa leads to granthi utpatti. In this granthi Krimi arrives and spread in all region of heart & produces severe cutting pain, itching etc. It may also lead in death & Acharya Charka also advice to do early management in this condition. [8] Krimija Hridroga can be correlated with myocardial infarction because in case of myocardial infarction there is severe pain occur & required urgent management like as Krimija Hridroga.

Some research works on Ayurvedic medicines useful in Cardiovascular Diseases . [9]

**Pushkar guggulu:** Pushkar guggulu has some significant results in case of heart diseases. Researchers have shown that after six months treatment with Pushkar guggulu, there is significant reduction in the serum lipid levels and, pericardial pain & dyspnoea on effort.

**Arjuna:** Arjuna improves functions of cardiac muscle & subsequently improves pumping activity of the heart. It is thought that the saponin glycosides might be responsible for the inotropic effect of Terminalia, while the flavonoids provide free radical antioxidant activity and vascular strengthening.
**Inula racemosa**, Studies have been conducted to find the efficacy of **Inula** compared to nitroglycerin for the prevention of angina symptoms in patients with chest pain and electrocardiogram ST- segment depression on exertion. Pre-treatment with **Inula** (3 grams root powder 90 minutes prior to testing) or nitroglycerin showed improvement in ST segment depression on electrocardiogram, with greater improvements seen after **Inula** treatment.

**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
3. Rasayana therapy for **Hridroga**- Brahm Rasayana, Amalaki Rasayana, Shilajeet Rasayana, Agastaya Haritaki, Chayavanprasha Rasayana \[10\]

**Management of Cardiovascular Diseases as per Ayurveda** \[11\]

1. **Nidan parivarjana** (eg- change in diet & life style)
2. **Samshodhana** therapy
   - **Vamana Karma** (only mridu Vamana in Vataja & Kaphaja Hridroga)
   - **Virechana Karma** (Beneficial in Hypertension, Hyperlipidemia & Krimija Hridroga & mridu Virechana in Pitta Hridroga)
   - **Basti** (Benificial in Obesity, Hyperlipidemia, Hypertention)
   - **Snehan, Sevadan, Shirodhara**

3. **Saman Therapy**
   - **Hridya Mahakashya** – Amra, Amarataka, Lakucha, Karmarda, Vrikshamla, Amlavetas, Kuvala,(Badi Ber) Badra, Dadima, & Matulunga. \[12\]

**Yoga for Hridroga**
Light exercise, Shavasan, Surya Namashkar, Pranayama.

**Pathya Apathya** \[13\]

<table>
<thead>
<tr>
<th>Pathya Aahar</th>
<th>Apathya Aahar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Puraanrakshili, Jaangal pshupakshiy ko maasrasa, Munga, Kultha ka Yush, Khandayush, Aama, Anaar, Amaltaash, Nayi Muli, Shunti, Kelaa, Aakesh ka Jla, Parwal etc</td>
<td>Bheda ka Dudh, Nadi ka Jla, Usma, Tikshna, Gurupakee, Kashaya Aahar ka Sevan, mahuua etc</td>
</tr>
</tbody>
</table>
Table 3: Pathya Apathya Vihara for Hridroga

<table>
<thead>
<tr>
<th>Pathya Vihara</th>
<th>Apathya Vihara</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sevadan, Vamana, Basti</td>
<td>Tarishna, Vamana, Mutra, Adhovayu, Kash, Ashru Vega dhaaran karna, Daatun karna etc</td>
</tr>
<tr>
<td>Virechana, Vishraama,</td>
<td></td>
</tr>
<tr>
<td>Laghna etc.</td>
<td></td>
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</tbody>
</table>

**DISCUSSION**

The increase incidence of the cardiovascular diseases all over the world is due to the faulty diet pattern & life style, Obesity, & Diabetes mellitus. Uncontrolled hypertension & Hyperlipidemia are the common risk factors for the cardiovascular diseases. Role of *Ayurveda* in the prevention and cure of the cardiovascular diseases is very systematic and good manner. In *Ayurveda* Ahara, Vihara, Dinacharya, Ritucharya, Yoga, Rasayana are described which have good role in prevention & cure of the cardiovascular diseases. Different researches have been showed that *Ayurveda* drugs have effective role in cardiovascular diseases. If someone adopt the diet pattern, life style according to the *Ayurveda* it can be helpful in the decrease the incidence of cardiovascular diseases. In text of *Ayurveda* there are number of drugs, formulation are described which have very effective result on the cardiovascular diseases. as mentioned above in details.

**CONCLUSION**

In *Ayurveda* Ahara, Vihara, Dinacharya, Ritucharya, Yoga, Rasayana are described which have good role in prevention & cure of the cardiovascular diseases. The researches on the cardio protective drugs mentioned above have an effective role in the cardiovascular diseases. The prevention and management can be done successfully in *Ayurveda*. Moreover *Ayurvedic* treatments are safe & affordable by everyone.

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