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 Hridaya 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 granthis 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), puration (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, Dhamnipratichya 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. Dugdhya is Madhura rasa, Madhura vipaki, and snigdha, ojo vruddhikar, dhatu vruddhikar.

2. **Balya dravya -** Jaangal pashu-pakshiyo 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, Buddhhi prabodhan, Tanu, Avyaktya rasa, Mrushta, Sheet, 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, Udgar shuddhi pravartak, Katu vipaki, Vibandha nashak, Agnideepaka and Ruchiprada.

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

11. Mardvik - It is draksha rasodhava 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 madakarak and Laghu.


14. Pakvarasa Sidhu - It is made from cooking sugar-cane 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, Malaprabartak, Hridya, Kesha, 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 unripe mango and jaggery. It is a type of pickle. It is Katu, Amla, Madhura and Lavana rasayukt. 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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