



***Hridroga* in Ayurveda and its Affiliates in Modern Perspective: A Review**

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ABSTRACT:

Hridroga (heart diseases) are tremendously increasing in our society due to the change in the life style, diet pattern, and environmental conditions. The global burden of diseases is altering from infectious diseases to the non-communicable diseases, and now becoming the chief cause of the death in all over the world. However, as an Ayurvedic point of view in the presence of limited available literature which is also scattered, unclear, and even challenging to interpreting. Therefore, a conceptual study on Ayurvedic concept of *Hridroga* is required to determine whether it is sustainable in current time period. In order to achieve that goal, the current Article Aims to shed light on the idea of *Hridroga* using both classical and contemporary literature as sources. Furthermore, the good health is necessary for everyone, so all the section of *Ayurveda* can work together in the prevention of cardiovascular and related to other heart diseases. This article explains how *Hridroga* resembles with the symptoms of cardiovascular diseases.

KEYWORDS: *Hridroga*, Ayurveda, *Hridaya*, Cardiovascular Diseases, Coronary Artery Disease, Ischemic Heart Disease, Integrative Medicine.

INTRODUCTION:

Hridroga is a disease where the Ayurvedic perspective requires clarification in present time for easy understanding. Cardiovascular diseases (CVD) encompass a broad spectrum of conditions that affect the heart and blood vessels, posing a significant global health challenge. These diseases include coronary artery disease, cardiac arrest, strokes, heart failure, and various other conditions that impair the heart's ability to function effectively or compromise the circulation of blood throughout the body. CVD is a leading cause of mortality worldwide, accounting for millions of deaths annually. The risk factors for cardiovascular diseases are diverse and often interconnected, including lifestyle choices (such as diet, physical activity, and smoking), genetic predisposition, underlying health conditions (like diabetes or hypertension), and socioeconomic factors.ⁱ Understanding cardiovascular diseases involves recognizing their complex interplay of biological, behavioral, and environmental factors.ⁱⁱ

As research continues to advance and public health efforts evolve, the aim is not only to treat cardiovascular diseases but also to prevent them through education, lifestyle modifications, and access to quality healthcare and also understanding its basic knowledge about disease.

MATERIAL&METHODS: Material and methods is taken from *Brihatryee* and *Laghutrayee* and other Ayurvedic textbooks, also taken from various modern textbooks, articles and useful websites.

Literature review:

As the name indicate *Hridroga* is the disease of *Hridaya* which is considered to be heart in this context. ***Hridaya*:** *Hridaya* (heart) is considered as one of the vital organs of the body by *Ayurveda*. Since it is one among the *Trimarmas* and is regarded as *Dasha Prana Ayatana*. Any injury to the *Hridaya* results in causation of severe complications or and even death. *Ayurvedic* classic mentions that *Hridaya* is that which controls body, mind and senses, in addition is a seat of the intellect and vitality.ⁱⁱⁱ Therefore, it is essential to understand this organ thoroughly; however, *Acharya Charaka* and *Acharya Sushruta* considered *Hridaya* as one among the *Kosthangas* and one among *Kosthas* respectively. This *Hridaya* is placed in the thoracic cavity. Left to it are *Pliha* and *Fuffusa* and right to it are *Yakrta* and *Kloma* are situated. It is a *Matrija* organ and *Rakta* and *Kapha* contributes to its formation.^{iv}

Concept of *Hridroga* as Per *Ayurvedic* Aspect:

Causes of *Hridroga*:

According to *Charak samhita*: Excessive physical exertion, drastic and excessive administration of purgation and enema therapies, excessive anxiety/worry, fear, stress; and faulty management of diseases, suppression of vomiting and *ama* (products improperly digested), emaciation and trauma (physical and mental).^v

According to *Astang hridaya*: He says that the etiological factors of *Hridroga* are similar to *Gulma*. In which are Person who has become weak by fever, vomiting, diarrhea etc. (other such debilitating diseases) or by therapies like emesis, purgation etc., begins to eat foods which cause increase of *vata*, or drinks cold water when hungry or indulge in jumping, swimming and such other strenuous activities immediately after food; or initiates the urge of vomiting which has not started or suppresses the urges of flatus etc. who resorts to purificatory therapies (emesis, purgation etc.) without oleation and sudation therapies; who begins to consume foods which cause burning sensation during digestion or which produce more secretions (moisture) inside the tissue immediately after purificatory therapies (without following the diet schedule prescribed).^{vi}

According to *Sushruta samhita*: Suppression of the normal evacuatory urges, intake of excessive amounts of hot and dry (non-fatty) meals, eating before the previous meal has been digested, indigestion and consumption of unsuitable food are causative factors of *Hridroga*.^{vii}

Classification^{viii}. -

According to *Charak*, *Madhavkar* and *Ashtanga Hridaya* describes five types of *Hridroga*. *Sushruta* describes four types of *Hridroga*, and has not explained about *Sannipataja Hridroga*.

1. *Vataja Hridroga*
2. *Pittaja Hridroga*
3. *Kaphaja Hridroga*
4. *Tridoshaja Hridroga*
5. *Krimija Hridroga*

General Characteristics^{ix}: In a patient who suffering from *Hridroga*/heart disease in which various symptoms manifest like discoloration in skin complexion, fainting, fever, cough, hiccup, dyspnea, unpleasant taste in mouth, excess thirst, confusion/unconsciousness, vomiting, nausea and distress / pain, anorexia etc.

Concept of *Hridroga* as per modern perspectives:

Cardiovascular disease (CVD) is a group of health conditions that affect the circulatory system, including the heart, arteries, veins, and capillaries. Common conditions that can affect the cardiovascular system include coronary artery disease, heart attack, high blood pressure, and stroke^x. CVD is now the most common cause of death worldwide

Cardiovascular diseases (CVDs) are a group of disorders of the heart and blood vessels. They include^{xi}:

- Coronary heart disease – a disease of the blood vessels supplying the heart muscle;
- Cerebrovascular disease – a disease of the blood vessels supplying the brain;
- Peripheral arterial disease – a disease of blood vessels supplying the arms and legs;
- Rheumatic heart disease – damage to the heart muscle and heart valves from rheumatic fever, caused by streptococcal bacteria;
- Congenital heart disease – birth defects that affect the normal development and functioning of the heart caused by malformations of the heart structure from birth; and
- Deep vein thrombosis and pulmonary embolism – blood clots in the leg veins, which can dislodge and move to the heart and lungs.

Heart attacks and strokes are usually acute events and are mainly caused by a blockage that prevents blood from flowing to the heart or brain. The most common reason for this is a build-up of fatty deposits on the inner walls of the blood vessels that supply the heart or brain. Strokes can be caused by bleeding from a blood vessel in the brain or from blood clots.

Symptoms of cardiovascular diseases:

Symptoms of cardiovascular diseases (CVD) can vary depending on the specific condition and its severity. Here are common symptoms associated with different types of cardiovascular diseases:

1. Coronary Artery Disease (CAD)^{xii}:

- Chest pain or discomfort (angina), which may feel like pressure, tightness, squeezing, or heaviness in the chest
- Pain or discomfort in the arms, shoulders, neck, jaw, or back, which may radiate from the chest
- Shortness of breath, especially with exertion or at rest
- Fatigue or weakness

2. Myocardial Infarction (Heart Attack)^{xiii}:

- Sudden chest pain or discomfort that may feel like pressure, tightness, squeezing, or heaviness, often lasting more than a few minutes or coming and going
- Pain or discomfort in other areas of the upper body, such as the arms, back, neck, jaw, or stomach
- Shortness of breath
- Sweating
- Nausea or vomiting
- Light-headedness or dizziness
- Extreme fatigue

3. Heart Failure^{xiv}:

- Shortness of breath, especially during physical activity or when lying flat
- Fatigue or weakness
- Swelling in the legs, ankles, feet, or abdomen (edema)
- Rapid or irregular heartbeat
- Persistent coughing or wheezing
- Sudden weight gain from fluid retention

4. Arrhythmias^{xv}:

- Palpitations (sensation of irregular, rapid, or pounding heartbeat)
- Chest discomfort
- Fainting or near-fainting
- Fatigue

5. Peripheral Artery Disease (PAD)^{xvi}:

- Pain, cramping, or fatigue in the legs or buttocks during physical activity (claudication)
- Pain or numbness in the legs or feet at rest
- Coldness or changes in color of the skin of the legs or feet
- Sores or ulcers on the legs or feet that heal slowly or not at all

6. **Stroke** (Cerebrovascular Disease)^{xvii}:

- Sudden numbness or weakness, especially on one side of the body
- Sudden confusion, trouble speaking, or difficulty understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden severe headache with no known cause
- Sudden dizziness, loss of balance, or coordination

It's important to note that some people with cardiovascular diseases may not experience any symptoms, especially in the early stages. Regular health check-ups and screenings are essential for detecting and managing cardiovascular risk factors and diseases early, even in the absence of symptoms.

DISSCUSION:

In *Ayurveda Ahara, Vihara, Dinacharya, Ritucharya, Yoga, Rasayana* are described which have good role in prevention & cure of the heart diseases. The researches on the cardio protective drugs mentioned *Ayurveda* have an effective role in the cardiovascular diseases. The prevention and management can be done successfully in *Ayurveda*. In Table 1 show the Correlation of symptoms of various type of *Hridroga* as per Ayurvedic text with modern terms for easy understanding.

Vataja Hridroga:

Due to excessive exercise, sad mood, fasting, *Rooksha, Shushka, Alpa Aahar* aggravates *Vata* and produce pain in heart region. In *Vataja Hridroga* pain has been described as the main feature. In Specific symptoms there are *Vepathu* (Shivering/tremors), *Vestanam* (rigidity), *Hridstambhah* (stiffness in heart), *Pramoh* (Fainting/severe confusion), *HridShunyata* (Feeling emptiness in heart), *Darah* (murmur), *Jirnechatyarthvedna* (severe chest pain at the time of completion of digestion of the meal), *Hriddrava* (palpitation/tachycardia), *Hridsosh* (dryness of cardiac muscles) (wasting/ atrophy), *Hridbheda* (pricking pain), *Ayamyate* (Feeling of stretching), *Tudyate* (Pricking pain), *Nirmathyate* (Churning pain), *Diryate* (Tearing pain), *Sphotyate* (Bursting pain), *Patyate* (Splitting pain).

Severe pain is present in Angina. So, we can correlate *Vataja Hridroga* with angina due to various type of pain^{xviii}. In *Vataja Hridroga* dyspnea, palpitation and tachycardia are also observed.

Pittaja Hridroga:

Due to excessive use of *Amla, Lavan, Katu, Kshar, Ushna* and excessive use of alcohol aggravates *Pitta Dosha* and produce various symptoms like *Hridbaha* (Burning sensation in heart region), *Vakra-tiktata* (Bitter taste in mouth), *Amlodgar* (Sourbelching/eructation), *Klama* (Exhaustion without exertion), *Trishna* (Excessive thirst), *Murccha* (Syncope/attack of swooning), *Bhrama* (Vertigo/dizziness/giddiness), *Sweda* (Perspiration), *Mukhsosh* (Dryness in mouth), *Osachosa* (Burning & sucking sensation), *Dhumayana* (Feeling of suffocation) (due to smoke in mouth), *Tama* (Darkness of vision/blackout), *Moha* (confusion/unconsciousness), *Taap* (Heat sensation), *Jvara* (pyrexia) in the body.

As per modern view we can correlate with pericarditis and inflammatory disease of heart^{xix}.

Kaphaja Hridroga:

Due to excessive use of *Snigdha* (unctuous), *Guru* (heavy) food and lack of exercise aggravates *Kapha Dosha* and produce various symptoms like *Suptata* (Feeling as if heart is numb), *Stimitata* (Feeling as if heart wrapped with wet cloth), *Bharikam* (gurutam) (Feeling heaviness in heart region), *Tandra* (Drowsiness, lassitude), *Aruchi* (Tastelessness), *Asma avarutam* (Feel heart as if stony hard), *Hristabdhata* (Bradycardia), *Kaphapraseka* (Discharge of mucus), *Jvara* (Pyrexia), *Kasa* (Cough), *Agni-mardava* (Mild digestive fire), *Madhuryamasya* (Sweetness in mouth), *Balaasavatata* (Lassitude), heaviness and numbness in cardiac region.

It can be correlate with myocardial infarction because of heaviness feels in MI^{xx}.

Sannipataja Hridroga: Due to *Vata, Pitta, Kapha*, all symptoms are present in *SannipatajHridroga*. It can be corelated with acute chest pain.

Krimija Hridroga: *Krimija Hridroga* occurs by *RasaDhatuDushti* due to over eating of *Tila, Guda*, leads to *GranthiUtpati*. *GranthiKrimi* arrives and spread in all region of heart and produces itching and pain etc. It leads in death and *Krimija Hridroga* can be corelated infectious cardiac disease Due to severe pain occur and required urgent management to *Krimija Hridroga*.

Atherosclerosis involves the gradual buildup of plaques which is contain cholesterol, fats, calcium, and other substances. Over time, they can narrow and harden arteries, reducing blood flow to organs and tissues.it may lead to serious complications. Hence it can say that its pathophysiology is similar to *Krimija Hridroga* in Ayurvedic text.

Table 1: Correlation of symptoms of various type of *Hridroga* as per Ayurvedic text with modern terms^{xxi, xxii}

Types	Symptoms as per Ayurvedic text	Correlation of symptoms as per Modern text
<i>Vataja Hridroga</i>	<i>Vepathu</i>	Shivering/tremors
	<i>Vestanam</i>	Rigidity
	<i>HridStambhah</i>	Stiffness in heart
	<i>Pramoh</i>	Fainting/severe confusion
	<i>HridShunyata</i>	Feeling emptiness in heart
	<i>Darah</i>	murmur
	<i>Jirnechatyrthvedna</i>	severe chest pain at the time of completion of digestion of the meal
	<i>Hriddrava</i>	palpitation/ tachycardia
	<i>Hridsosh</i>	dryness of cardiac muscles (wasting/ atrophy),
	<i>Hridbheda</i>	pricking pain
	<i>Ayamyate</i>	Feeling of stretching
	<i>Tudyate</i>	Pricking pain
	<i>Nirmathyte</i>	Churning pain
	<i>Diryate</i>	Tearing pain
	<i>Sphotyate</i>	Bursting pain
	<i>Patyate</i>	Splitting pain
<i>Pittaja Hridroga</i>	<i>Hriddaha</i>	Burning sensation in heart region
	<i>VakraTiktata</i>	Bitter taste in mouth
	<i>Amlodgar</i>	Sour belching/eructation
	<i>Klama</i>	Exhaustion without exertion
	<i>Trishna</i>	Excessive thirst
	<i>Murccha</i>	Syncope/attack of swooning
	<i>Bhrama</i>	Vertigo/dizziness/giddiness
	<i>Sweda</i>	Perspiration
	<i>Mukhsosh</i>	Dryness in mouth

	<i>Osa-chosa</i>	Burning&sucking sensation
	<i>Dhumayana</i>	Feeling of suffocation (due to smoke in mouth)
	<i>Tama</i>	Darkness of vision/ blackout,
	<i>Moha</i>	confusion/unconsciousness
	<i>Taap</i>	heat sensation
	<i>Jvara</i>	pyrexia
<i>Kaphaja Hridroga</i>	<i>Suptata</i>	Feeling as if heart is numb
	<i>Stimitata</i>	Feeling as if heart wrapped with wet cloth
	<i>Bharikam(guruta)</i>	Feeling heaviness in heart region
	<i>Tandra</i>	Drowsiness, lassitude
	<i>Aruchi</i>	Tastelessness
	<i>Asmaavarutam</i>	Feel heart as if stony hard
	<i>Hristabdhata</i>	Bradycardia,
	<i>Kaphapraseka</i>	Discharge of mucus
	<i>Jvara</i>	Pyrexia
	<i>Kasa</i>	Cough
	<i>Agnimardava</i>	Mild digestive fire
	<i>Madhuryamasya</i>	Sweetness in mouth
	<i>Balaasavatate</i>	Lassitude
<i>Krimaja Hridroga</i>	<i>Utklesha</i>	Nausea
	<i>Sthivana</i>	Spitting
	<i>Toda</i>	severe pain in the precordial region
	<i>Shoola</i>	Severe pain
	<i>Hrillasa</i>	Salivation
	<i>Tama</i>	Darkness before eyes
	<i>Aruchi</i>	Aversion to food
	<i>Syavnetrata</i>	Blackish discoloration of eyes
	<i>Shosha</i>	Emaciation
	<i>Tivraartitoda</i>	intense discomfort/acute pain
	<i>Kandu</i>	Itching
	<i>Chhidhyamanayathasastre</i>	Pain as if cut by weapons

(Based on Charaka Sutra 17 and Chik.26; Sus. Uttar 43)

CONCLUSION: In summary, this article explains Ayurvedic perspective on heart diseases and explain how it aligns with modern understanding. The correlation of Hridroga symptoms with modern cardiovascular terms demonstrates the relevance of Ayurvedic principles in understanding and addressing heart disease, highlighting opportunities for a collaborative approach in cardiovascular health. we can correlate *Vataja Hridroga* with angina due to various type of pain. *Pittaja Hridroga* can correlate with pericarditis and inflammatory disease of heart. *Kaphaja Hridroga* can be correlate with myocardial infarction because of heaviness feels in MI. *Sannipataja Hridroga* can be corelated with acute chest pain. *Krimija Hridroga* can be corelated with atherosclerosis.

Hridroga or heart disease in Ayurveda, encompasses a wide range of heart-related disorders.

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