



Review Article

CONCEPTUAL STUDY OF *HRIDROGA* WITH ITS CLINICAL MANAGEMENT- AN AYURVEDIC APPROACH

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ABSTRACT

*Hridroga* (heart diseases) is one of the major causes of death in India. *Hridroga* means Cardiac Disorders in Ayurveda. Heart is described as *Marma* (vital organ) in Ayurveda. Number of people suffering from the heart diseases are quite increased in last few years. According to the global burden of disease, the 24.8 % of all deaths are occurred due to CADs and it affects elders as well as young population, so it is needed to review the concept of *Hridroga* and its management according to Ayurvedic perspectives with its present updates so, one can prevent these conditions or manage them with more precise approach. Previously number of works has been done on *Hridroga* in relation to its pathology, treatment aspect, dietary regimen useful for pathological conditions affecting heart. Detail description of causes, symptoms, treatment part of *Hridroga* is available in the Ayurvedic texts. Ayurveda explains in detail regarding how Ayurveda is afflicted with vitiated *Vata*, *Pitta* and *Kapha* with its symptoms and clinical management. To prevent these conditions and also treat them with more precise approach the review of these concepts is helpful. This article includes the etiological factors, *Dosha* specific symptoms, types and clinical management of *Hridroga* (heart disorders) as explained in Ayurvedic texts.

INTRODUCTION

Ayurveda is an ancient medical science. It describes not only the management of disease but also maintenance of health. Detail description of causes, symptoms, treatment part of *Hridroga* is available in the Ayurvedic texts. In this present article the efforts are made to explore the concept of *Hridroga* with its *Nidan Panchaka* (etiopathology) and its clinical management as per Ayurveda the purpose of Ayurveda is to maintain the healthy state of body and knowledge of Ayurveda is useful for that and also to treat the various diseases.

The word *Hridaya* in Ayurveda means heart. According to Ayurveda, it is a site of *Mana* (mind), *Chetana* (consciousness) and origin of *Rasavaha* and *Pranavaha Srotasa* (body channels).

The Ancient texts of Ayurveda describes *Hridroga* in the form of *Vatik*, *Paittik*, *Kaphaj* and *Sannipatik Hridroga*. Acharya Charak has also described one another type of *Hridroga* i.e., *Krimija Hridroga*. Similarly, Acharya Sushruta has described another specific *Hridroga* named *Hritshool* which can be correlates with angina or ischemic heart disease (CAD) as per modern sciences. All available Ayurvedic texts, all available textbooks of modern science, online websites like Pub Med, Med Plus, Google Scholar are used to review concept of *Hridroga* and its clinical management.

Review of Concept

**Anatomy of Heart-** In Ayurveda, heart originates from the quintessence of *Rakta dhatu* and *Kapha*<sup>[2]</sup>. It is described as *Matruja* part of body i.e., predominantly made up from maternal genes<sup>[3]</sup>. Heart is defined as muscular organ which resembles a lotus facing downwards<sup>[4]</sup>. It is located in the center of chest, between the breasts and at the entrance of the stomach <sup>[5]</sup>. According to Ayurvedic texts *Hridaya* is described as a *Marma* and its measurement is *Musthi Pramana* <sup>[6]</sup>. Also, it is a site of *Vyana Vayu*, *Sadhaka Pitta*, *Avlambaka Kapha*, *Oja* and *Rasa Dhatu* <sup>[7]</sup>.

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Acharya also described it as the origin of *Rasavaha Srotasa* (body channels which carries body fluids) and *Raktavaha Srotasa* (body channels which involves in blood circulation) [8]. According to modern science heart is a hollow muscular organ that pumps and circulate blood throughout the body [9]. Heart is located near the anterior chest wall, posterior to the sternum and surrounded by the cavity called as pericardial cavity. It has four chambers- two atria (right and left atrium) and two ventricles (right and left ventricle). These are separated by muscular wall, known as septum. Four valves are present in the heart which regulates blood flow. These are- Tricuspid valve, pulmonary valve, mitral valve and aortic valve [10]. Two arteries and two veins are present through which circulation takes place are- superior vena cava, inferior vena cava, aorta and pulmonary artery [11].

### Physiology of Heart

Heart is only responsible for his *Sankocha* (contraction) and *Vikas* (relaxation) [12]. Ten *Siras* (blood vessels) are present in the heart through which heart provides *Rasa*, *Rakta* and *Oja* to entire *Srotasa* of the body [13]. *Vata dosha* is responsible for the heart functions including output (systole) and input (diastole) of the blood and also circulation. The circulation of blood takes place by integrate functioning and coordination of *Vyana Vayu*, *Sadhaka Pitta* and *Avalambak Kapha*. *Vyana Vayu* is responsible for distribution of nutrients, oxygen and essential components all over the body. *Sadhaka Pitta* is responsible for proper action of *Hridaya* a indirectly circulation and functions of nervous system [14]. *Avalambak kapha* lies in the *Ura Pradesh* and gives support to the heart in its contractions and relaxations and also provide necessary lubrication to the heart and blood vessels [15]. Heart is main vital organ which takes part in circulatory system of human body. Circulation takes place in two parts which are- pulmonary circulation and systemic circulation [16]. Pulmonary circulation comprises of blood transport to and away from the lungs while systemic circulation consists of transportation of blood to and from the rest of the body [17]. Circulatory system consists of heart, arteries, capillaries and veins.

### Hridroga

**Causes-** *Ativyayama* (excessive exercise) *Usna Ahara seven* (consumption of excessive spicy food), improper use of *Panchakarma*, *Chinta* and *Bhaya* (excessive stress and worrying), pre-existing disease which is not treated properly, *Ama Dosha*, *Veg Dharana*, polluted environment, *Abhigata* (trauma) [18]. Acharya Madhava also described cause of *Hridroga* are consumption of heavy food, excessive physical work, habitually taking food before the previous one has not been digested and anxiety may precipitate pathogenesis of *Hridroga* [19].

According to modern medicine there are many etiological factors described regarding to heart disease or coronary heart disease, such as sedentary lifestyle, old age, endomorphic body structure, tobacco chewing, obesity, diabetic mellitus, family history (hypercholesterolemia), less physiological activity, psychological factors, stress syndrome, sleeping at late night (increase cortisol) [20].

**Samprapti-** The etiological factors vitiate *Dosha*. Vitiating *Doshas* that affect *Rasa Dhatu* localized themselves in the heart and create obstructions (*Margavarodha*) resulting the impairment in functions of heart and produce pain [21]. Main two factors are responsible first one is obstruction in the lumen of coronary arteries due to hypercholesterolemia (*Sama Dosha*) and second one is spasm (*Vikrut Gati* of *Vata dosha-Sankoch* due to increased *Vata Dosha*) of Coronary artery.

### Modern View Aspect

Heart and blood vessels disease (also called heart disease) include numerous problems, many of which are related to process called atherosclerosis. Atherosclerosis is condition that develops when substance called plaque builds up in wall of arteries. This builds up narrows the arteries, making it harder for blood flow [22]. This can cause heart disease; all conditions may cause following consequences -

- A. Asymptomatic state
- B. Angina Pectoris
- C. Acute Myocardial Infraction (MI)
- D. Chronic Ischemic Heart Disease /Myocardial Fibrosis
- E. Sudden cardiac death.

All the Ischemic and emergency conditions except asymptomatic state but these conditions Angina Pectoris is the common and first symptomatic discomfort resulting from acute myocardial ischemia, it is characterized by proximal pain in pericardial or sub sternal region of the chest which is aggravated by an increase in the demand of heart and relieved by decrease in work of heart. The pain radiates to the left arm, neck, jaw or right arm. There are three overlapping clinical patterns of Angina pectoris with some differences in their pathogenesis are Stable or typical Angina, Prinzmetal's variant Angina and Unstable or crescendo Angina.

### Hritshool

It is described by Acharya Sushruta in Uttartantra as one of the types of *Vataja Shool* [23]. It is very common symptom in heart diseases. It can be seen as a symptom or *Purvaroop* of heart disease or may be manifested as an independent disease. According to the modern science it can be correlated with angina pectoris.

**Table 1: Types and Symptoms of Hridroga**

| Types                       | Charak Samhita [24]  | Sushruta Samhita[25]  | Asthang Sangraha[26]  | Madhav Nidan[27]                          | Modern Terminology[28]  |
|-----------------------------|--|---|---|---|---|
| <i>Vataj Hridroga</i>       | <i>Vepathu</i> (tremors), <i>Stambha</i> (heaviness), <i>Pramoha</i> (stupor), <i>Darah</i> (tachycardia), <i>Atyartha Vedana</i> (severe pain), <i>Dravah</i> (palpitation)   | <i>Ayamyate</i> (drawing pain), <i>Nirmathyate</i> (piercing pain), <i>Deeryate</i> (creeking pain), <i>Sphotyate</i> (pricking pain), <i>Patyate</i> (splitting pain)  | <i>Shoolyate Atyartam</i> (severe pain), <i>Aksmat Deenata</i> (sudden sense of depression), <i>Shoka</i> (grief), <i>Bhaya</i> (fear), <i>Dravah</i> (palpitation), <i>Shwasrodha</i> (dyspnea)  | Same as Acharya Sushruta                  | Arteriosclerotic diseases can be correlated or treated as <i>Vataja Hridroga</i> .  |
| <i>Pittaja Hridroga</i>     | <i>Hrida Daha</i> (heart burn), <i>Tiktate Vakrato</i> (bitter taste), <i>Tikta-Amla-Udirana</i> (bitter and acid eructation), <i>Klama</i> (exhaustion), <i>Trushna</i> (thirst), <i>Moorcha</i> (fainting), <i>Bhrama</i> (giddiness), <i>Sweda</i> (perspiration) | <i>Trushna</i> (thirst), <i>Daha</i> (burning sensation), <i>Ushma</i> (heat sensation), <i>Hridaya Klama</i> (exhaustion), <i>Sweda</i> (sweating), <i>Dhumaunya</i> (hot flashes), <i>Moorcha</i> (fainting), <i>Mukha Shosha</i> (dryness of mouth)  | <i>Trushna</i> (thirst), <i>Bhrama</i> (giddiness), <i>Moorcha</i> (fainting), <i>Sweda</i> (perspiration), <i>Daha</i> (burning sensation), <i>Amlak</i> (acid eructation), <i>Amlapittasya Chardana</i> (acid vomiting), <i>Jvara</i> (fever) | Same as Acharya Sushruta                  | <i>Pittaja Hridroga</i> can be correlated with infective endocarditis, pericarditis, pericardial effusion or all inflammatory disorders of heart. |
| <i>Kaphaja Hridroga</i>     | <i>Supti</i> (numbness), <i>Stimitam</i> (stiffness), <i>Bharikam</i> (heaviness), <i>Tandra</i> (drowsy), <i>Aruchi</i> (anorexia), <i>Prasek</i> (excessive salivation), <i>Jvara</i> (fever) <i>Kasa</i> (cough)  | <i>Gaurav</i> (heaviness), <i>Aruchi</i> (anorexia), <i>Sthambha</i> (tiffness), <i>Agni Mardava</i> (indigestion), <i>Asya Madhurya</i> (sweat taste in a mouth)   | <i>Hridaya Stabdhatata</i> (heart block), <i>Hridaya Bharikata</i> (heaviness in cardiac region), <i>Kasa</i> (cough)   | Same as Acharya Sushruta                  | <i>Kaphaja Hridroga</i> can be correlated with angina or MI   |
| <i>Sannipataja Hridroga</i> | Symptoms of all <i>Doshas</i> are present.   | Symptoms of all <i>Doshas</i> are present.  | Symptoms of all <i>Doshas</i> are present.  | Symptoms of all <i>Doshas</i> are present | <i>Sannipataja Hridroga</i> can be correlated with an emergency condition which needs quick active management.                                    |
| <i>Krumija Hridroga</i>     | <i>Sankleda</i> (excessive secretion), <i>Suchivat Vedan</i> (pricking pain), <i>Kandu</i> (itching), <i>Maharuja</i> (severe pain)  | <i>Tivra arti</i> (severe pain), <i>Toda</i> (pricking pain), <i>Kandu</i> (itching), <i>Utkleda</i> (excessive secretion), <i>Sthivana</i> (excessive salivation), <i>Toda</i> (pain), <i>Shoola</i> (Pain), <i>Hrullas</i> (nausea), <i>Aruchi</i> (anorexia), <i>Shyav Netra</i> (sunken eyes), <i>Shohta</i> (swelling) | <i>Shyava netrata</i> (sunken eyes), <i>Tam Pravesha</i> (giddiness), <i>Hrullas</i> (nausea), <i>Kandu</i> (itching)   | Same as Acharya Sushruta                  | <i>Krimija Hridroga</i> can be correlated with thrombo-embolic event of coronary artery leading to acute MI                                       |

### Investigation of diagnosis of Hridroga or ischemic heart disease

According to Ayurveda the *Nidan* (diagnosis) of *Hridroga* is done with the help of *Trividha Pariksha* (*Darshan, Sparshan & Prashna*), *Panchvidha Pariksha Nidan* (examination of etiological factors), *Purva Roop* (symptoms), *Roopa* (clinical features of disease), *Upshaya* ( differential diagnosis of disease), and *Samprapti* (pathogenesis)],

*Ashtavidha Pariksha (Nadi, Mala, Mootra, Jivha, Shabda, Sparsha, Akrti and Drik Pariksha), Dashvidha Pariksha (Prakriti, Vikrti, Saara, Satmya, Satva, Samhana, Desh, Ahara Shakti, Vyaym Shakti and Vaya Pariksha)* [29].

According to modern science diagnosis of heart disease are made with the help of ECG, TMT, CT Angiography of heart, Holter monitoring and Angiography etc. [30].

### Chikitsa

Detail description of clinical management of *Hridroga* is available in all the *Granthas* of Ayurveda. Acharya Charak described that, the diet and other activities beneficial for heart, *Ojovardhaka Dravya*, the *Dravyas* which are beneficial for *Srotasa* (body channels) is the line of treatment for *Hridroga*. [31]

**Table no.2**

| Types of <i>Hridroga</i>         | Chikitsa according to Ayurveda  |
|----------------------------------|---|
| <i>Vataja Hridroga</i> [32]      | Principles of treatment – <i>Snehana</i> and <i>Vamana</i><br>– <i>Snehana</i> (oleation) followed by <i>Vamana</i> (therapeutic emesis) is the main strategy of treating <i>Vataja Hrid Roga</i> .<br>Formulations – <i>Pippalyadi Churna, Pushkarmooladya Churna</i> .  |
| <i>Pittaja Hridroga</i> [33]     | Principles of treatment– <i>Vamana</i><br>– <i>Vamana</i> (therapeutic emesis) should be administered with mixture of <i>Shreeparni</i> or <i>Gambhari (Gmelina arborea)</i> , <i>Madhuka</i> (Indian licorice), <i>Madhu</i> (honey), <i>Sita</i> (sugar), <i>Guda</i> (jaggery) and <i>Jala</i> (water). This subsides the <i>Pittaja Hridroga</i> .<br>Formulations – <i>Dkrakshyadi Churna, Arjunadi Churna, Arjunadi Ksheerapak, Laghu Panchmoola Ksheerapak, Bala Madhuk Ksheerapak</i> |
| <i>Kaphaja Hridroga</i> [34]     | Principles of treatment –<br><i>Swedana</i> – Fomentation (sudation followed by <i>Snehana</i> )<br><i>Vamana</i> – Therapeutic emesis should be administered after <i>Swedana</i><br><i>Langhana</i> – especially fasting should be administered.<br>Formulations- <i>Trivrutadi Churna, Eladi Choorna</i> .   |
| <i>Sannipataja Hridroga</i> [35] | Principles of treatment –<br><i>Langhana</i> – Firstly <i>Langhana</i> , mainly fasting or light food should be administered in <i>Hrid Roga</i> caused by aggravation of all the 3 <i>doshas</i> .<br><i>Tridosha hara anna</i> – Later, foods which alleviate <i>Tridoshas</i> should be administered<br><i>Tridosha hara Aushadha</i> – Medicines which are antagonistic to the <i>Tridoshas</i> should be given i.e., <i>Tridosha</i> alleviating <i>Churnas, Ghritas</i> .               |
| <i>Krimija Hridroga</i> [36]     | Principles of treatment<br><i>Langhana</i> – should be initially done<br><i>Apatarpana</i> – Following <i>Langhana</i> , the patient should be kept on starvation or food which doesn't provide nourishment to the tissue. <i>Krimi hara karma</i> – All the treatments and medicines which destroy <i>Krimi</i> as explained in <i>Krimi Roga Chikitsa</i> should be done. Formulations – <i>Vidangadi Churna</i> .  |

According to modern sciences first step in treating CAD is to reduce risk factors. Treatment is divided into three parts. First part is lifestyle changes. It includes: don't smoke, eat healthy diet and increases physical activity. Second part is medication. Medication which is useful to lower blood pressure such beta blockers, ACE inhibitors or angiotensin II receptor blockers. Medications to reduce the risk of blood clots such as anticoagulants and antiplatelets. Third part is procedures or surgery. Interventional procedures to get rid of plaque buildup in the arteries and prevent blockages. Balloon angioplasty and stenting. Coronary artery bypass graft (CABG) involves new path for blood to flow when there is a blockage in the coronary arteries [37].

### OBSERVATIONS

The detail description of *Hridroga* and its clinical management is described in all the Ayurvedic texts. Acharyas explained the detail anatomical structure of heart with its physiology in a simple way and it is not much different from the anatomy and physiology of heart described in modern science. Four types of *Hridroga* are described in Ayurveda according to *Dosha pradhantva* and one is *Krimija* type of *Hridroga*. Acharya Sushruta described four types of *Hridroga* and includes *Krimija Hridroga* under the *Tridoshaja Hridroga*. Symptoms of all types with its clinical management are described in the Ayurvedic texts. *Vaman* is described as a part of treatment in *Vataja Hridroga* is primarily *Mrudu Vamana* and it is

useful in the *Doshoklesha Avastha* (when *Doshas* are in an aggravated state). *Hritshool* is come up as a *Purvaroop* of *Hridroga* or manifested in body as an independent disease, so these two conditions are required to be seen differently or with one another while we are treating the patient. As *Hridaya* is one of the *Marma* (vital organ) the management should be quick and aggressive to manage the condition. By using the dietary regimens described in the Ayurvedic texts and following the other *Pathya* one can prevent the further complications of *Hridroga* or it can be managed at its *Purvaroop* *Avasta*.

## DISCUSSION

As everyone is already know that, *Hridroga* and *Hritshoola* are very common in young age people due to sedentary lifestyle, excessive physical exercise, less sleep, stress, improper use of *Panchakarma*, physical or mental trauma etc. These factors aggravate *Tridoshas* (*Vata Pitta* and *Kapha* accordingly) leading to formation of *Ama* that is too heavy and sticky in nature which further obstruct *Rasavaha Strotas* & *Rasa dhatu* and this way pathogenesis of heart disease initiated. As per modern science ischemic heart disease pain typically feel like pressure, squeezing, burning or tightness during physical activity. The pain and discomfort usually start from substernal region, but it can radiate to the left arm, shoulder, neck jaw and back. Associated symptoms are coughing, palpitations, breathlessness and weakness. Ischemic heart disease can be diagnosed on basis of clinical examination TMT, ECHO and biomarkers. The detail description of all types of *Hridroga* with *Hritshool* and its clinical management is described precisely in the Ayurveda. While treating the *Hridroga* one should be clear in the immediate and aggressive management of the *Hridroga* because it is *Marma* and it can be the reason for sudden death of the patient. While treating the patient of *Hridroga* the line of treatment given by the Acharya Charak is very useful because it covers the all aspects.

## CONCLUSION

Now day's prevalence of heart disease has increased due to wrong lifestyle. Heart disease (coronary artery disease) is leading cause of death in both male and female. The prevalence of such disease can be avoided by taking consideration causative factors. In Ayurveda there are many procedures, examination methods are described for management of heart disease. Ayurveda provides a way to restore normal physiological functioning of heart, Ayurveda suggest that taking consideration of causative factors help to prevent pathological initiation of heart disease therefore awareness about etiological factors of heart disease is prerequisite. In this article review of concept of *Hridroga* according to Ayurveda and modern science with its clinical management was done. The clinical

study in number of people to prevent the disease or clinical trial to assess the efficacy of treatments mentioned in the texts will be useful for more precise approach to manage *Hridroga*.

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