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ETIOPATHOLOGICAL STUDY OF HEART PROBLEMS; THEIR PREVENTIVE AND THERAPEUTIC MEASURES: A REVIEW

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ABSTRACT

Ayurveda described term '*Hridroga*' for the diseases related to the cardiovascular system. The major cardiovascular events include myocardial infarction, coronary artery, valve disorders and angina pectoris, etc. These diseases mainly considered responsible for premature death in elderly person. Male are more prone to such disorders especially in elderly age. Smoking, stress, faulty dietary habits, alcohol consumption, presence of other diseases like diabetes and hereditary factors considered responsible for pathological initiation of *Hridroga*. Lack of supply of blood to the heart, reduction in cardiac output and irregular heart rhythm, etc. are major events associated with cardiovascular disorders. As per Ayurveda *Hrida*, *Dhamani* and *Rasavaha Strotas*, etc. are involves in such types of conditions. Ayurveda suggested many treatment aspects for *Hridroga* such as; *Langhana*, *Ushnodakpana*, *Laghubhojana*, *Sadvrittapanan*, *Vyayama* and *Shodhna Chikkitsa* along with herbal therapy and classical Ayurveda formulations.

KEYWORDS

Ayurveda, *Hridroga*, Cardiovascular and Diseases.

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INTRODUCTION

Hrid Roga means cardiac disorders and as per Ayurveda these diseases arises due to the vitiation of *Vata*, *Pitta* and *Kapha* along with depletion state of *Dhatus* especially *Rasa Dhātu*. There are several factors described in Table No.1 which may induces pathogenesis of *Hrid Roga* including dietetic, somatic and psychological factors along with awful conduction of life style.

Dietary factors of cardiovascular diseases include consumption of *Ati Guru*, *Ati Amla*, *Ati Kashaya* and *Ati Tikta Ahara*. Other factors include *Ati*

Shrama, Abhighata, Adhyashana, Ati Vyavaya, Vega Vidharana Sandhaarana and Ati Virechana. Psychological factors like *Bhaya* and *Chinta*, etc. can also lead heart problems.

The *Samprapti* of disease involves vitiation of *Doshas* under the influence of *Nidana* which further altered functioning and quality of *Rasa Dhatu* which ultimately induces symptoms of heart problems. The major symptom (*Lakshana*) of *Hrid Roga* depicted in Figure No.1. Vitiation of *Samana Vayu, Pachaka Pitta* and *Kledaka Kapha* affects *Rasa dhatu*. *Hridaya* is the site of *Rasa* which further get affected by deteriorated quality of *Rasa*. *Rasa* is major *Dhatu* involves in disease pathogenesis while *Medas Dhatu* may act as causative factor of heart disease in the form of obesity.

As per modern science lack of exercise, anxiety, fear, diabetes, obesity, sedentary habits and genetic factors, etc. can triggers cardiovascular events inside the body. Changes in coronary circulation due to the arterial obstruction, impairment of heart functions and inadequate blood flow to the heart muscles, etc. are main cascade involves in pathogenesis of heart problems. As per modern science the symptoms of cardiac health issues are; expansion of heart, pricking pain, tearing pain, chest pain, severe thirst, excessive tiredness, fatigue, excessive sweating, dryness of mouth, breathlessness and loss of physical strength, etc.

Pathological involvement of specific components in different types of Hrid Roga

Vata vitiation mainly involves in *Vataja Hrid Roga* which possesses symptoms of pain and stiffness. There is involvement of *Pitta* vitiation in *Pittaja Hrid Roga* associated with symptoms of *Daha* and pricking pain. *Kaphaja Hrid Roga* involves vitiation of *Kapha* associated with complication of obesity and diabetes. There is involvement of all three *Doshas* (*Vata, Pitta* and *Kapha*) in *Tridoshaja Hrid Roga* while *Krimija Hrid Roga* caused by worms and microorganisms

Pathological consequences of heart diseases

Kloma Saada

Bhrama

Apasmara

Unmada

Pralapa

Diagnosis of Hridroga

Trividh Pariksha (*Darshana, Sparshana* and *Prashan*), *Panchvidh Pariksha* (*Nidan, Poorvaroop, Roopa, Upshaya* and *Samprapti*), *Aststhan Pariksha* (*Nadi Pariksha, Mala Pariksha, Mootra Pariksha, Jivha Pariksha, Shabdh, Sparsh Pariksha, Drik Pariksha* and *Akruti Pariksha*) and *Dashvidh Pariksha* (*Prakrit Pariksha, Vikriti Pariksha, Saara Pariksha, Satmya Pariksha, Satva Pariksha, Samhanan Pariksha, Desh Pariksha, Ahar Shakti, Vyaym Shakti* and *Vya Pariksha*).

Modern science also suggested many diagnostic approaches for identifying severity of heart diseases including ECG, CT Angiography, Angiography, TMT, biochemical test and blood examination, etc.

Chikitsa

Panchakarma, internal medications, lifestyle changes and *Yoga* can relief heart problems. *Panchakarma* (*Virechana* and *Basti*), external therapies such as; *Abhyanga, Shiro dhara* and *Hrid Basti* can be used along with internal medicines like *Arjuna* and *Guggulu*. Specific *Asanas, Panayamas* and lifestyle modification can also helps in this regards.

Vataja type of *Hrdroga* can be treated effectively with the help of *Sneha* and *Vamana*. Drugs such as *Vaca, Hinguvastak, Yava-ksara, Saindhava* salt, *Sauvarcala, Sunthi* and *Ajamola*, etc. can be used for such cases. Consumption of juice of acid fruits, fermented rice, soup of *Jangala* meat, grapes and pomegranate recommended. While milk of buffalo, eggs, fats, oily foods, anger, and stress and over indulgence in sex are to be avoided.

Ayurveda formulations such as *Vasant Kusmaka, Arjuna Arista, Bala Arista, Aswaghanda Arista, Sitopaladi choorna* and *Chayawanprash*, etc. are useful.

Arjuna helps in congestion, hardening and reduces inflammation of arteries; this drug reduces congestive arteries, strengthens cardiac muscles and normalizes blood pressure.

Alsi contains omega-3 fatty acids, lignans and fibre thus lowers blood pressure, reduces cholesterol and improves cardiac functioning.

Garlic acts as cardiac tonic, improves blood circulations, reduces cholesterol and also improves digestion.

Triphala control cholesterol, useful for weight loss, breaks down fats and boost up overall physiological functioning of body.

Ashwagandha reduces stress which is one of the causes of heart problem and diabetes, this drug provides strength to cardiac muscle.

Some life style modification can also boost cardiac health including massages, daily walk and *Yoga*, etc. Massage with medicated oils helps to break down fats and improves circulation of blood thus decreases blood pressure. Meditation pacify anxiety, restores mental health, reduces anxiety and helps to keep away from anger and stress which are considered as triggering factors of heart diseases. *Pranayapma* is breathing exercises, which is beneficial for cardio-pulmonary system. *Pranayama* support heart muscles and improves oxygen-carrying capacity of blood vessels.

Table No.1: Factors Responsible for Hrid Roga

S.No	Category of etiological factors responsible for Hrid Roga	Examples
1	Dietetic factors	<i>Kasaya, Usna, Guru, Tikta sevana and Advasana</i>
2	Somatic factors	<i>Abhigata, Vegadharana and Ativerechana</i>
3	Psychological factors	<i>Bhava, Cinta and Trasa</i>

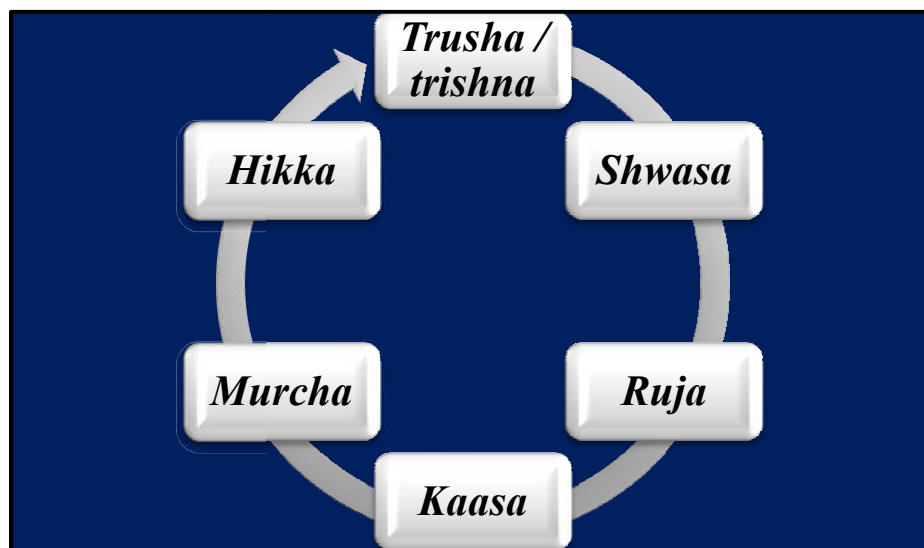


Figure No.1: Lakshana of Hrid Roga

CONCLUSION

Cardiovascular diseases are related to heart which includes coronary heart disease, heart failure, stroke and congenital heart disease. Overweight, diabetes, smoking and alcoholism, stress, consumption of junk foods, sedentary life style and genetic factors, etc. mainly causes heart problems. Clogging of vessels, deposition of cholesterol on arterial wall, loss of vessel wall thickness and obstruction of circulation, etc. Are major pathological events associated with heart problems. Chest pain, weakness, palpitations, fainting and shortness of breath, etc. Are symptoms of cardiac problems. Palpitations and arrhythmia are symptoms of *Vata* heart disease. Angina and yellow coloration are symptoms of *Pitta* heart disease while drowsiness and heavy sensation are symptoms of *Kapha* heart disease. Medical system suggested many dietary regimens for managing heart problems including; consumption of wheat, rice, green leafy vegetables, sprouted pulses, low fat milk and fresh fruits, etc. Ayurveda drugs such as; *Arjuna*, *Triphala*, *Bala Arista* and *Sitopaladi choorna*, etc. are considered useful for *Hrid Roga*.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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