



## A REVIEW ON AYURVEDIC CONCEPT OF *HRIDROGA* WITH MANAGEMENT

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### ABSTRACT

*Hridroga* (Cardio Vascular diseases) is the leading cause of mortality among non-communicable diseases in Sri Lanka. *Hridaya* is a synonym for Heart which is named under *Trimarma* (Vital organs) in Ayurveda and it is a *Moola*(root) of *Rasavaha* and *Pranavaha Srotas* which play a significant role in maintaining *Sharira* and *Manas*. Among other diseases mentioned in Ayurveda, *Hridroga* is very important but it has a quite brief description *Prabedha*, *Nidana*, *Lakshana*, and *Chikitsa* of *Hridroga* are available in the *Vrihathraya* and *Laghuthraya* and Ayurvedic authentic texts. The prevalence and incidence of people suffering from cardiovascular diseases are quite increased in the last few years and it affects elders as well as the young population. Lifestyle modifications like high caloric intake, alcoholic beverage consumption, smoking, and mental stress are the risk factors for cardiovascular disease. The aim of the study was to find out detailed information regarding significant features of types of all *Hridroga* and analysis precipitating factors and causes of *Hridroga* and any specific management methods in Ayurvedic texts. The results of this study found details regarding 05 types of *Hridroga* which are having significant features and clinical management based on the combination of vitiated *Tridosha* and relation to *Krimi* concept. And causes categorized under *Aharamaya* (Food related), *Viharanamaya* (Behavioural), therapeutic, *manasikahethu* (Mental status related) and traumatic injuries. Based on the features of some subtypes they can correlate with types of cardiovascular disease in modern medicine. Management of *hridroga* mainly was focused on *dosha shaman*, mainly *pitta dosha*, *Amadosha chikitsa* based on *doshic* predominance and the utility of *panchakarma* for *hridroga* management. Ayurveda medical system has an efficient approach for the prevention and management of *Hridroga*.

**Key words:** Hridroga, Ayurveda, Heart diseases, CVD

**INTRODUCTION:** *Hridroga* is a very common non-communicating disease in present era. *Hridroga*, also known as cardiovascular disease or heart disease, is a term used in Ayurveda, to describe a range of heart-related disorders<sup>(1)</sup>. It is derived from the Sanskrit words *hrid* (heart) and *roga* (disease). Ayurveda views the heart as a vital organ responsible for pumping

blood and vital energy (*prana*) throughout the body<sup>(2)</sup>. Any imbalance or disorder in the heart can lead to *hridroga*. *Hridroga* encompasses various cardiac conditions, including angina, hypertension, congestive heart failure, and arrhythmias. Ayurveda identifies multiple factors that contribute to *hridroga*, such as improper diet, sedentary lifestyle, stress, and genetic

predisposition<sup>(3)</sup>. According to Ayurveda, *hridroga* is primarily caused by an imbalance in the *doshas* (bio-energetic forces) within the body, particularly formation of *Ama*. Treatment in Ayurveda for *hridroga* involves a holistic approach that includes dietary and lifestyle modifications, herbal remedies, and stress management. The goal is to restore balance to the *doshas* and strengthen the heart. Ayurveda treatments may include the use of herbs like *Arjuna* (*Terminalia arjuna*), *Ashwagandha* (*Withania somnifera*), and *Guggulu* (*Commiphora mukul*), as well as dietary recommendations that focus on a heart-healthy, low-fat, and low-sodium diet. Additionally, practices like *yoga*, meditation, and *pranayama* (breathing

exercises) are often recommended to reduce stress and improve overall cardiovascular health. Ayurveda therapies aim to not only alleviate the symptoms of *hridroga* but also address its root causes to prevent its recurrence.

### AIMS AND OBJECTIVES

To assess the Ayurvedic aspect of the prevention and management *Hrid Roga*. To assessment the Ayurvedic literature in useful life style disorder. To assessment of *nidana karana* (*Ahara, Vihara and Aushadha*), *lakshana* and *Chikithsa Muoladharm* (Management principles) are described in Ayurvedic Authentic texts.

### Nidana (causative factors of Hridroga)

**Tale 01 – Comparison of Nidana mentioned in Samhitas**

Nidana	Su <sup>(4)</sup>	Cha <sup>(5)</sup>	AH <sup>(6)(7)</sup>	BP <sup>(8)</sup>	MN <sup>(9)</sup>	Bhe	YR <sup>(10)</sup>	Wang <sup>(11)</sup>
Suppression of natural urges	+	+	+	+	-	-*	+	+
Ingestion of hot potency food in large quantity	+	+	+	+	+	-*	+	+
Ingestion of dry nature food in large quantity	+	+	+	-	-	-*	-	-
Consumption of excessively sour food	-	-	-	+	-	-*	+	-
Consumption of excessively astringent food	-	-	-	+	+	-*	+	+
Consumption of excessively bitter food	-	-	-	-	+	-*	-	+
Use incompatible food	+	+	+	-	-	-*	-	-
Consumption of hard to digest food	-	-	-	-	+		-	+
More quantity of food often	+	+	+	+	-	-*	-	-
Uncooked food in more quantity	+	+	+	-	-	-*	-	-
Unaccustomed food in more quantity	+	+	+	-	-	-*	-	-
Consumption of excessively heavy food	-	-	-	+	-	-*	+	-
Eating before previously ingested food is digested	-	-	+	-	+	-*	+	+
Fatigue / over exertion	-	-	-	+	+	-*	+	+

Injuries / trauma	-	-	-	+	+	-*	+	+
Strain	-	-	-	+	-	-*	-	-
Indulging in excessive sexual	-	-	-	-	+		-	+
Stress	-	-	-	+	-	-*	-	-
Constant worrying	-	-	-	-	-	-*	+	-
Psychological disturbances	-	-	-	+	-	-*	-	-
Anxiety	-	+	-	-	-	-*	-	-
Fear	-	+	-	-	-	-*	-	-
Drastic and excessive purgation	-	+	+	-	-	-*	-	-
Drastic and excessive enema	-	+	+	-	-	-*	-	-
Faulty management of diseases	-	+	+	-	-	-*	-	-

The etiological factors (*Nidana karana*) can be classified in to 04 categories.

#### **Aharaja Nidana (Dietary factors)**

Mainly these factors are responsible for vitiate *Vata* and *Kapha dosha*, and formation of *Ama* and excessive production of *Dushitha Rasa Dhathu*. Vitiated *Vata* and *Rasa Dhathu* are playing key role in the pathogenesis of the *Hrid roga*.

#### **Viharaja Nidana (Lifestyle Related)**

*Viharanamaya* factors are responsible for *Vata dosha* vitiation and increase the work load of heart muscles.

#### **Manasika Nidana (Mental Conditions)**

Mental stress increases catecholamine secretion, which lead to hypertension, hyperlipidemia and plaque rupture resulting in atherosclerosis and coronary artery disease.

#### **Miscellaneous causes**

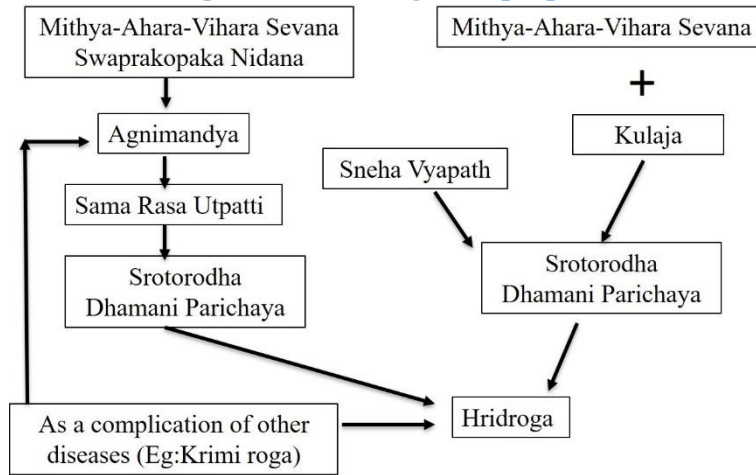
Improper treatment of disease like when *pancha Karmas* are not perform properly, they may produce excessive diarrhea or emesis and many of complications respectively. These conditions may lead to hypovolemia and electrolyte imbalance of

the body. It causes in cardiac rate and rhythm disturbances. Similarly, Ayurveda Authentic texts have mentioned *Hridroga* or *Hritprapthi* (feeling of friction like pain) in *Vamana* (Therapeutic emesis), *Virechana* (Purgation) and *Vasthi* (Therapeutic enema) *karma Updrava* (Complications of *Panchakarma*).

#### **Samprapthi (Pathogenesis of the Hridroga)<sup>(12)</sup>**

Weakness of digestion which is caused by diminished digestive fire results in production of morbid *Rasa dhathu* which is called as *Ama*. This *ama* vitiates all the *doshas* as *ama* is the indirect result of undigested food which first vitiates *doshas* which in turn causes this morbid condition, it is compared with the poison of *kodrava rice (Paspalum scrobiculatum)*. The *doshas* having undergone morbid increase vitiates *rasa dhathu*, localize themselves in the heart causing discomfort, this condition called as *Hridroga*. According to *todoshic* predominance *Hridrogas* are in 05 types. *Vataja*, *Pittaja*, *Kaphaja*, *Sannipathaja (Thridoshaja)* and *Krimija*.

**Figure 01- Hridroga samprapthi**



**Common Pre-Monitory Symptoms of Hridroga (Purvarupa)**<sup>(13)</sup>

Difficulty in breathing, Tiredness with small works like moving hand or leg, Exhausting (debility without exertion), Discomfort in mid chest, Mild swelling around ankle joints, Bloating abdomen, tiredness after having meal, change of heart rate even with a small incidence.

**Lakshana (Signs and Symptoms of Hridroga)**

**Samanya lakshana (Common Sign and Symptoms)**<sup>(14)</sup>

Abnormal complexion, fainting, fever, cough, hiccup, dyspnea, distaste in mouth, thirst, mental confusion, vomiting, excitement of *kapha* and consequent distress, anorexia

**Vishesha Lakshana (Specific Sign and Symptoms of types)**

**Table 02 – clinical features of Vataja Hridroga**

<b>Lakshana</b>	<b>Cha</b> (15)	<b>Su</b> (16)	<b>AH</b> (17)	<b>MN</b> (18)	<b>YR</b> (19)	<b>BP</b> (20)	<b>Wang</b> (21)
Expanding pain of the heart.	-	+	-	+	+	-	+
Pricking pain of the heart.	-	+	+	+	+	+	+
Twisting pain of the heart.	-	+	-	+	+	-	+
Tearing pain of the heart.	+	+	+	+	+	-	+
Exploding of the heart.	-	+	+	+	+	-	+
Splitting of the heart.	-	+	-	+	+	+	-
Pain is like churning by churn	-	-	-	-	+	+	-
Pain is like Cutting by a saw	-	-	-	-	-	+	-
Pain is like incision by sharp weapon	-	-	+	-	-	+	-
Pain is like break opening by an axe	-	-	-	-	-	+	-
Stretching sensation in the heart	-	-	-	-	+	-	-
Constricting pain of the heart.	+	-	-	-	-	-	+
Feeling emptiness of the heart	-	-	+	-	-	-	-
Palpitation	+	-	-	-	-	-	-
Wasting	+	-	-	-	-	-	-

Obstructed movements	+	-	+	-	-	-	-
Mental confusing	+	-	-	-	-	-	-
Grief and fear without reason	-	-	+	-	-	-	-
Tremors of the body	-	-	+	-	-	-	-
Contractions of the body	-	-	+	-	-	-	-
Obstructed Breathing	-	-	+	-	-	-	-
Less Sleep	-	-	+	-	-	-	-

**Table 03 – clinical features of Pittaja Hridroga**

<b>Lakshana</b>	<b>Cha</b> (22)	<b>Su</b> (23)	<b>AH</b> (24)	<b>MN</b> (25)	<b>YR</b> (26)	<b>BP</b> (27)	<b>Wang</b> (28)
Person has thirst		+		+	+	-	+
Burning sensation locally	+	+	+	+	+	-	+
Burning sensation all over the body	+	+	+	+	+	-	-
Sucking pain	-	+		+	+	-	-
Exhausting (debility without exertion) of the heart	-	+		+	+	+	-
Feeling of hot fumes coming out from mouth	-	+	+	+	-	+	-
Fainting	-	+	+	+	-	+	-
Severe Perspiration	-	+	+	+	+		+
Dryness of the mouth	-	+	-	+	+	+	+
Burning pain which is dry sometimes	-	-	-	-	-	+	-
Strangling feeling	-	-	-	-	-	+	-
Clammy skin	-	-	-	-	-	+	-
Emaciation	-	-	-	-	-	-	+
Tiredness	-	-	-	+	-	-	+
Weakness of the heart	-	-	-	-	-	-	+
Feeling of movement of hot air inside of the heart	-	-	-	-	-	-	+
Feeling of darkness	+	-	-	-	-	-	-
Distress	+	-	-	-	-	-	-
Mental confusion	+	-	-	-	-	-	-
Terror	+	-	-	-	-	-	-
Heat pyrexia	+	-	-	-	-	-	-
Yellowishness	+	-	+	-	-	-	-
Fever	-	-	+	-	-	-	-
Dizziness	-	-	+	-	-	-	-
Vomiting sour pitta	-	-	+	-	-	-	-

**Table 04 – clinical features of Kaphaja Hridroga**

<b>Lakshana</b>	<b>Cha</b> (29)	<b>Su</b> (30)	<b>AH</b> (31)	<b>MN</b> (32)	<b>YR</b> (33)	<b>BP</b> (34)	<b>Wang</b> (35)
Feeling of heaviness of body	-	+	+	+	+		+
Feeling of heaviness of heart	-	+	+	+	+	+	
Excessive secretion from the mouth and nose	-	+	+	+	+	+	+
Anorexia	-	+	+	+	+	+	+

Stiffness of the body	-	+	-	+	+	-	+
Weakness of digestive power	-	+	+	+	+	-	+
Sweet taste in mouth	-	+	-	+	+	+	+
Loss of taste perception	-	-	+	-	+	+	-
Chest rigidity	-	-	-	-	-	+	-
Obstructed in movements	+	-		-	-	-	-
Heavy and dull associated with salivation	+	-	+	-	-	-	-
Fever	+	-	+	-	-	-	-
Cough	+	-	+	-	-	-	-
Drowsiness	+	-		-	-	-	-
Excessive sleep	-	-	+	-	-	-	-
Lassitude	-	-	+	-	-	-	-

**Clinical features of Sannipathaja Hridroga** <sup>(36)</sup>

Susrutha samhitha has not mentioned Sannipathaja or thridoshaja hridroga type.

All other authentic texts have mentioned this type has all the above said signs and symptoms appear mingled

**Table 05 – clinical features of Krimija Hridroga**

<b>Lakshana</b>	<b>Cha</b> (37)	<b>Su</b> (38)	<b>MN</b> (39)	<b>YR</b> (40)	<b>Bhe</b> (41)	<b>BP</b> (42)	<b>Wang</b> (43)
Intense discomfort of cardiac region	+	+	+	-	-	-	+
piercing pain of cardiac region	+	+	+	+	+	-	+
Itching of cardiac region	+	-	-	-	+	-	
Nausea	-	+	+	+		-	+
More of spitting	-	+	+	+	+	-	+
Oppression in the chest	-	+	+	+	-	-	+
Drowsiness	-	+	+	+	-	-	+
Anorexia	-	+	+	+	-	-	-
Blue color of the eyes	-	+	+	-	-	-	-
Emaciation of the body	-	+	+	-	-	-	-
Giddiness	-	+	+	-	-	-	-
Exhaustion without exertion	-	+	+	-	-	-	-
Debility	-	+	+	-	-	-	-
Emaciation	-	+	+	+	-	-	-
Belching	-	-		+	-	-	-
Blackness of the eyes	-	-		+	-	-	+
Feel sensation of burning of Vital points	-	-	-	-	+	-	-
Gets(acute)pain at the vital spot	-	-	-	-	+	-	-
Hatred of food	-	-	-	-	+	-	-
Fever	-	-	-	-	+	-	-
Swooning down, difficulty in breathing	-	-	-	-	+	-	-
Color (complexion) changes	-	-	-	-	+	-	-
Becomes miserable and worthy of pity	-	-	-	-	+	-	-
Loss of taste	-	-	-	-		-	+
Edema	-	-	-	-		-	+
Krimi generation	-	-	-	-		+	-

### Complications of Hridroga (Upadrawa)

(44)

The *kloma*, which is said to be the originating place of water regulating mechanism of the body is dried up followed by dry mouth. The patient suffers from complete vertigo and severe loss of weight. Increase of *krimija* type, nausea, water brash and indigestion observed.

### Prognosis of Hridroga (Sadhyasadyatha)

(45)

According to *Bhela Acharya*, *Hridrogas* which are with one *dosha* predominance are *sadhya* (Curable), *sannipathaja* and *krimija* types are *asadhya* (Incurable). Other *acharyas* have described all types are curable.

### Treatment of Hridroga (Chikithsa)

Table 06- Treatment principles of types of hridroga (47)

Type of hridroga	Treatment principle
Vataja	Snehana vamana karma
Pittaja	Vamana karma
Kaphaja	Swedana - Fomentation (sudation followed by Snehana) Vamana- Therapeutic emesis should be administered after Swedana Langhana - specially fasting should be administered.
Sannipataja	Langhana Thridoshaharaanna Thridoshaharaaushadha
Krimija	Langhana Apatharpana

**DISCUSSION:** *Hridaya* is a synonym for Heart which is named under *Trimarma* (Vital organs) in Ayurveda and it is a *Moola* (root) of *Rasavaha* and *Pranavaha Srotas* which play a significant role in maintaining *Sharira* and *Manas*. *Hridrogas* are very common in young and elderly age people due to sedentary lifestyle, excessive physical exercise, less sleep, stress, physical inactivity, mental traumatic conditions, improper use of *Panchakarma* etc. These *nidanas* (Causative factors) can be discussed under

### Common treatment

After the *snehana* (oil application), palliating and evacuative measures should be done. If the disease has not become chronic, he should be submitted to a course of fasting excluding the *vata* type. *Haritaki* (*Terminali chebula*), *vaca* (*Acorus calamus Lin.*), *rasna* (*Alpinia galanga*), *pippalidvaya* (*Piper longum* and *Scindapsus officinalis*), *wishwabeshaja* (*Zingiber officinale*), *shati* (*Kaempferia galanga L*), *puskaramula* (*Inula racemose Hook*) powder destructive of a heart disease. Powder of *arjuna* bark with ghee or milk or jaggery water will be relieve *hridroga*. (46)

### Specific treatments

*aharamaya nidana* (food related), *viharanamaya nidana* (Behavior related), *aushadhamaya nidana* (Medication related), *manasika hethu* (Mental status related) and *abhighathajamaya nidana* (Traumatic causes). These *nidanas* cause aggravate *Tridoshas* (*Vata*, *Pitta* and *Kapha* accordingly) and leading to formation of *Ama* condition in the body. This *Ama* is too heavy and sticky in nature. And it leads to obstruct *Rasavaha Srotas* and *Rasa dhatu* (a body tissue). These *dosha* (Intrinsic humors) and *dushyas*

(vitiated tissues) are being *sammurchana* (Conjoining) at the *vaigunya rasavaha srothas* (defected channel which flows *rasa dhathu*) of the heart and it occurs heart diseases. All *acharyas* and authentic Ayurveda texts have explained 05 types of *hridroga* according to *doshic* predominance and specific causes except *Acharya Susruta*. *Susrutha samhitha* has explained *vataja*, *pittaja* and *Kaphaja* types as other *acharyas* but *Sannipathaja* /*Thridoshaja* and *krimija* (Microorganism related) type as one type.

Coronary heart diseases are the (cardio vascular diseases) leading cause of annual death in Sri Lanka. The incidence of the cardiovascular diseases is increase all over the world is due to mainly the faulty diet pattern & life style, Obesity, Diabetes mellitus and other diseases, stressful mental condition etc. Uncontrolled hypertension and Dyslipidemia are plays role of common *nidanarthakara roga* for the cardiovascular diseases.

The detailed description of all types and their specific management has described in all Ayurveda authentic texts. When treating to *hridroga* individual, it is very essential to consider his constitution (*Prakriti*), and imbalances (*Vikriti*) to create a personalized treatment plan. Treatment of *hridroga* may be very critical due to heart is a main seat of *prana (Marma)*. *Acharya charaka* has described line of treatment which covers all aspects. Knowledge of acute management and Lifestyle Modifications, Dietary Guidelines, Regular Monitoring is very essential for proper outcome.

### CONCLUSION

Considering present situation, prevalence of diseases of heart (*Hridroga*) are very high. Coronary heart diseases are the (cardio vascular diseases) leading cause of annual death in Sri Lanka. According to Ayurveda texts and *acharyas*, there are many modifiable causes and risk factors in among *hridroga nidanas*. If the

pathogenesis identified in primary level, *samprapthi khandana* of disease will be easy. Based on the findings Ayurveda well developed and expanded treatment plan for the *chikithsa* of *hridroga* and to reduce risk of *hridroga* (prevention).

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