

ROLE OF AYURVEDIC FORMULATIONS IN HRIDAY ROGA: A CASE STUDY

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ABSTRACT :

Prevalence of *Hridaya Roga* is increasing in our country from last few decades because of change in life style, dietary habits, stress, smoking and alcohol drinking habits etc. due to this change in life style, young age peoples are suffering from heart disease.

Ayurveda states 3 basic *marma*'s i.e. the vital points where *Prana* (life) is situated and any trauma to this *marma* (vital spots) may cause to *sadyah marana* (death). These 3 *marma*'s are *Hridaya* (Heart), *Shira* (head) & *Basti* (bladder). Out of these *Hridaya* is one of the most important *Marma*, which is also a *Pranayatana* (where life resides) and *Moolsthan* of *Rasa* & *Rakta Vaha Srotas*.

For present study, a 40 years old Hindu female patient having symptoms like Breathlessness, Chest pain, Sleeplessness, Dizziness, Darkness before eye (*tamah pravesh*), Fatigue, Tastelessness, and Muscles cramps since long time was registered. Patient has taken Allopathic treatment since 2months. According to patient, all the symptoms had been aggravated excessively in last 2 weeks.

Considering the signs and symptoms of *Hridaya roga*, she was treated according to line of treatment of *Rasavaha srotodusti lakshan*, *manovaha sroto dusti* and *hridaya roga* along with *pathya* follow. Mild relief was found in the signs and symptoms related with *hridaya roga* and moderate relief in other associated symptoms so Ayurveda is helpful in removing symptoms without any side effect.

Key words: *Hridaya Roga, Hridaya Marma, Ayurveda*

INTRODUCTION: In Brahmana Grantha and Upanisada the term *hridaya* is defined, which is much interesting. This definition serves the purpose of physiological function of *hridaya*. The word *hridaya* is composed of three syllables, i.e. *hri+da+ya=hridaya*. The etymological derivation of the word *hridaya* is "*harati dadati iti hridayam*". The first syllable point out the suction activity of *hridaya* (*hridayaam* i.e. venous return), second denote the pumping activity of *hridaya* (*samvardhanama* i.e. supply of oxygenated blood) and lastly

the third syllable means control of these above two functions (*yama*). The *hridaya* is indispensable for all the normal mental and physical activities because the entire sense, perception representing the life or movement of the body depend on the *hridaya*. Moreover, the *hridaya* is the substratum of *rasa*, *vyana vayu*, *buddhi*, *indriya*, *Atma* and *para oja*. The etiology of *hridaya roga* is as follows- *ativyayama* (physical exertion), *atisara* (purgation), *chardi* (vomiting), *Ama* and *Aghata* (injury) are the etiological factors. The other factors which cause *hridroga* are

murcha (fainting), *jvara* (fever), *kasa* (cough), *svasa* (dyspnoea), *cinta* (anxiety), *bhaya* (fear), *trishna* (thirst),

atiutsaha (excitement), *bhrama* (mental confusion), and *aruchi* (anorexia).ⁱ

Table No. 1. Showing Common Lakshana of Hridroga that is given below,

S.No.	Lakshana (Signs and Symptoms)	Charaka Samhita ⁱⁱ	Vagbhat Samhita ⁱⁱⁱ	Shusruta Samhita ^{iv}
1.	<i>Vaivarnya</i>	+	-	-
2.	<i>Murcha</i>	+	+	+
3.	<i>Jvara</i>	+	+	-
4.	<i>Hikka</i>	+	-	-
5.	<i>Svasa</i>	+	+	-
6.	<i>Vairasya</i>	+	+	-
7.	<i>Trisna</i>	+	+	+(<i>paitika</i>)
8.	<i>Chardi</i>	+	+	<i>Kaphashrava</i>
9.	<i>Kaphotklesa</i>	+	+	
10.	<i>Ruja</i> (Chest pain and referred pain)	+	+	+(<i>vatika</i>)
11.	<i>Aruci</i>	+	+	+(<i>Kaphaja</i>)
12.	<i>Moha</i>	+	+	-
14.	<i>Hridaya badham</i>	-	<i>Hridsunyata</i>	+
15.	<i>Daha, swedan, shosha.Dhumayan</i>	-	+	+
16.	<i>Gaurava</i>	-	+	+(<i>kaphaja</i>)
17.	<i>Shoka, bhaya, akasmata dinata</i>	-	+	-

CASE REPORT: A 40 years Hindu female patient residing in Gomatipur (Ahmedabad) came to OPD of Kayachikitsa Dept., Akhandanand Ayurved college & hospital, Bhadra Ahmedabad, 9 Nov. 2015; with the following complains:

- **Chief complaint:**

Sr. No.	Chief complaints (Present History)	Since	1 st day (9 th Nov) of complaint scoring ^v
1.	Breathlessness	3months	+++
2.	Chest pain	1 week	++
3.	Sleeplessness	3months	++
4.	Dizziness	3months	+
5.	Darkness before eye(<i>tamah pravesh</i>)	4days	+
6.	Fatigue	3months	++
7.	Tastelessness	15days	+
8.	Muscles cramps since long time 18years	1month	++

Past History: According to patient, she has general fatigability and dyspnea especially in night since last 3months, So that her family doctor advised some investigations

in that she was diagnosed as hypothyroidism incidentally on 13 Oct, 2015 as her TSH Level was 5.23 uIU/ml.

- On 2 Nov 2016, she went in GCS Medical college, hospital & research center, Ahmedabad for central chest pain, fatigability and dyspnea. She was diagnosed with a case of concentric left ventricular hypertrophy (LVH), global hypokinesia, LVEF- 20%, Severe TR, Severe PAH, mild AR, MR, PR in echocardiogram report. She had also moderate cardiomegaly on X-ray chest (PA).

• **Treatment history:**

-She has taken regularly Thyronorm tab 75mg (thyroxin hormone) daily in morning for hypothyroidism.

-she was treated with Allopathic medicines for general fatigability and dyspnea, which provided relief for some times but afterwards it reappeared again on 2 Nov 2016. She was prescribed with regular treatment of allopathic medication given below: Carvidol-3125mg, Digoxin-0.25mg, Torsemide- 5mg, Spironolactone-50mg, Atorvastatin- 40mg + aspirin 75mg, clopidogrel-75mg.

• **Dietary History:** Excessive consumption of *Lavan Rasa*, occasionally *Viruddha Ahara* of *Lavan rasa* with milk.

• No any addiction of tobacco, smoking and alcohol.

• **Investigation:** all routine blood investigation as CBC, Sugar Level, LFT, RFT, Urine Routine and Microscopic examination, USG abdomen were carried out and founded within the normal limit except patient was anemic Hb 9gm%.

• **On Examination:**

CVS- S₁S₂ normal, heart rate- 90, B.P.- 110/70 mmHg.

CNS- well conscious, no any disease found.

RS- On inspection patient has some difficulty in breathing. On auscultation no

adventitious sounds heard but sound frequency and intensity was dull.

GIT- No any complaint.

- Family History: Nil
- Mental status: stressfull life, *Rajas prakriti*
- *Prakriti- vatapaitika, Nadi- Vata kaphaja.*

Treatment Plan, Observation and results:

Considering the signs and symptoms of patient, treatment was followed according to *Rasavaha srotodusti lakshan*^{vi}, *manovaha sroto dusti*^{vii} and *hridaya roga*. Treatment plan as following:

• Planned first for *Nidana parivarjana* (removal of causal factors) during treatment, *Pachana*, *laghan*, and *anulomana*^{viii} for 1 week:

- (1) *Chitrakadi Vati*^{ix} 2tab twice a day.
- (2) *Haritaki* 3gm + *Shunthi* 1gm *churna* twice a day before meal in morning and after meal in night with lukewarm water for 1 week then,

• *Deepan, pachana, Hridya* and *medhya rasayan chikitsha* for 4 months continuously-

- (1) *Chitrakadi Vati* 2tab twice a day.
- (2) *Kshira paka*^x that was prepared by mixing *Arjuna churna*^{xi} 3gm + *Guduchi churna* 1gm+ *Shunthi churna* 1gm in milk 1 cup+ 1 cup of water after that boil it till only milk remains in container. It was given twice a day during breakfast n evening time before meal.

- (3) *Mansyadi kwatha*^{xii} 10gm twice a day after 2 hr of meal.

- (4) *Prabhakar vati*^{xiii} 2 tab twice a day before meal along with *Kshira paka*.

- (5) *Medhya rasyana*^{xiv} 3gm twice a day before meal with luke warm water.

During this period her allopathic medications were continued till 10 weeks after that Spironolactone- 50mg,

Atorvastatin- 40mg + aspirin 75mg, clopidogrel-75mg has been stopped by tapering dose within 2 weeks.

From 11th to 22nd week her Carvidol-3125mg, Digoxin-0.25mg, Torsemide- 5mg and Thyronorm 75mg continued.

Sr. No.	Chief complaints	1 st day of complain scoring	1 st month end	2 nd month end	3 rd month end	4 th month end
1.	Breathlessness	+++	+	Absent	Absent	Absent
2.	Chest pain	++	+	Absent	Absent	Absent
3.	Sleeplessness	++	+	Absent	Absent	Absent
4.	Dizziness	+	Absent	Absent	Absent	Absent
5.	Darkness before eye(tamah pravesh)	+	Absent	Absent	Absent	Absent
6.	Fatigue	++	+	+	Absent	Absent
7.	Tastelessness	+	Absent	Absent	Absent	Absent
8.	Muscles cramps	++	+	+	Absent	Absent

Follow up study for next 4 months (17th week to 32th month): Planned next for *Hridya, medhya rasayan, balya and vatashamaka chikitsha* for 4 months continuously-

(1) *Kshira paka* that was prepared by mixing *Arjuna churna* 3gm + *Guduchi churna* 1gm+ *shunthi churna* 1gm in milk 1 cup+ 1 cup of water after that boil it till only milk remains in container. In this *Kshira paka* 500mg *Godanti bhasma* was advised to mix. It was given twice a day

during breakfast n evening time before meal.

(2) *Prabhakar vati* 2 tab twice a day before meal along with *Kshira paka*.

(3) *Medhya rasyana* 3gm twice a day before meal with Luke warm water.

(4) *Navjivan rasa* 2tab twice day before meal with lukewarm water.

(5) *Nirgundi tail* 5-10 ml lukewarm for local massage for muscles cramps and pain.

Sr. No.	Chief complaints	5 th month end	6 th month end	7 th month end	8 th month end
1.	Breathlessness	+	Absent	Absent	Absent
2.	Chest pain	Absent	Absent	Absent	Absent
3.	Sleeplessness	+	Absent	Absent	Absent
4.	Dizziness	Absent	Absent	Absent	Absent
5.	Darkness before eye(tamah pravesh)	Absent	Absent	Absent	Absent
6.	Fatigue	Absent	Absent	Absent	Absent
7.	Tastelessness	+	Absent	Absent	Absent
8.	Muscles cramps and pain	++	+	Absent	Absent

Follow up study for next 1 month (33th week to 36th month): Planned next for *Hridya*, *Vatanuloman* and *Rasayan chikitsha* for 1 months continuously-

After 16 weeks treatment plan was changed slightly and advised for 4 weeks, that is given below:

(1) *Kshira paka* that was prepared by mixing *Arjuna churna* 2gm + *Aswagandha churna* 2gm + *Satavari churna* 2gm in milk 1 cup+ 1 cup of water after that boil it till only milk remains in container. In this *kshira paka* 500mg *Godanti bhasma* was advised to mix. It was given twice a day during breakfast n evening time before meal.

(2) *Prabhakar vati* 2 tab twice a day before meal along with *Kshira paka*.

(3) *Punarnava Mandoor*^{xv} 2 tab twice a day before meal with lukewarm water.

(4) *Shootshekhar rasa*^{xvi} 2 tab twice a day before meal with lukewarm water.

(5) *Nirgundi tail* 5-10 ml lukewarm for local massage for muscles cramps and pain.

(6) *Haritaki*^{xvii} tab (500mg tab) 2-3 tab at the time of sleep with lukewarm water.

During this period her regular allopathic medications Carvidol-3.125mg, Digoxin-0.25mg, Torsemide- 5mg and Thyronorm 75mg tapered.

Further, her only three medications were continued Carvidol-3.125mg, Torsemide- 2.5mg and Thyronorm 50mg.

Sr. No.	Chief complaints	33rd week end	34 th week End	35 th week end	36 th week end
1.	Breathlessness	Absent	Absent	Absent	Absent
2.	Chest pain	+	Absent	Absent	Absent
3.	Sleeplessness	Absent	Absent	Absent	Absent
4.	Dizziness	Absent	Absent	Absent	Absent
5.	Darkness before eye(tamah pravesh)	Absent	Absent	Absent	Absent
6.	Fatigue	Absent	Absent	Absent	Absent
7.	Tastelessness	Absent	Absent	Absent	Absent
8.	Muscles cramps and pain	+	+	Absent	Absent

Ecocardiogram report:

Complaints	Before Treatment	After treatment
Mitral valve	Normal	Normal
Aortic valve	Normal	Normal
Tricuspid valve	Normal	Normal
Pulmonary valve	Normal	Normal
Right atrium, right ventricle, IVS & IAS, Pulmonary artery, pericardium	Intact and Normal	Intact and Normal
MR,TR,AR	Mild	Mild
PAH	Severe	Mild
LV dysfunction	Severe	Normal
LVEF	25%	45%

DISCUSSION: *Hridaya roga* is caused by *ativyayam* (excessive exercise), *tikshna ahar* (spicy, bitter food), excessive use of *virechan* and *vaman, chinta* (anxiety), *bhaya* (fear), non-properly treated disease, *Ama dosha* (toxic humour), *vegavarodha* (stopping of urges), food that make body thin and traumatic or any kind of stroke on heart.^{xviii}

Ushna, Ruksha ahar (much hot, spicy, rough food), *viruddha Ahar* (incompatible food), *Adhyasana* (untimely meal), *Ajirna* (indigestion), *asatmya bhojana* (unlikely food) are factors that vitiate *dosha* that move to heart, where it vitiate *rasa* and heart too.^{xix}

As patient life was stressful, anxiety for her family, excessive work load, fear of illness as she known with her already diagnosed heart related problems in echocardiogram and ECG. From above symptoms she was diagnosed with *sannipatika hridroga* as her complaints cover all types of symptoms of three *doshas*. It was tough to calm and support her for treatment so there was a planning of:

1. First she was consoled regarding psyche and advised for regular calm and stress free life. Also she was advised for removal of causal factors i.e. extra works, unnecessary work load, heavy, spicy, bitter food. So during the whole treatment she was under strict rules and regulations of *ahar, vihar* and balanced diet schedules.

2. As *hridaya roga* is marked as *rasavaha* and *pranvaha srotas vyadhi*^{xx} (due to disturbance of *rasa* and *prana* carrying pipelines and heart too) and also mostly symptoms of *hridroga* shows *rasa dhatu dusti lakshana* (vitiated *rasa dhatu*)^{xxi}, so the treatment plan was followed according to *rasavaha sroto dusti* and *rasavaha* diseases^{xxii} i.e. *langhan*

(fasting) for one week. For *vatanuloma* (regulation and normalizing *vata dosha*) and *ama pachana* there was prescribed *haritaki churna* and *shunthi churna* (dry zinger powder).

3. For proper digestion, *srotoshodhan* and *ama pachana*, *chitrakadi vati* was given for 4 months regularly.

4. Most of the prescription for further treatment was *hridya* (regulate and to make heart healthy) that were *kshira paka* preparation under which *Arjuna, guduchi, shunthi churna* was given, that have *rasayan* properties (rejuvinative, cardioprotective, antilipidemic, anti-ischemic properties) and regulate pumping of heart so normalizes ejection fraction of heart. *Prabhakar Vati* also has a property of cardio protective, anti-ischemic property and anti-lipidemic activity. It has *balya* property (power to heart).

5. As all mental faculties exist in *hridaya* (mind) and it regulates *hridaya* (anatomical heart). *Hridaya* is also used to indicate brain and heart as combined and never alone as generally believed^{xxiii}. *Medhya Rasayan* and *mansyadi kwath* were given to patient to make her calm, for healthy psyche and for rejuvenation of mind (brain) and body (heart tissue).

6. As she was on many allopathic medicines and also she was on Ayurveda medicines too, due to continuous use of drugs she had to made healthy and removes from hazards of drugs, *navajeevan rasa, shootshekhar rasa* were given as *Rasayan*, *balya*, nervine tonic, *tridosha shaman, rakta & pitta shodhan* and *kostha suddhi*.

7. She was anemic so *poonarnava mandoor* was given to regulate Hemoglobin level as heart has to work more according to increased demand.

8. *Nirgundi tail* is *vata shamak tail* which was given for local application to relief pain and cramps during night.

CONCLUSION: From whole result, observation and discussion it is concluded that after completion of therapy, patient has moderate relief (75%) was found in the signs and symptoms related with *Hridaya roga* and marked relief (90%) in other associated symptoms i.e LVEF 45% and LV Dysfunction became normal.

It can be concluded that Ayurveda has much better result without any side effect along with improving all symptoms completely. It may be partially or completely cure *Hridaya roga* and also helpful as a supportive treatment in much

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severe case along with Allopathy medication and emergency cases.

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