INTRODUCTION

Non communicable disease (NCD) is a medical condition or disease that is not caused by infectious agent. NCDs can refer to chronic diseases which last for longer periods of time and progress slowly. These are group of four diseases which mainly include cardiovascular diseases, cancer, chronic respiratory diseases and diabetes. All these diseases are equally deadly but among all these cardio vascular diseases are the no. 1 cause of death in the world. One cannot ignore this deadly disease. So, we must approach towards the disease in a proper scientific manner. There are mainly two causes behind this and those are individual's lifestyle and genetic cause. Cardiovascular disease mainly starts with angina (a type of chest pain caused by reduced blood flow to the heart). It is estimated that 90% of CVD is preventable. It is mainly a lifestyle disorder which can be prevented by simply focusing on our lifestyle in a positive way. No pathy is better than ayurveda for lifestyle disorder. Ayurveda has a major scope for the treatment of cardio vascular disease as ayurveda is a science of life. Ayurveda basically has two major principle of treatment, first one is to protect the health of healthy person and second is to manage the disease of the patient and make him or her healthy again. As it is written in our samhitas, one must follow rules and regulations of DINCHARYA and RITUCHARYA. From nidan (diagnosis) to Chikitsa sutra (line of management) everything is described in our samhitas. In order to treat any disease we must do nidan parivarjan. We should avoid stressful activities, and should take proper diet, exercise daily. Ashta ahaar vidhi visheshhayatan has major role in prevention of cardiovascular disease. These are basic eight principles of our food, diet and nutrition. By simply following these rules we can improve our life. Yoga is an important part of ayurveda and has shown great improvements in patients of heart disease and HTN. It reduces anxiety and promotes healthy life. Treatment modalities include panchkarma like virechan and basti, external therapies like abhyanga, shiro dhara, hrid basti, internal

PREVENTION OF CARDIO VASCULAR DISEASE THROUGH AYURVEDA

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ABSTRACT

In today's era non communicable diseases are most prevalent diseases. They are also known as chronic diseases. Cardiovascular disease (heart disease) or Hridaroga is one of them. This is a lifestyle disorder and that’s why we should always focus on a healthy lifestyle. A healthy lifestyle can reduce the risk of this lethal disease. Our various bad food habits and sedentary lifestyle are the major causes for heart disease. This article will provide all of us a brief knowledge of heart disease (hridaroga). One has correctly said “Prevention is better than cure”. So, this article will mainly focus on how we can prevent heart disease through ayurveda. Ayurveda is the best pathy to prevent lifestyle disorder. Here we will see various yoga asanas, various dietary habits, lifestyle modifications we can do to prevent the disease.

Keywords: Hridaroga, hridashoola, CVD

INTRODUCTION

Non communicable disease (NCD) is a medical condition or disease that is not caused by infectious agent. NCDs can refer to chronic diseases which last for longer periods of time and progress slowly. These are group of four diseases which mainly include cardiovascular diseases, cancer, chronic respiratory diseases and diabetes. All these diseases are equally deadly but among all these cardio vascular diseases are the no. 1 cause of death in the world. One cannot ignore this deadly disease. So, we must approach towards the disease in a proper scientific manner. There are mainly two causes behind this and those are individual's lifestyle and genetic cause. Cardiovascular disease mainly starts with angina (a type of chest pain caused by reduced blood flow to the heart). It is estimated that 90% of CVD is preventable. It is mainly a lifestyle disorder which can be prevented by simply focusing on our lifestyle in a positive way. No pathy is better than ayurveda for lifestyle disorder. Ayurveda has a major scope for the treatment of cardio vascular disease as ayurveda is a science of life. Ayurveda basically has two major principle of treatment, first one is to protect the health of healthy person and second is to manage the disease of the patient and make him or her healthy again. As it is written in our samhitas, one must follow rules and regulations of DINCHARYA and RITUCHARYA. From nidan (diagnosis) to Chikitsa sutra (line of management) everything is described in our samhitas. In order to treat any disease we must do nidan parivarjan. We should avoid stressful activities, and should take proper diet, exercise daily. Ashta ahaar vidhi visheshhayatan has major role in prevention of cardiovascular disease. These are basic eight principles of our food, diet and nutrition. By simply following these rules we can improve our life. Yoga is an important part of ayurveda and has shown great improvements in patients of heart disease and HTN. It reduces anxiety and promotes healthy life. Treatment modalities include panchkarma like virechan and basti, external therapies like abhyanga, shiro dhara, hrid basti, internal
medications like *arjuna* which regulates the blood flow and provide strength to the heart. In this article we will mainly focus on various ahar drayvas we can take to prevent CVD and yoga asanas we can perform. So simply by following *ayurveda*, we can easily fight with this disease. So it’s high time now to accept our science and Vedas so that we can eradicate this disease from our society.

**Hridya**

According to Sushruta Samhita *Hridya*, similar to *pandarika* (lotus bud) is facing downwards; it opens when the person is awake and closes when he is asleep.

According to Madhav Nidan heart is a vital organ in the body; hence any disease affecting this organ is of a serious nature.

**Hridaroga**

*Nidan* (etiology)

According to Charak Samhita

**Hridaroga is caused by following factors:**
- Excessive exercise;
- Excessive use of articles having *tikshna* (sharp) attributes;
- Administration of purgation and emetic therapies, and enema in excess;
- Excessive worry, fear and stress;
- Emesis, *ama* (product of improper digestion and metabolism), and suppression of the manifested natural urges;
- Emaciation and
- Trauma (physical and mental).

According to Madhav Nidan

- Excessive Consumption of hot and heavy diet.
- Excessive Consumption of diet having *kashaya* and *tikta rasa*.
- Excessive Fatigue, trauma and stress.
- Suppression of natural urges.

**Types**

Five types have been described.

Five types of *Hridaroga* are present. Here we will see their modern correlation:

<table>
<thead>
<tr>
<th>Heart diseases described in <em>ayurveda</em></th>
<th>Comparable heart diseases described in modern medicine</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Sashooj Hridaroga:</em></td>
<td>Heart diseases with pain:</td>
</tr>
<tr>
<td>• Hridashoola</td>
<td>• Severe angina pectoris</td>
</tr>
<tr>
<td>• Vatik hridroga</td>
<td>• Severe angina pectoris</td>
</tr>
<tr>
<td>• Paitik hridroga</td>
<td>• Moderate angina pectoris</td>
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<tr>
<td>• Kaphaj hridroga</td>
<td>• Mild angina pectoris</td>
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<td>• Sannipatik hridroga</td>
<td>• Angina pectoris having myocardial infarction</td>
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<td><strong>Krumija Pandujanya Hridaroga:</strong></td>
<td>Heart diseases due to worm infestation and anaemia:</td>
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<tr>
<td>• Krumija Hridaroga</td>
<td>• Manifestation of anaemia in heart due to Ankylostoma duodenel.</td>
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<tr>
<td><strong>Shothayakta Hridaroga:</strong></td>
<td>Heart diseases due to oedema:</td>
</tr>
<tr>
<td>• Vatik Shotha</td>
<td>• Cardiac failure due to oedema</td>
</tr>
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<td><strong>Shwasyayakta Hridaroga:</strong></td>
<td>Heart disease with dyspnoea:</td>
</tr>
<tr>
<td>• Shudra Shwas</td>
<td>• Angina pectoris having dyspnoea on exertion, mild cardiac insufficiency.</td>
</tr>
</tbody>
</table>

**Table no.2 - Specific clinical features**

<table>
<thead>
<tr>
<th><em>Samanya lakshan</em> (Clinical feature)</th>
<th>Modern correlation</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Raja</em></td>
<td>Pain</td>
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<tr>
<td><em>Shwas</em></td>
<td>Dyspnoea</td>
</tr>
<tr>
<td><em>Kasa</em></td>
<td>Cough</td>
</tr>
<tr>
<td><em>Aasyavairasya</em></td>
<td>Bad taste</td>
</tr>
<tr>
<td><em>Trishna</em></td>
<td>Thirst</td>
</tr>
<tr>
<td><em>Vaivarnya</em></td>
<td>Discolouration</td>
</tr>
<tr>
<td><em>Murcha</em></td>
<td>Syncope</td>
</tr>
<tr>
<td><em>Hikka</em></td>
<td>Hiccough</td>
</tr>
<tr>
<td><em>Kaphaurklesha</em></td>
<td>Nausea</td>
</tr>
<tr>
<td><em>Jwara</em></td>
<td>Fever</td>
</tr>
<tr>
<td><em>Pramoh</em></td>
<td>Stupor</td>
</tr>
</tbody>
</table>

**Samprapti (pathogenesis)**

High calorie and saturated lipid rich diet + Sedentary lifestyle → *Mandagni* (low digestive power) → Rasa dushti → Sama Rasa (Hyperlipidemia) + kapha - Pitta + rakta + meda → Dhamni Prachitya (Atherosclerosis) → Strotorodha (obstruction of arteries) + *Vayu* → *Uro Raja* (chest pain) → *Hridashoola or Hridaroga*.

**Samprapti Ghatak**

- *Dosha* – *Vatadi dosha*, *Vata pradhan*
- *Dushya* – *Rasa, Meda*
- *Adhishthan* – *Hridya*
- *Srotas* – *Rasvaha Srotas*

**Lakshana (Symptoms)**

According to Charak Samhita

- Discolouration of the skin
- Fever, cough, hiccup, asthma
- Bad taste in mouth
- Morbid thirst
- Unconsciousness
- Vomiting, nausea, pain, anorexia

The modern correlation of various symptoms is present below:

**Table no.1 – Modern correlation**
Vataj Hridaroga

According to Shushruta Samhita[8]  
In Hridaroga produced by vata, the person feels pain such as expanding, pricking, twisting, tearing, exploding or splitting (of the heart).

According to Charak Samhita[9]  
By grief, fasting, excessive exercise, intake of unctuous, dry and inadequate quantity of food, the vata gets vitiated and affects the heart resulting in excruciating pain, trembling, cramps, stiffness, and unconsciousness, sensation of emptiness, bewilderment and severe pain after the digestion of food. This is vatika type of heart disease.

Pittaj Hridaroga

According to Sushruta Samhita[10]  
In Hridaroga produced by pitta, the person has thirst, burning sensation locally, as well as all over the body, sucking pain, exhaustion (debility without exertion) of the heart, feeling of hot fumes coming out, fainting, perspiration and dryness of the mouth are the symptoms.

Kaphaj Hridaroga

According to Sushruta Samhita[11]  
Feeling of heaviness (of the body and also of the heart), more flow of kapha from the mouth and nose, anorexia, stiffness of the body, weakness of digestive power, sweet taste in mouth are the symptoms of Hridroga caused by kapha.

According to Charak Samhita[12]  
Bradycardia, heaviness and timidity of the heart, excessive salivation, fever, cough and drowsiness are the specific features of the kaphaj type of Hridaroga.

Tridoshaj Hridaroga

According to Charak Samhita[13]  
In the heart disease caused by aggrevation of all the three doshas (sannipat), all the signs and symptoms are described above are manifested together.

Krumija hridroga

According to Sushruta Samhita[14]  
Nausea, more of spitting, pricking pain, oppression in the chest, drowsiness, anorexia, blue colour of the eyes and emaciation (of the body) are the symptoms of the Hridaroga due to krimi (intestinal worms).

According to Charak Samhita[15]  
In the event of heart disease caused by vitiation of all the three doshas, if one takes tila (Sesamum indicum), milk, sugar, candy, etc. This causes nodules in the heart. Rasa becomes sticky in some part of the heart. This stickiness produces pathogenic organisms (in a part of the heart of the patient). These organisms crawl and eat away (the heart). The patient feels as if his heart is being pierced by niddles or being cut into pieces by weapons; there is itching and pain in the heart. By these symptoms a wise physician should diagnose the heart disease as caused by presence of pathogenic organisms. Considering the seriousness of this condition, he should expedite the treatment of this acute disease.

Prevention of Hridaroga

Aacharya Charak has given following message for prevention of Hridaroga[16].

Those who want to preserve ojas and maintain heart and the vessels attached to it in good condition should avoid such of the factors as may lead to unhappiness (mental worries). Diets and drugs which are conductive to the heart, ojas and channels of circulation should be taken. Tranquility and wisdom should be followed meticulously for this purpose.

Avoid various risk factors like smoking, alcohol consumption and stress.

Brisk walking and certain physical activities should be done for weight loss.

Dietary changes[17]  
Serve more vegetables, fruits, whole grains, and legumes.

Choose fat calories wisely by:
- Limited saturated fat (found in animal product)
- Avoid artificial trans fat as much as possible.
- When using added fats for cooking or baking, choose oils that are high in monounsaturated fat (for example, olive and peanut oil) or polyunsaturated fat (such as soybean, corn, and sunflower oils).

Serve variety of protein rich foods: lean meat, fish and vegetable sources of protein.

Limit cholesterol: avoid high fat dairy products, red meat.

Serve right kind of carbohydrates: include foods like brown rice, oatmeal, quinoa, and sweet potatoes to add fiber and help control blood sugar levels. Avoid sugary food.

Eat regularly: don’t skip your meals.

Cut back on salt: too much salt can cause high blood pressure.

Encourage hydration: drink 1 to 2 litres of water daily as staying hydrated makes you feel energetic and eat less.

Pathya for Hridaroga[18]  

Puran ashali (old rice) mudga (green gram), yava (barley), kulatha (horse gram), patola (snake guard), karavellaka (bitter guard), abhaya (chebulic myrobalan), purana kushmanda (old ash guard), dadima (pomogranate), eranda taila (castor oil), draksha (grapes), takram (butter milk), shunti (ginger), lashuna (garlic), chandana (santalum) and kashta (coccus). Amla ras hridyanama[19] (sour taste).

Apathya (contraindicated) for Hridaroga[20]  

Tailam (saturated fats), guru ahara (heavy to digest), kashaya rasa dravya (astringent foods), atapa sevana (more exposing body to sun light), parisrama (exertion), krodha (anger), adhika maithunam (excessive sexual intercourse), chinta (excessive thinking) and adhika sambhashanama (excessive talking) etc. Should not...
suppress sukra vega, udgara vega, pipsa vega, baspa vega, sramasvaya rodha [21], avika sarpi (sheep ghee) – Ahridiya [22].

Various yoga asanas which can be done to prevent Hridaroga [23].

The latest research finds yoga enhances cardiovascular health in a number of ways, from calming the nervous system and reducing disease causing inflammation to taming hypertension and boosting beneficial HDL cholesterol. It also improves circulation and lung function, and may even reduce heart disease risk as effectively as brisk walking and cycling.

- Breathe deeply: it is an effective tool to help manage hypertension
- Sukhasana (easy pose) - Meditation
- Tadasana (mountain pose)
- Uttanasana (standing forward bend)
- Padangushthasana (big-toe pose)
- Adho mukha svanasana (downward dog)
- Janu sirsasana (head to knee forward bend)
- Setu bandha savangasana (bridge pose)
- Sputa padangushthasana (reclining hand to big toe pose)

**DISCUSSION**

The term “heart disease” is often used interchangeably with the term “cardiovascular disease.” Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as those that affect your heart's muscle, valves or rhythm, also are considered forms of heart disease. Many forms of heart disease can be prevented or treated with healthy lifestyle choices. We all know that the heart is one of the most vital organs in the body. The heart is an important seat (primary location) of vata, pitta, kapha, and ojas (the subtle essence of vitality and immunity), and it plays a crucial role in a number of internal bodily channels (srotamsi). The heart is also deeply integrated with the subtle body, which permeates and informs the physical body, extends beyond the physical form, and is more energetic in nature. As a result, the heart is an important crossroads among pathways through the subtle body (nadis), and it is intimately connected to the heart chakra as well. So, we should protect our heart by simply following healthy lifestyle, avoiding stress, eating right and practicing yoga daily.

**CONCLUSION**

Heart disease or Hridaroga is a term covering any disorder of the heart. According to a survey, heart disease is the leading cause of death in the world. One in every four deaths occurs as a result of heart disease. So, this is a highly alarming situation and we can’t ignore this lethal disease. Everyone should have brief knowledge about this. So, this article is explaining the heart disease in a very scientific way by covering its ayurvedic as well as modern parameters. The preventive measures we could use as described in our samhitas to minimise the disease and various yoga asanas we can perform is included in this article. So, if you are a heart patient, no need to worry as long as you follow the healthy lifestyle and various dietary principles described in our pathy i.e. ayurveda.

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