



Critical review on *Hrudrog* as per Ayurvedic Samhita (Classical Text)

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Abstract:

From ancient time and nowadays cardiac diseases are a critical health issue for human beings. Tremendous research work has been done on cardiac diseases by modern medicine which is helpful to save human life. In Ancient Era, as per classical text of Ayurveda heart is described as *sadhyapranhar Marma* it means that if trauma or diseased condition of heart may cause death. In Ayurvedic Classical Samhita *Hrudrog* i.e. Heart-disease is described in *Charak Samhita Sutrastan Adhyay 17, and chikitsasthan Adhyay 26 and 80, Sushruta Samhita Uttar Tantra Adhyay no. 43, Ashtang Hruday and Ashtang Sangraha: Nidansthan adhyay no. 05, Madhav Nidan Adhyay no. 29*. After critical review of these classical text descriptions here concluded and emphasized that Ayurveda has sufficient description of heart-diseases in view of causes (*Nidan*), Pre symptoms (*Purvaroop*), Symptoms (*roop*), patho-physiology and Complications, which will be helpful to Ayurved Vaidya (physician) for management of heart diseases.

Keyword: Ayurvedic Classical Samhita, heart diseases, *Hrudrog*, *Charak Samhita*, *Sushrut Samhita*, *Ashtang hruday*, *Samgra*.

Introduction:

Classical text of Ayurveda, is grossly divided in to two category one is *bruhatrayee* and second one is *laghutrayees*. In this review, referred *bruhatrayee* viz, *Charak Samhita, Sushrut Samhita* and *Ashtang Hruday and Sangrah*. Heart is described as *sadhyapranhar Marma* it means that if trauma or diseased condition of heart may cause death. In Ayurvedic Classical Samhita *Hrudrog* i.e. Heart-disease is described in *Charak Samhita Sutrastan Adhyay 17, and chikitsasthan Adhyay 26 and 80, Sushruta Samhita Uttar Tantra Adhyay no. 43, Ashtang Hruday and Ashtang Sangraha: Nidansthan adhyay no. 05, Madhav Nidan Adhyay no. 29*.

Aims and Objects:

The aim and objects of this review study to review on *Hrudrog* as per Ayurvedic Samhita

Materials and Methods:

Classical text books of Ayurveda *bruhatrayee* viz, *Charak Samhita, Sushrut Samhita* and *Ashtang Hruday and Sangrah*.

Literature Review:

Description of Hrudrog heart disease:^{[1][2][3]}

The disease (structural or functional abnormality) occurring in the heart is called heart disease.

Causes of heart disease: -

- Consuming hot, heavy and dry substances in excessive quantities every day.
- Consuming astringent and bitter substances.
- Doing excessive exercise, excessive exercise etc.
- *Viruddhashan*, *Adhyashan*, Indigestion, eating incompatible food.
- Maintaining velocity.
- To perform sharp purgation and sharp enema.
- Being afflicted with mental causes like worry, fear etc.
- Heart disease is also caused by the consumption of the same things which are responsible for the diseases like bleeding and tumour.

Pathophysiology (Samprapti) of heart disease:^[4]

- The aggravated *Vata* etc. doshas spoil the *Rasa Dhatu* and generate *Kha-Vaigunya* in the heart.
- B- The obstruction caused by the aggravated *doshas* in the heart by settling in its place is called heart disease.
- The word '*Badhaa*' (obstacle) is expected to give rise to various kinds of pain or deformity.

Partial incidence of heart disease:^[5]

- *Dosha*:- *Vata*: *Prana*, *Vyana*, *Pitta*: *seeker*, *Kapha*: *dependent*.
- *Dushya*: *Rasadhatu*
- *Agni*: *Gastritis*

- Wicked Sources: *Pranavaha*
- *Srotodushti*: *sang*
- *Vaigunya*: *Heart*
- Place of origin: *Amashaya* or *Pakwaashaya*
- *Adhishtan*: *Urah*
- Place of transmission: *vital source*
- Pathway: *Madhyam*
- Person: *heart disease*
- Types (5): *Vata*, *Pitta*, *Kapha*, *Sannipatha*, *Krimi*
- *Sadhyasadhyatva*:
 - *Sadhya*: *Vaataja*, *Pittaja*, *Kaphaja*, *Krimija*
 - *incurable*: *sannipataj*,

Types of hrudrog disease:

Sushrutacharya has described four types of heart diseases and *Ashtang Hridayakar* has described five types.

- 1) *Vaataj*
- 2) *Pittaj*
- 3) *Kaphaj*
- 4) *Sannipataj*
- 5) *Krimmij*

Common symptoms of heart disease:^[6]

The following common symptoms occur in heart disease

- *Vainvarnya*:- Due to heart attack, the color of skin, nails, eyes etc. may becomes dark blue.
- *Fainting*: *Fainting* occurs due to obstruction in blood circulation in the brain.
- *Jwar* (*Fever*), *Asya-Virasya*, *Kafotklesh*, and *Thirsna*, these symptoms arise due to *Samavastha*.
- The symptoms of *Kaas*, *Hikka*, *Shvas*, *Chhardi* and *Pramoha* arise due to *Vitiated of Prana vaayu*
- Due to the *Vata* *Vitiations*, many types of pain like *tod*, *bhed* etc. arise.

1. *Vaataj* heart disease: ^[7]

- To grieve due to separation from one's own loved ones, loss of wealth or friends.
- Grief weakens the mind.
- Weakness of mind is the main cause of heart disease.
- Due to lack of nutrition caused by eating dry and less food and fasting, there is loss of juice and blood.
- Excessive exercise increases blood circulation.
- Heart disease occurs due to reduced blood circulation in the heart due to increased branchial blood circulation.
- The *Vata dosha* aggravated due to the above reasons takes shelter in the heart and gives rise to *Vataj Hrudrog*.
- In *Vaataja* heart disease, strain and radiating pain occur.
- The patient feels as if someone is churning his heart with a churner, tearing it apart, or cutting it with an axe.
- Atrophic changes may occur in the heart.
- Heart rate stops or slows down (stunned).
- Emptiness arises in the heart.
- The heart rate increases (fluids).
- The patient suddenly becomes sad.
- Grief, fear and intolerance of words persist in him.
- The patient suffers from fascination, tremors, envelopment (obstruction), asphyxiation and insomnia.

2. Causes and symptoms of *Pittaja* heart disease: ^[8]

Consuming the following Pitta vitiating-causes may lead to develop rapidly *Pittaja hrudrog*

- Consuming hot food.
- Consuming acidic, bitter and salty foods.
- Eating while suffering from indigestion.
- To drink too much alcohol.
- Get angry.
- Exposure to sunlight.

The following symptoms arise in *Pittaj* heart disease. ^[9]

- *Duyan*:- Steamy burning sensation is felt in mouth, eyes, nose, ears etc.
- The patient remains suffering from the pains of bile like thirst, dew, thirst, burning, attachment and fever.
- The patient feels tired (clumsy).
- Something like smoke comes out from the mouth.
- Fainting occurs.
- There is a tendency for predominant sweating.
- Mouth soreness occurs due to the hot properties of bile.
- The patient starts feeling restless (scared).
- Due to the digestion of food, symptoms like acidity (sour water coming up to the throat), acidity and belching etc. arise.

Kaphaja heart disease occurs due to the following reasons.

- Consuming virtuous liquids like heavy (*Guru*), Oily (*Snigdha*) food.
- Eating food in large quantities.
- Don't worry about anything.
- Sitting in one place for a long time, not moving the body.
- Sleeping for long periods of time (excessive sleep).

The following symptoms arise in *Kaphaja* heart disease.

- Body causes dormancy, stagnation, body pride, laziness, drowsiness and stupor.
- Due to *Agnimandaya*, mouth irritation, loss of appetite and fever occur.
- From the viewpoint of the source of life, excessive lust and stiffness arise.
- A feeling of heaviness arises in the heart. To show the intensity of this heaviness, the heart-maker has given the simile that a stone has been placed on the heart.

Sannipatic (tridoshaj) heart disease symptoms:

In *Sannipathaj* heart disease, combined symptoms of all three *doshas* are found.

This heart disease is very painful.

Krimij (worm) heart disease: ^[10]

- Consumption of phlegmatic substances like sesame, jaggery, milk etc. causes worm-related heart disease.
- *Kleeda* is produced due to phlegm. The worms produced from *Kleeda* go to the vital area i.e. heart and eat the heart, this is how worm-related heart disease occurs.
- In this, a sharp pain like sensation arises in the heart.
- The form of heartburn is like continuous cutting with a saw (weapon type).
- Symptoms like *Kandu*, joy, disinterest, excitement, tendency to stifle, secretion of phlegm flowing from the mouth, dark eyes, entry of *Tama*, atrophy etc. occur.

Complications of Hrudrog Heart disease: ^[11]

Confusion, numbness, swelling and atrophy are the complications of heart disease.

Discussion and Conclusion:

- In Ayurvedic Classical Samhita Hrudrog i.e. Heart-disease is described in *Charak Samhita Sutrastan Adhyay 17*, and *chikitsasthan Adhyay 26 and 80*, *Sushruta Samhita Uttar Tantra Adhyay no. 43*, *Ashtang Hruday and Ashtang Sangraha: Nidanstan adhyay no. 05*, *Madhav Nidan Adhyay no. 29*.
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