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Review Article

PREVENTION OF CARDIO VASCULAR DISEASE THROUGH AYURVEDA

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ABSTRACT

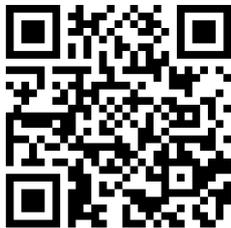
In today's era non-communicable diseases are most prevalent diseases. They are also known as chronic diseases. Cardiovascular disease (heart disease) or *Hridaroga* is one of them. This is a lifestyle disorder and that's why we should always focus on a healthy lifestyle. A healthy lifestyle can reduce 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

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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 visheshayetan* 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 dravyas 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.

Hridaya

According to Sushruta Samhita *Hridaya*, similar to *pundarika* (lotus bud) is facing downwards; it opens when the person is awake and closes when he is asleep [1].

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

Hridayaroga

Nidan (etiology)

According to Charak Samhita [2]

Hridayaroga 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 [3]

- 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 *Hridayaroga* are present. Here we will see their modern correlation [7]:

Table no.2 - Specific clinical features

Heart diseases described in <i>ayurveda</i>	Comparable heart diseases described in modern medicine
<i>Sashoola Hridayaroga</i> : <ul style="list-style-type: none"> • <i>Hridashoola</i> • <i>Vatik hridaya</i> • <i>Paitik hridaya</i> • <i>Kaphaj hridaya</i> • <i>Sannipatik hridaya</i> 	Heart diseases with pain: <ul style="list-style-type: none"> • Severe angina pectoris • Severe angina pectoris • Moderate angina pectoris • Mild angina pectoris • Angina pectoris with myocardial infarction
<i>Krumija Pandujanya Hridayaroga</i> : <ul style="list-style-type: none"> • <i>Krumija Hridayaroga</i> 	Heart diseases due to worm infestation and anaemia: <ul style="list-style-type: none"> • Manifestation of anaemia in heart due to <i>Ankylostoma duodenela</i>.
<i>Shothayukta Hridayaroga</i> : <ul style="list-style-type: none"> • <i>Vatik Shotha</i> 	Heart disease with oedema: <ul style="list-style-type: none"> • Cardiac failure with oedema
<i>Shwasayukta Hridayaroga</i> : <ul style="list-style-type: none"> • <i>Shudra Shwas</i> 	Heart disease with dyspnoea: <ul style="list-style-type: none"> • Angina pectoris having dyspnoea on exertion, mild cardiac insufficiency.

- *Vataj*;
- *Pittaj*;
- *Kaphaj*;
- *Tridoshaj* and
- *Krumija*

Samprapti (pathogenesis) [4]

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 Ruja* (chest pain) → ***Hridashoola or Hridayaroga***.

Samprapti Ghatak

- *Dosha – Vatadi dosha, Vata pradhan*
- *Dushya – Rasa, Meda*
- *Adhishthan – Hridaya*
- *Strotas – Rasvaha Strotas*

Lakshana (Symptoms)

According to Charak Samhita [5]

- 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 [6]:

Table no.1 – Modern correlation

<i>Samanya lakshan</i> (Clinical feature)	Modern correlation
<i>Ruja</i>	Pain
<i>Shwas</i>	Dyspnoea
<i>Kasa</i>	Cough
<i>Aasyavairasya</i>	Bad taste
<i>Trishna</i>	Thirst
<i>Vaivarnya</i>	Discolouration
<i>Murcha</i>	Syncope
<i>Hikka</i>	Hiccough
<i>Kaphautklesha</i>	Nausea
<i>Jwara</i>	Fever
<i>Pramoh</i>	Stupor

Vataj Hridroga

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 Hridroga

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 aggravation 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 needles 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 conducive to the heart, *ojas* and channels of circulation should be taken. Tranquillity 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 gourd), *dadima* (pomegranate), *eranda taila* (castor oil), *draksha* (grapes), *takram* (butter milk), *shunti* (ginger), *lshuna* (garlic), *chandana* (santalum) and *kushta* (coccus). *Amla ras hridayanama*^[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*, *pipasa vega*, *baspa vega*, *sramasvasa rodha*^[21], *avika sarpi* (sheep ghee) – *Ahridya*^[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)
- *Padangushtasana* (big-toe pose)
- *Adho mukha svanasana* (downward dog)
- *Janu sirsasana* (head to knee forward bend)
- *Setu bandha savangasana* (bridge pose)
- *Sputa padangushtasana* (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

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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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