

ROLE OF PATHYA AAHARA VIHARA IN THE MANAGEMENT OF CARDIAC DISORDERS W.S.R. TO HRIDROGA

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ABSTRACT

In modern life, the fast paced life, changing lifestyle including food habits and lack of time for exercise has led to generation of various kinds of diseases. Such a kind of a disease is cardiac disorders (*Hridroga*) which may occur due to changing lifestyle and food habits. The treatment of this kind of disease is expensive as well as critical while its prevention involves a little effort by management of lifestyle and food habits also known as *Aahara Vihara* in Ayurveda. Thus, this article is focused on investigation of role of *Pathya Aahara Vihara* in management of cardiac disorder (*Hridroga*) using review of relevant sources which includes books, articles and journals. The articles concluded that following an adequate *Pathya Aahara Vihara* significantly helps in management of cardiac disorder.

Keywords: *Hridroga, Pathaya Aahara Vihara, lifestyle disorder.*

INTRODUCTION: Ayurveda is the only medical science which has insisted more importance on prevention of diseases & maintenance of health rather than treating any disease.¹ The term '*Hrdya*' is derived from three Sanskrit roots '*Hri*', '*Da*' and '*In*', which respectively mean *Harana*, *Dana* and *Ayana* i.e. receipt, giving away and moving for the continuous activity to execute the two earlier functions. The word *Ayana* indicates pathway or through which movement of material takes place. *Hridaya* or thoracic heart receives and ejects the blood (*Rasa-Rakta* complex) by continuous contractions and relaxations for the maintenance of the circulation to perform the *Preenana* and *Jeevana Kriyas* to the body tissues. If such vital organ is afflicted with disease pathology, naturally all the life processes are also impaired to a great extent.

Hridroga is basically of two types. Functional disorder and structural disorder, whereas functional problem is treatable while structural problems are to be

corrected through surgery or other procedures.²

Cardiovascular diseases (CVD) comprise of a group of diseases of the heart and the vascular system. The major conditions are ischemic heart disease (IHD), hypertension, cerebrovascular disease (stroke) and congenital heart disease. Rheumatic heart disease (RHD) continues to be an important health problem in many developing countries. More than 50% of the deaths and disability from heart disease and strokes, which together kill more than 12 million people each year, can be cut down by a combination of simple and cost effective national efforts and individual attentions to reduce major risk factors. CVD has become one of the major leading causes of deaths in developing countries. It is estimated that 90% of CVD is preventable. Prevention of CVD involves improving risk factors through: healthy eating, exercise, avoidance of tobacco smoke and limiting alcohol intake.³

Heart disease is the leading cause of the death in our country. It is also a major cause of disability. There are many things that can raise risk for heart disease. They are called risk factors. Some of them you cannot control, but there are many that you can control.

Health and diseases is dependent on three factors i.e. *Aahara* (Diet), *Vihara* (life style practices) & *Oushadha* (Drug& therapies). Among these, food (*Aahara*) is considered as most important one. *Pathya* is defined as the *Aahara* (diet) which is congenial to a person according to his constitution, appetite & digestive capacity of the body. Most health problems develop

due to the wrong eating and improper cooking.⁴

AIM & OBJECTIVES:

1. To study the *Ayurvedic* concept of cardiac disorders.
2. To study the importance of *Pathya Aahara Vihara* in the management of Cardiac disorders w.s.r. to *Hridroga*.

MATERIALS AND METHODS:

Different *Ayurvedic* classical books, research papers and journals were referred to fulfill this part, it comprise of subsection dealing with prevention & management of cardiac disorders in *Ayurveda*.

Pathogenesis:

Swaprakopaka Nidana Sewana



Aahara Vihara Vyatikram



Agnimandya



Origin of Saam Rasa Dhatu



Srotorodha, Dhamani Pratichaya



uroruja



*Hridshool/Hridroga*⁵

Symptoms: Table 1: Symptoms of *Hridroga* as per Ayurveda and modern view

S.N.	Symptoms of <i>Hridroga</i> (as per Ayurveda) ⁶	Symptoms of Cardiovascular diseases (as per modern view) ⁷
1.	<i>Vaivarna</i> (Cyanosis)	Dyspnoea
2.	<i>Murcha</i> (Syncope)	Orthopnoea
3.	<i>Jwara</i> (Fever)	Chest pain
4.	<i>Kasa</i> (Cough)	Peripheral edema
5.	<i>Hikka</i> (Hiccough)	Palpitation
6.	<i>Shwasa</i> (Dyspnea & Orthopnoea)	Cheyne- Stokes breathing
7.	<i>Mukha Vairasya</i> (Better taste of mouth)	Anorexia
8.	<i>Trishna</i> (Excessive thirst)	Vomiting

9.	<i>Pramoha</i> (Stupor)	Syncope
10.	<i>Chardi</i> (Vomiting)	Fatigue
11.	<i>Kaphoutklesha</i> (Nausea)	
12.	<i>Urashoola</i> (pain in chest)	
13.	<i>Aruchi</i> (Anorexia)	

Types of Hridroga and their Specific Symptoms: – 5 types⁸

- ***Vataja Hridroga*** - Different types of pains- Stretching/ tearing/ Crushing/pricking pain and Palpitations. *Vataja Hridaya Roga* can be correlated with the Arteriosclerosis.
- ***Pittaja Hridroga*** - Excess thirst, Fever, Burning pain, Fatigue, Dryness of mouth. As per modern view we can correlate with pericarditis, inflammatory disorder of heart.
- ***Kaphaja Hridroga*** – Heaviness, Anorexia, Nausea, Excessive salivation, Indigestion. It can be correlated with the myocardial infarction because in myocardial infarction also feels heaviness in chest.
- ***Sannipataja Hridroga*** – Mixed symptoms. *Sannipataja Hridroga* can be correlated with acute chest pain.
- ***Krimija Hridroga*** - Sharp pain, Edema, Nausea, Anorexia, Itching, giddiness. *Krimija Hridroga* can be correlated with Rheumatic heart disease, SABE (Sub Acute bacterial endocarditis). Because in case of Rheumatic heart disease severe pain occurs & required urgent management like as *Krimija Hridroga*.

Pathya Aahara

S. no.	Aahara	Ch. ⁹	Su. ¹⁰	A.H. ¹¹	B.R. ¹²	Y.G. ¹³	V.S. ¹⁴	V.V. ¹⁵
1.	<i>Raktasali</i>	-	-	-	+	-	-	+
2.	<i>Old Shali Rice</i>	-	+	-	-	+	-	-
3.	<i>Saali Dhanya</i>		-	-	+		-	-
4.	<i>Mudga (Mudga Yush)</i>	-	-	+	+	+	-	+
5.	<i>Kulatha (Kulatha Yush)</i>	-	+	+	+	-	-	+
6.	<i>Yava</i>	-	+	-	-	-	-	-
7.	<i>Draksha (Munakka)</i>	-	+	-	+	-	-	-
8.	<i>Ikshu Rasa</i>	+	+	-	-	-	-	-
9.	<i>Falasa</i>	+	-	-	+	-	-	-
10.	<i>Aamra</i>	-	+	-	+	-	-	+
11.	<i>Dadima (Anar)</i>	-	+	-	+	-	-	+
12.	Banana	-	+	-	+	-	-	-
13.	<i>Puran Kushmand</i> (murabba, petha)	-	+	-	+	+	+	+
14.	<i>Patola</i>	-	-	-	+	+	-	+
15.	<i>Bal muli</i>	-	-	-	+		-	-
16.	<i>Shunthi</i>	-	-	-	+	+	+	+

17.	<i>Aadraka</i>	-	-	-	-	-	-	-	+
18.	<i>Yavani</i>	-	-	-	+	+	+	+	+
19.	<i>Lasuna</i>	-	-	-	+	+	+	+	+
20.	<i>Pepper</i>	-	-	-	+	-	-	-	-
21.	<i>Haritaki</i>	-	-	-	+	+	+	+	+
22.	<i>Dhanyak</i>	-	-	-	+	+	+	+	-
23.	<i>Vilepi</i>	-	-	-	-	+	+	+	+
24.	<i>Erand Oil</i>	-	-	-	+	+	+	+	+
25.	<i>Saindhav Lavan</i>	-	-	-	+	+	+	+	+
26.	<i>Takra</i>	-	-	-	+	+	-	+	
27.	<i>Puratan Gud</i>	-	-	-		+	-	+	
28.	<i>Madhu</i>	-	-	-	+	+	-	+	
29.	<i>Tambula</i>	-	-	-	+	+	-	+	
30.	Milk	-	-	-	-	-	+	-	
31.	<i>Ghee</i>	-	-	-	-	-	+	-	

Apathya Aahara (Aaharaj Nidan)

S. no.	<i>Apathya Aahara</i>	Ch.	Su.	A.H.	B.R.	Y.R.	V.S.	V.V.
1.	Excessive use of sharp substances	+	-	-	-	-	-	-
2.	consumption of food which is hot & dry in excess quantity,	-	+	-	-	-	-	-
3.	Incompatible diet (<i>Viruddha Aahara</i>)	-	+	-	-	-	-	-
4.	Unaccustomed food in more quantity	-	+	-	-	-	-	-
5.	<i>Dadhi</i>	-	-	+	-	-	-	-
6.	<i>Takra</i>	-	-	-	-	+	-	-
7.	<i>Aavi dughd</i> (ewe milk)	-	-	-	+	-	-	-
8.	<i>Dushit jala</i>	-	-	-	+	-	-	-
9.	<i>Mahua ka pupsha ,phala</i>	-	-	-	-	-	-	-

Pathya Vihara

S.no.	<i>Vihara</i>	Ch.	Su.	A.H.	B.R.	Y.R.	V.S.	V.V.
1.	<i>Swedan</i>	-	-	-	+	-	-	+
2.	<i>Vaman</i>	-	+	-	+	-	-	+
3.	<i>Virechan</i>	+	+	+	+	-	-	+
4.	<i>Langhan</i>	+	-	-	+	-	-	+
5.	<i>Basti</i>	-	+	-	+	-	+	+
6.	<i>Bhayarahit</i>	-	-	-	+	-	-	-

	Vatavaran (Fearless Environment)							
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Apathyā Vihara (Viharaja Nidana)

S.no.	<i>Apathyā Vihara</i>	Ch.	Su.	A.H.	B.R.	Y.R.	V.S.	V.V.
1.	Excessive exercise (<i>Ativayayama</i>).	+	-	-	-	-	-	-
2.	Excessive administration of purgation & enema	+	-	-	-	-	-	-
3.	Excessive worry	+	-	-	+	-	-	-
4.	Excessive Fear	+	-	-	-	-	-	-
5.	Excessive Terror	+	-	-	-	-	-	-
6.	Improper management of diseases	+	-	-	-	-	-	-
7.	suppression of vomiting & <i>Ama</i>	+	-	-	-	-	-	-
8.	suppression of natural urges (<i>Vegadhaaran</i>)	+	+	-	+	-	-	-
9.	emaciation	+	-	-	-	-	-	-
10.	Injury (<i>Abhighata</i>)	+	-	-	-	-	-	-
11.	Eating more quantity of food, often uncooked (<i>Adhayasana</i>)	-	+	-	-	-	-	-
12.	Indigestion (<i>Ajeerna</i>)	-	+	-	-	-	-	-
13.	Any type of <i>Raktamokshan</i> (<i>Siravyadh, Jaloka, Shringi</i>)	-	-	-	+	-	-	-
14.	Excessive physical exercise (<i>Parishram</i>)	-	-	-	-	+	-	-
15.	<i>Aatap Sewan</i>	-	-	-	-	+	-	-
16.	<i>Vyavaya (Ati stree vyasan)</i>	-	-	-	-	+	-	+
17.	Excessive speak (<i>Atisambhasana</i>)	-	-	-	-	+	-	-
18.	Anger (<i>Krodh</i>)	-	-	-	-	+	-	-
19.	<i>Datun</i> (brushing)	-	-	-	+	-	-	-

DISCUSSION: Today, most of our lifestyle includes a lot of junk food rather than a balanced diet. This can cause many

life-style diseases including cardiac disorders, obesity, high blood cholesterol, diabetes, skin problems (eczema, allergy,

psoriasis etc.), etc. We can control our diseases to an extent by scheduling our diet into a balanced form. *Aahara* (diet) and *Vihara* (lifestyle) are the key modalities of prevention and management of diseases in *Ayurveda*. The importance of diet can be understood with the fact that it has been called as *Mahabhaishajya* (the super medicine) in the *Kashyap Samhita*. *Ayurveda* has vast scope in this area. *Ayurveda* advocates faulty diet and lifestyle as one of the etiological factors of the diseases. Proper use of diet and elimination of faulty dietary and lifestyle factors provide better management option to the patients of chronic ailments. *Ayurveda* describes rules for taking meals for healthy as well as diseased persons. An ideal diet is balanced and easily digestible. Besides being pleasing, it should be fresh and taken in appropriate quantity with full peace of mind. Accomplished simply through medical treatment but it requires a multifaceted approach, incorporating dietary and lifestyle modifications too. Hence *Pathya Aahara Vihara* has a major role to play in prevention of cardiac diseases (*Hridroga*).

CONCLUSION:

Non communicable diseases are the leading killer disease of today's era. Cardiac disorders is also one among such non communicable, bad dietary habits and lifestyle disorders. In *Ayurveda Aahara, Vihara, Dinacharya, Ritucharya, Aachar-Rasayana* are described which have good role in prevention & cure of the cardiovascular diseases. *Ayurveda* consider *Nidana Parivarjana* is the main line of treatment and it is even applicable in case of cardiac disorders. *Swasthavritta* also states like if person daily indulge in *Pathya Aahara* and *Pathya Vihara Sevana* one can avoid disease and can be *swastha*.

Pathya Aahara Vihara an effective role in the cardiac disorders.

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