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A REVIEW ON AYURVEDA LIFESTYLE IN REDUCING RISK OF HRIDROGA WITH SPECIAL REFERENCE TO CARDIOVASCULAR DISEASE

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Abstract: Present era is a era of stressful life, fast life, night life, exceeding work hours, bad eating habits, eating junk food, unhealthy food, not eating on proper time, alcohol consumption, over use of technologies, use of mobiles, laptops, lack of exercise, etc. which has made a huge impact on people's health leading to various physical and mental disorders. Nowadays, People at a very young age are seen suffering from heart diseases. Despite of advancement in medicine and new technologies managing of cardiovascular diseases are yet difficult. There is a high rate of death of people due to cardiovascular disease. Also American heart association states that most cardiovascular diseases are caused by behavioral risk factors such as unhealthy diet, physical inactivity, use of alcohol, smoking. Hence, it can be prevented by addressing and avoiding these risk factors. So, there is a need to manage the lifestyle causes in any possible way in order to avoid the further harm. Ayurveda gives the preventive aspect to Hridroga (cardiovascular disorder) through Nidana parivarjana (avoiding the causes), shaman (herbs, Ahara- Vihara, Dincharya, Ritucharya), Yoga and Shodhana (Panchakarma) chikitsa.

Index Terms - lifestyle disorders, cardiovascular disorder, Hridroga, Nidana Parivarjan.

I. INTRODUCTION

The incidence of heart diseases is increasing at an alarming rate in our society due to change in concept of diet and life style as an impact of western culture and civilization. Changes in diet pattern, dietary habits and life style, lack of & physical stress, certain social and environmental changes (e.g. Pollution) has lead to us in the era of Hypertension, Hyperlipidemia, obesity, cardiac diseases and many more diseases.

Ayurveda' as known from the ancient times is serving the society not only by its specific measures of cure but by its most powerful aspect of 'Swasthyarakshanam' and this is exactly applicable in the context of cardiac diseases and its associates. Ayurveda teaches & enriches us with such a wonderful diet and Living pattern (Ahara- Vihara, dincharya, Ritucharya) and Codes of conduct (Achara Rasayana) that are very effective in prevention of heart diseases. The term 'Hridroga' is described in the Ayurvedic texts but it seems that many cardiac diseases have been included in the description of Shwasa roga and Shotha roga . Hrid- Gulma 'is a unique concept of Ayurveda medicine where the underlying pathology of the Cardiac

distress or symptoms remain obscure, the basic cause is Gulma formation is Hrid Pradesha. So, the treatment on the principles of Gulma Chikitsa provides relief to the patient.

There are a number of drugs and medicinal preparations described in the texts of Ayurveda like Arjuna, Tagar, Haritaki, Tambula, Brahmi etc, having wonderful effects in Hypertension Hyperlipidemia, Angina pectoris, IHD etc. Various techniques of Yoga like various Asna (Postures), Pranayama (Breathing practices), Spiritual upliftment (Sattavajaya) are having wonderful preventive and therapeutic effects on Anxiety, Hypertension,

Hypercholesterolemia, Atherosclerosis etc which are main risk factors of heart disorders. latest data of American heart association, cardiovascular disease including heart attack & stroke, remain the No. 1 killer of men & women causing 36 percent of all the deaths per year Various herbs like arjun (terminalia arjuna), Tagar (Valeriana welchi), Haritaki (Terminalia chebula), Tambula (piper betel), Brahmi (Centella asiatica) etc, various techniques of Yoga like Asana, pranayam have effects in Hypertension, angina, IHD etc. Panchakarma therapies stated in Ayurved texts like vaman, virechan, basti, shirodhara along with allied procedures like hridpichu, hridbasti is also helpful.

Aim

To reduce the risk of developing cardiac diseases through preventive measures in Ayurveda

Objective

To study Hridroga in relation to Lifestyle

To study the preventive measures in reducing the risk of Cardiovascular diseases

Methods

- It can be prevented by addressing the risk factors.
 - Ayurveda gives the preventive aspect to Hridroga (cardiovascular disorder) through-
 1. Nidana parivarjana (avoiding the causes) - Ahara- Vihara, Dincharya, Rutucharya
 2. Shaman (herbs) yoga and
 3. Shodhana (Panchakarma) chikitsa.
 4. Rasayana -Specific Rasayana like Amalaki rasayana, Agastya Haritaki, Chyavanprasha, Brahm Rasayana, & Shilajeet Rasayana
1. **Nidana parivarjana:**
 - a. **Ahara (Diet)** - avoiding the etiological factors (bad eating habits, alcohol consumption, junk food, Kashaya, tikta Atisevana, Adhyashana, Atiruksha, Ashna Sevana)
 - b. **Vihara (Life style)** – Avoiding the etiological factors (Sedentary lifestyle, stress, bad eating habits, alcohol consumption, junk food, over use of mobiles, lack of exercise), Excessive / strenuous physical exercise or activity (*Vyayama*), Excessive purgation, emesis or enema (*Basti*), Suppression of natural urges
 - c. **Manas** : (avoiding Manasa hetu) '**Pariharya Visheshan manso-dukh hetavah**' (**Cha.su.30/7**) Acharya Charaka has stated the importance of avoiding the factors that cause Emotional and mental disturbances (anger, fear, worry etc.)
 2. **Shamana chikitsa**
 - a. **Hridya mahakashaya** : Amra, Amrataka, Lakucha, Karmarda, Vrikshamala, Amlavetas, Badra, Dadima & Matulunga .These drugs have antioxidant and cardiogenic properties
 - b. **Formulations:** Hridyarnav rasa, Prabhakar vati, Bruthatvachintamani, Lakshmi vilasa rasa, Arjuna ghrita, Arjunatwaka kwath, Dashmula Kwatha, Mukta pishti, Pushkarmoola churna, etc.
 - c. **Tambula** have cardioprotective and cardiogenic properties which decrease the tendency to develop cardiac diseases.
 - d. **Amlaki, Haritaki** have antihyperlipidemic & anti hypertensive property which are important risk factors for Coronary artery disease, ischemic heart disease.
 - e. **Lekhaniya Drugs - Useful in Hyperlipidemia**, Obesity and Atherosclerosis e.g Vacha (Acorus calamus), Haridra (Curcuma longa), Daruharidra (Barberis aristata), Mustaka (Cyprus rotundus), Gomutra & Gugglu (Commiphora wightii) Gokshura (Tribulus Terrestris), Pushkaramula (Inula racemosa), Arjuna (Terminalia arjuna), Tambula (Piper betel), Tagara (valeriana welchii), Brahmi (Centella asiatica), Karvira (Nerium indicum), Hritipatri (Digitalis purpurea), Punarnava (Boerhavia diffusa), Gugglu (Commiphora wightii) & Shilajit (Asphaltum punjabinum) can be used.

f. Other beneficial drugs –

Anideepana and Vatanulomana drugs - Improves digestion and pacifies vata, effective in hridgulma & CAD - Ajmoda (carum roxburghii), Hingu (Frula northax), Pippali(Piper longum), Shunthi (Zinziber officinalis), Chitraka (Plumbago zeylinica).

3. Yoga

Shavasana, Surya namaskar, Pranayam Yoga enhances cardiac health, lowers B.P, reduces stress, boosts immune system

4. Shodhana chikitsa

- Vaman Karma** – mrodu vaman in vataja and Kaphaja Hridroga.
- Virechana Karma** – mroduvirechan in pittaja hridroga and Krimija Hridroga also beneficial in Hyperlipidemia, hypertension
- Basti – Lekhana Basti** – in Hyperlipidemia, Obesity,
Brinhana & Ksheera basti
- Other measures** – like Abhyanga, Hridbasti, Hridpichu, Shirodhara are beneficial.

Discussion

Sedentary life style has led to stress, hyperlipidemia, obesity and has increased the incidence of cardiovascular diseases, causing a high mortality rate. So, CVDs should be prevented in the early stages. Ayurveda states prime importance of ‘Swasthya rakshanam’ which plays a important role in prevention of diseases. It can be achieved with the help of Nidana parivarjana, Ahara- Vihara, dincharya, Rutucharya, Rasayana, Achara rasayana, yogic kriyas, shaman chikitsa and shodhana chikitsa, shirodhara, avoiding suppression of natural urges (Vega),etc. Manasika hetu like Atichinta is given utmost importance in developing hridroga, which can be prevented with the above measures. Various herbs like arjun (terminalia arjuna), Tagar (Valeriana welchi), Haritaki (Terminalia chebula), Tambula (piper betel), Brahmi (Centella asiatica) etc, have effects in CVDs. Ayurveda texts describes a number of drugs like Hridya, Lekhana, Deepana & Amapachana , which are effective in various cardiac diseases. Panchakarma therapies like vaman, virecha, basti, shirodhara along with allied procedures like hridpichu, hridbasti is also helpful. Also many researches on the hypolipidemic effects of Gugglu and cardioprotective effect of Pushkarmula is seen.

Conclusion

In prevention of cardiovascular disorders Ayurveda plays a important role through Nidan parivarjana (i.e hetu- Sedentary lifestyle, stress, bad eating habits, alcohol consumption, junk food, over use of mobiles, lack of exercise, Emotional and mental disturbances, etc.,) ahara, vihara, dincharya, rutucharya, yoga, rasayana sevana, shaman and shodhan chikitsa and drugs as described earlier.

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Disclosure of conflict of interest


The authors declare that there was no conflict of interest regarding the publication of manuscript

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