Review of Hridroga W.S.R. to the Ischemic Heart Disease

Dr. Rajesh Uikey1, Dr. Diwakar Patel2

1 M.D, Assistant Professor, Department of Rog Nidan Evam Vikriti Vigyan, Govt. Dhanvantari Ayurveda College and Hospital, Ujjain (M.P.) India
2 M.S. (Shalya), Associate Professor, HOD: Shalya Tantra, Govt. Dhanvantari Ayurved Medical College, Ujjain (M.P.), India

ABSTRACT

Hridroga (Heart disease) is very common in present scenario due to the sedentary life style and increase psychosocial stress. The major causative factors for heart problems are cigarette smoking, tobacco chewing, alcohol consumption, junk foods and obesity. According to WHO Ischemic heart disease or Coronary artery disease is the major causes of mortality. Therefore, it is needed to explore knowledge on heart disease time to time. The main purpose of this article is to promote the awareness about the heart disease, so prevalence of such problem can be reduced by avoiding risk factors.

Keywords: Hridroga, Hritshool, Heart disease, Ayurveda, IHD (Ischemic Heart Diseases).

Introduction:

The ancient texts of Ayurveda described Hridroga in the form of Vatik, Paititik, Kaphaj and Sannipatij Hridroga. Acharaya Charak has also described one another type of Hridroga; i.e. Krimij Hridroga.[1] Similarly Acharaya Sushruta has described another specific Hridroga named as Hritshool which can be correlates with ischemic Heart Diseases (IHD) or Coronary Artery Diseases (CAD) as per modern science.[2]

Acharaya Sushruta has given explanation about anatomy of Hridya like as “Pundriken Sadrushyam Hridayam Svaadhomukham | Jagrastad Saviksati Swapataschh Nimilati]” it means heart is situated in oblique downward like the lotus, their activity is increased in awoken state and activity decrease in sleeping condition.[3] The Autonomic nervous system is responsible for many physiological functions including the force of contraction of the heart, peripheral resistance of blood vessels and the conduction of heart rate.

Acharaya sushruta has described the physiology of heart as “Arhartar Gachchhitiitii Rasastyya cha Sthanam Hridam |” it means after the digestion of the food; it gets absorbed by the blood circulation and circulated in the whole body for the nutritional requirement through the Heart.[4] Heart also promotes excretion of waste products from the tissue metabolism via blood, urine, respiration and sweat, etc.

Causes of Hridroga:

According to Acharaya Charak [1] there are following factors that can leads Hridroga:

1. Ativayyaam (Excessive exercise or not exercising)
2. Ushna Ahar Sevan (Consuming excessive spicy food)
3. Improper use of Panchkarma
4. Chinta and Bhaya (Excessive Stress and worry)
5. Pre-existing diseases is not treated properly
6. Ama Dosha
7. Veg Dharan (Suppression of desire or impulse)
8. Unhealthy diet and polluted environment
9. Abhigatha (Trauma), etc.

Besides these causes, Acharaya Madhav also has described the causes of Hridroga i.e. consumption of hot and heavy food, use of astringents and bitter substance, excessive physical work, habitually taking food before the previous one has been digested and anxiety may precipitate pathogenesis of Hridroga [1].

According to modern medicine there are many etiological factors described regarding to the heart diseases or Ischemic
Heart Diseases (IHD) or Coronary Artery Diseases such as; old age, endomorphic body structure, derangements of lipids, cigarette smoking, tobacco chewing, obesity, less physical activity, diabetes mellitus, family history, psychosocial factors, stress and syndrome.[1]

**Samprapti (Pathogenesis) of Hridroga:**

The etiological factors vitiate Doshas that further affects Rasa Dhatu, localise themselves in the heart and create obstruction resulting the impairment in the functions of heart and produces pain, this condition is known as Hridroga.[1]

According to Acharya Sushruta the Samprapti of Hridroga is: "Kapha-Pitta Avroodhdstu Maruta Rasmoorchhitah | Hridstaha Krute Shoolam Uchhwas Shwas Awrodhakam Param || Sa Hritshoolam Eti khyato Rasmaruta Sambhavaha || which means aggravated Vayu mixed with Rasa and obstructed by Kapha and Pitta gets located in heart and cause pain creating, severe difficulty in breathing, this is known as "Hritshool" caused by Rasa and Vayu.

**Modern Aspects**

Atherosclerosis is responsible for ischemic heart disease in 90% case as per modern science, while other causes are vasospasm, embolism, thrombotic disease, trauma, aneurysm and compression etc.[6] IHD is a condition which results from reduced blood supply to the heart muscle. This usually involves impairment of blood flow through the coronary arteries, most commonly caused by atherosclerotic narrowing, but occasionally arterial spasm, embolism and thrombotic disease etc., these all conditions may causes following consequences:

A. Asymptomatic state
B. Angina pectoris
C. Acute myocardial infarction (MI)
D. Chronic ischaemic heart disease (CIHD)/ Ischaemic cardiomyopathy/ Myocardial fibrosis
E. Sudden cardiac death [6]

All are the ischemic and emergency conditions except asymptomatic state, but, in these conditions Angina pectoris is the common and first symptomatic discomfort resulting from acute myocardial ischemia. It is characterised by paroxysmal pain in the substernal or precordial region of the chest which is aggravated by an increase in the demand of the heart and relieved by a decrease in the work of the heart. The pain radiates to the left arm, neck, jaw or right arm. There are three overlapping clinical patterns of angina pectoris with some differences in their pathogenesis; Stable or typical angina, Prinzmetal’s variant angina and Unstable or crescendo angina [6]. **Figure 1** depicted common pathological sequences of heart diseases.

![Figure 1: Pathological events related to the heart diseases](image-url)

**Common Clinical Features of Hridroga:**

The Clinical features of Hridroga described by the Acharya Charak as following: [1]

- **Vaiavarnaya** (discolouration; e.g. pallor, cyanosis and flushing)
- **Moorchha** (syncope)
- **Jwara** (increased body temperature)
- **Kasa** (cough), **Shwas** (difficulty in breathing) and **Hikka** (hicough)
- **Vairasya** (distaste), **Trushna** (thirst) and **Pramoha** (drowsiness)
- **Vaman** (vomiting), **Utklesh** (nausea) and **Aroochi** (loss of Appetite)

**Symptoms of Hridroga according to predominance of Doshas:** [2]

1. **Vataj Hridroga:**

   A stretching sensation is felt all over the heart in the **Vatik Hridroga** and is accompanied with **Tudhate** (pricking),
Ischemic heart disease is the common most serious cause of death in both men and women and coronary artery disease is the common most serious cause of death in old age. The prevalence of such diseases can be avoided by taking considerations of causative factors. In Ayurveda there are many procedures, therapies and examination methods have been described for the management of various heart diseases. The basic principles and concepts of Ayurveda provide a way to restore normal physiological functioning of heart. Ayurveda suggest that taking consideration of causative factors help to prevent pathological initiation of heart diseases therefore awareness about etiological factors of heart disease is prerequisite.

**References**