

**CONCEPTUAL STUDY FOR PREVENTIVE CARDIOLOGY WITH SPECIAL
REFERENCE TO DIET AND LIFESTYLE MODIFICATION**

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ABSTRACT

Diseases among of them, *Hridya Roga* (heart disease) are tremendously increasing in our society due to the changes in the lifestyle 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 death in all over the world. However, various advanced treatment and diagnostic techniques are available in the modern medicines for the patients of *Hridya Roga* (Cardiac disease), but these techniques are not affordable by every patient and their family. In text of *Ayurveda*, there are a number of drugs like Arjuna, medicinal preparations. *Pathya-apathya*, *Dinacharya* and diverse techniques of yoga which have wonderful preventive and curative effect on *Hridya Roga* (cardio disease). Furthermore the good health is necessary for everyone, so all the sections of *Ayurveda* can work together in the prevention of cardiovascular circular and other diseases. This article explains the symptoms of cardiovascular disease and prevention of cardiovascular diseases.^[1] Daily habits and actions powerfully affect the risk of cardiovascular diseases (CVD), in general and coronary heart disease in particular regular physical activity sound nutrition, weight management and not smoking cigarettes have all been demonstrated to significantly reduce risk of CVD.^[2]

KEYWORDS: *Ayurveda*, *Hridya Roga*, *Pathya-apathya*, lifestyle, medicine, cardiovascular disease, risk factor reduction.

INTRODUCTION

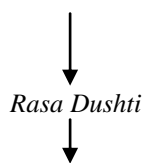
Hridya Roga (heart disease)

Cardiovascular heart disease can be correlated with *Hridya Roga* in *Ayurveda*. *Acharya Sushruta* said that due to the suppression of the natural urges excessive intake of *Ushna*, *Ruksha* food, *Virudh* food, *Ajirna* (indigestion), etc. *Vikrita Dosha* goes in the *Hridya* and also involves *Rakta* in it.

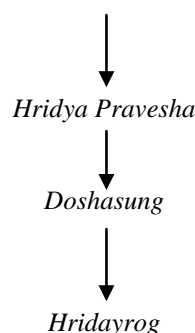
Cardiovascular disease comprise of a group of disease of the heart and the vascular system. The major conditions are ischemic heart disease, hypertension, cerebral vascular disease and congenital heart disease. Rheumatic heart disease continues to be an important health problem in many developing countries.^[3]

***Hridroga* Etiology of (heart disease^[4])**

Vatadi Dosha Prakop



Rasanug Prakupit Dosha



Diet Related: - Excess and Frequent consumption of substances having *Ushna*, *Tikshna*, *Guna*, *Ruksha*, *Kashya* properties.

Life style Related: - Excessive physical exercise and activity (*Vyayama*)

According to *Charak Samprapti*

Miithya Ahara Vihara



Agnimandya

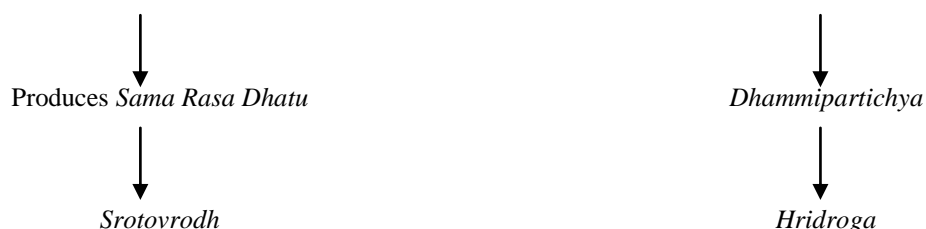


Table No. 1: Symptoms of Hridroga as per Ayurveda and modern view.

Sr. No.	As per Ayurveda ^[5]	As per modern ^[6]
	Vaivarnya (Cyanosis)	Dyspnea
	Murcha (Syncope)	Orthopnoea
	Jwara (Fever)	Chest Pain
	Kasa (Cough)	Peripheral Oedima
	Hikka (Hiccough)	Palpitaion
	Shwasa (Dysnea and Orthopnea)	Cheyne Strokes breathing
	Mukh Vairasya(bitter taste of Mouth)	Anorexia
	Trishna (Excessive thirst)	Vometting
	Pramoha (Stuper)	Syncope
	Chardi (Vomiting)	Fatigue
	Kaphoutklesha (Nausea)	
	Urashoola (Pain in chest)	
	Aruchi (Anorexia)	

Types of Hridroga And their correlation with modern view.

Vataj Hridroga

Due to the *shoka* (sad mood), *Upshaya* (Fasting), *Ativyayama* (excessive exercise), *Rooksha*, *Shushka*, and *Alpa ahar*. Vata aggravates and produce pain in the heart region.

Shula (pain) is also a common symptom of *Vataj Hridroga*. In angina also severe pain occurs. On the point of view *Vataj Hridroga* correlated with Angina.

Pittaja Hridroga

Due to *Ushna*, *Amla*, *Lavana*, *Kshara*, *Katu*, *Rasa's* food and excessive use of alcohol, Pitta dosha aggravates and produce burning heart, bitter taste, vomiting (*Vaman*), thrust (*Trishna*), *Murcha*(Syncope), *Sweda* (sweating) in the body.

As per modern view we can correlate with Pericarditis inflammatory disorder of heart.

Kaphaja Hridroga

Due to excessive intake of food, *Snigdha*, Guru food, lack of physical work, *Kapha* aggravates and produce symptoms of *Kapha Dosha* in heart region like heaviness and numbness in the chest.

Kaphaja Hridroga can be correlated with the myocardial infarction because in myocardial infarction also feels heaviness in chest.

Sannipataj Hridroga^[7]

It produces due to *Vata*, *Pitta* and *Kapha* and produces the symptoms of all three *Dosha* at the same time.

Sannipataj Hridroga can be correlated with actual chest pain.

Krimija Hridroga^[8]

If patient suffering from *Kaphaja Hridroga* takes, *Tila*, *Guda* then *Rasa Dhatu-Dushti* occurs. *Rasa* leads to *Granthi Utpatti*. In this *Granthi* creamy arrives and spread in all region of heart and produce severe cutting pain, itching, etc.

Krimija Hridroga can be correlated with myocardial infarction, there is severe pain occur and required urgent management like as *Krimija Hridroga*.

Aim

To access the role of *Ayurveda* in prevention of cardiovascular diseases.

Objectives

To assess the *Ayurvedic* literature in various cardiovascular disease.

To Assess *Ahara*, *Vihara*, *Yoga*, *Rasayan*, *Panchakarma*, having role in preventing various cardiovascular diseases.

MATERIAL AND METHODS^[9]

Ayurvedic classical book, a research paper and journals
Hridayam:- *Ayurveda* has considered *Hridayam* has a vital organ and center (*Moolasthan*) for *Pranavah Strotas*, *Rasavaha strotas*, *Monovaha Stratas*, *Oja*.

According to Ayurveda *Hridayam* is a maternal organ and is formed from *Kaphaj*, *Rakta* and *Manas Dhatu*.

Cardiovascular diseases

Cardiovascular disease is the most common case of death worldwide.

Risk factors for cardiovascular disease

High blood pressure
High blood cholesterol
Uncontrolled diabetes
Obesity and overweight
Smoking
Physical inactivity
Gender (males are at high risk)
Age
Stress
Sex hormones
Birth control pills
Excessive alcohol intake

Prevention of the *Hridroga*

Principles of *Ayurveda* is prevention is better than cure, so preventive aspect is very important in case of *Hridroga*

Avoidance of *Manas Hetu*

Diet and lifestyle modifications

Rasayan therapy for *Hridroga* - *Bramha rasayan*, *Amalaki Rasayan*, *Shilajeet Rasayan*, *Agasteya Haritaki*, *Chyawanprasha Rasayan*.^[10]

Nidan Parivarjana (ex. Change in die And lifestyle)

Shodhana Therapy :-

Vaman Karma :- Only *Mrudu Vaman* in *Vataj* and *Kaphaj Hridroga*

Virechan Karma :- beneficial in hypertension, hyper lipidemia and *Krimi* *Hridroga* and *Mridu Virechan* in *Pittaj Hridroga*

Basti :- beneficial in obesity, hyper lipidemia

Shaman therapy:

Snehan, *Swedan*, *Shirodhara*

Hridaya Mahakashaya :

Amra, *Amartaka*, *Lakucha*, *Karmarda*, *Vrikshamla*, *Amlavetas*, *Dadima*, *Matulunga*

Yoga for Hridroga^[11]:

Light Exercise, *Shavasan*, *Surya Namaskar*, *Pranayam*

Beneficial formation in *Hridroga*^[12]

Rasa :- *Nagarjunabhra Rasa*, *Kalyansundar Rasa*

Churna :- *Haritkyadi Churna*, *Pipali Churna*, *Pushkarmul Churna*

Ghrita :- *Haritkyadi Ghrita*, *Arjun Ghrita*, *Pipplyadi Ghrita*

Vati :- *Shankar Vati*, *Hrudrog Vati*

Kwatha :- *Arjunatwak Kwatha*, *Shunti Kwatha*

Bhasma/pishti :- *Mukta Pishti*

DISCUSSION

The increase incidents of the cardiovascular disease all over the world is due to the faulty diet pattern and lifestyle, obesity, diabetes mellitus, uncontrolled

hypertension and hyper lipidemia are the common risk factors for the cardiovascular disease. Role of *Ayurveda* in the prevention and cure of the cardiovascular disease is very systematic and good manner. In *Ayurveda Rasayana* therapy, *Panchakarma* therapy, *Yoga* Therapy, diet and lifestyle modification, (*Ahara*, *Vihara*) are described which have good role in cardiovascular disease. Different researches have been showed that *Ayurveda* drugs have effective role in cardiovascular disease. If someone adopt the diet pattern, life style according to *Ayurveda* it can be helpful in the decrease the incident if cardiovascular disease. In text of *Ayurveda* there are number of drugs, formulations are described which have very affective result on cardiovascular disease.

CONCLUSION

Daily habits and actions profoundly affect the likelihood of developing cardiovascular diseases. Increased physical activity, proper nutrition, weight management, avoidance of tobacco and stress reduction is all key modalities that both lower the risk of cardiovascular diseases and enhance quality of life.

In *Ayurveda Ahara*, *Vihara*, *Dinacharya*, *Rutucharya*, *Yoga Rasayana* are described which have good role in prevention and cure of the cardiovascular diseases. The researches on the cardio protective drugs mentioned above have an effective role in the cardiovascular diseases.

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