

**A CRITICAL ANALYSIS OF HRIDRAVA AS A SIGN OF HRIDROGA & ITS  
TREATMENT APPROACH VIA UNDERSTANDING OF THE AYURVEDIC MEDICINE**Nishant Paika<sup>1\*</sup> and Satya Deo Pandey<sup>2</sup><sup>1</sup>Ph.D Scholar & Assistant Professor, Department of Kriya Sharir, Desh Bhagat Ayurvedic College & Hospital, Desh Bhagat University, Mandi Gobindgarh, Punjab, India.<sup>2</sup>Professor & Head of the Department, Kayachikitsa Department, Desh Bhagat Ayurvedic College & Hospital, Desh Bhagat University, Mandi Gobindgarh, Punjab, India.**\*Corresponding Author: Dr. Nishant Paika**

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**ABSTRACT**

*Hridya* is one of the most important organs of the body, which is also classified as one of the *Marma* of the human body, among the concept of the *Tri-marma*. Its working, which is generally understood as the beating of the Heart, remains normal under the normal conditions in the terms of rate and the rhythm. These are generally controlled by the Heart itself under the normal conditions but for the varying circumstances its rate can be controlled by the other parts of the nervous system, mainly Brain itself. Although under the normal circumstances heartbeats remains unnoticeable by the patients, but under some conditions of Physical, Emotional, Traumatic or General distress to the body, the heartbeats become noticeable for the patient, as in the form of the palpitations itself. This Feeling of palpitations by the patient can be understood as the condition of *Hriddrava* in the Classical texts of the Ayurveda. Although that may or may not has been termed as the disease in the terms of classical presentation of the signs and the symptoms but the presentation of the perceptible heartbeats may be the cause of worry for the patient, if the patient experiences them all the time, including the time of normal tasks like sitting, normal walking, sleeping or under the other routine conditions. Sometimes it may cause the discomfort to the patient because patient might gets the feeling of the presence of some disease just because of the repeated irritation and discomfort. Considering the intervention of the *tri-doshas* for this condition, its treatment approach can be understood in a very scientific & understanding way, generally which is due to *Vata dosha*.

**KEYWORDS:** *Hridya, Hriddrava, Tri-marma, Tri-doshas, Vata.***INTRODUCTION**

*Hridya* is one of the most important organs of the body. It is also classified as one of the most important *Marma* place of the human body, among the concept of the *Tri-marmas*. Its working, which is generally understood as the beating of the Heart, remains normal under the normal conditions in the terms of rate and the rhythm. Generally its rate is controlled by the Heart itself under the normal conditions but for the varying circumstances its rate can be controlled by the other parts of the nervous system, mainly Brain itself which means it is controlled by the *Nadi tantra* of the body, connecting it with the *Mastishk* (Brain), which in turn is dependent on the status of the *vatadi doshas* prevailing within the body of the Patient, hence affecting the heart rate, its beats per minute & the force of the contraction of the heart itself.

Although under the normal circumstances heartbeats remains un-noticeable by the patients, but under some conditions of Physical, Emotional, Traumatic or General

distress to the body, the heartbeats become noticeable for the patient, as in the form of the palpitations itself, which are felt by the patient under the conditions of the normal activity by the patient, like while sitting, normal walking, sleeping or under the other routine conditions. This Feeling of palpitations by the patient can be understood as the condition of *Hriddrava* in the Classical texts of the Ayurveda.

Although that may or may not has been termed as the disease in the terms of classical presentation of the signs and the symptoms but the presentation of the perceptible heartbeats may be the cause of worry for the patient, if the patient experiences them all the time, including the time of normal tasks, hence affecting the normal General condition status of the patient. Sometimes it may cause the discomfort to the patient because patient might get the feeling of the presence of some disease just because of the repeated irritation and discomfort, affecting the

routine life of the patient and the daily routine activities like sleeping, walking, etc.

Considering the intervention of the *tri-doshas* for this condition, its treatment approach can be understood in a very scientific & understanding way. As per referring from various literature reviews (As mentioned along with their sources below), it can be clearly understood that in most of the cases it generally occurs due to the vitiation of the *Vata dosha* within the body of the Patient, hence affecting the *rasa dhatu and Hridya* region of the patient, thus creating the signs and symptoms of the disease.

### Etiology

According to *Acharya Charak*, as mentioned in the chapter 26, verse 77, the etiological reasons for the *Hridroga* includes Atiyoga (excess) of these following factors,

- Vyayam (Exercise/workouts of the Body).
- Tikshan aahar (Intake of too much of salty, chilly or spicy foods).
- Virechana (Purgation measures).
- Basti (Enema procedures).
- Chinta (Over-thinking, stress).
- Bhaya (Having Fear).
- Traasa (Depressed or deprived feeling).
- Gadh (Improper treatment of the previous diseases).
- Chhardi (Emesis or reflux disorders).
- Aama (Presence of undigested food inside the body).
- Vega-sandharna (Suppression of the natural urges).
- Karshan (Intake of Diet & exercising too much for the body slimming).

### General signs of the *hridroga* (The heart disease)

As mentioned by the *Acharya Charak* in the *Chikitsa sthana*, chapter 26 and verse 78 regarding the Etiology and its general signs of the *Hridroga*, as after the patient has been through any of these above etiological reasons, mainly affecting the *Tridoshas* of the body of the patient, then the patient may show the General signs (*samanya lakshan*) for the Heart disease (*Hridroga*), which includes the following these signs and the symptoms.

- Sharir varna vikriti (Discolouration of the body)
- Moorcha (Unconsciousness of the body)
- Jwar (Onset of the fever)
- Kaas (Occurrence of episodes of Coughing, without any underlying visible cause to the patient).
- Hikka rog (Occurrence of Hiccups frequently, with or without any cause)
- Swaas rog (Occurrence of Breathing disorders or Any Discomfort in breathing).
- Mukh virasta (Experiencing Bad taste in the mouth).
- Trishna (Excessive thirst).
- Pramoha (Fainting)
- Vaman (Occurrence of Emesis).
- Kaf-utkalesh (Excessive salivation or expectoration of mucus from the mouth)
- Vaksh-sthal peeda (Pain in the chest region).
- Aruchi (Disliking towards the food).

However, if we study and analyze the signs and symptoms of this *Hridroga* disease based on their etiological origins of *Tridoshas*, these signs can be characterized and understood specifically as under.

### Special signs of *vataj hridrog*

As per mentioned by *Acharya Charak*, in chapter 26<sup>th</sup> of *Chikitsa sthana*, it includes the following signs, when the etiological origins of the Heart disease (*Hridroga*) mainly due to the vitiation of the *Vata dosha* within the body. These are as,

- Hridya shonyabhava* (Feeling of emptiness inside the Heart).
- Hrid-drava* (Increase in Heart-rate or Tachycardia).
- Hridya shosh* (Feeling of dryness inside the Heart).
- Hriday bheda* (Feeling of bursting of the Heart).
- Hriday Satabdhta* (Feeling of stoppage of the beating of the Heart).
- Sammoha* (Unconsciousness).

In *Ashtang Hridyam*, its signs and symptoms mentioned in *Hridroga in Nidana sthan* in Chapter-5, verses 39 & 40 as the following indications in the *Hridya-pradesh* (region of the Heart),

- Shool (Pain in the Heart).
- Tudyyan (Feeling of the Pricking pain sensation in *Hridya*).
- Safuttan (Feeling of the breaking of the *Hridya*).
- Bhedana (Feeling of the bursting of the *Hridya*).
- Shushkata (Feeling of dryness of the *Hridya*).
- Stabhata (Feeling of stoppage of the Heartbeats).
- Shunyata (Feeling of emptiness of the *Hridya*).
- Drava* (Increase in the beats of the Heart-Tachycardia).
- Aksmata Heenata* (Sometimes feeling of the low).
- Shoko-bhaya-shabad asahiushanata* (Extreme Intolerance towards any forms of grief, fear or to listening anything).
- Vepathu* (Shaking of the Body).
- Veshatana* (Cramps in the muscles of the body).
- Moha* (Unconsciousness of the body).
- Shwasa-avrodha* (Stoppage of Breathing).
- Alpa-nidrata* (Reduction of the sleep).

### Treatment of various types of *Hridroga* & Other associated signs

As mentioned by *Acharya Charak* in chapter 26 of *Chikitsa sthana*, Other medicine formulations useful in *Vataj Hridroga* are,

- Punarnavadi tailam*.
- Haritakiyadi tailam*.
- Pushkarmooladi churna*.
- Pushkarmooladi kwath*.
- Pathyadi kalka*.
- Triushnadi Ghrit*.

As per *Vagbhatta*, mentioned in *Ashtand Hridya*, Milk can be only used in *Vataj Hridroga*.only and also it should not be used in *Vataj Hridroga* involving the presence of *Aamdosha* within the body.

Other Classical formulations mentioned to be used in *Vataj Hridroga*, are as follows,

1. *Prabhakar Vati*.
2. *Hridyarnav Rasa*.
3. *Jawaharmohra*.
4. *Yakuti Rasa*.
5. *Hridya Churna*.
6. *Pippaliadi Churnam*.

#### MATERIAL AND METHODS

The analysis of the disease condition includes the thorough understanding of the disease, which includes the review from the texts and the literature & further validation of its signs and symptoms of the disease and other associated symptoms.

The condition of the *Hridya* under consideration here is the *Hrid-drava*, which is mentioned as a sign due to the aetiology generated by the vitiation (disturbed by the increase) of *Vata dosha* within the body. It is described as one of the signs of the *Vataj Hridroga* in the *Charaka samhita*, *Chikitsa sthana*, chapter 26 and *Ashtang-hridya*, *Nidana sthana*, chapter 5.

#### RESULTS AND DISCUSSION

As we understand from the textual studies, literature review and the clinical experiences, it can be concluded that *Hrid-drava* being a classical sign of the *Hridroga* is due to the vitiation of the *vata dosha*, although it is a characteristic sign of the *Vataj Hrid-roga*, as mentioned by *Acharya Charaka in Charaka-samhita & by Acharya Vagbhatta in Ashtang-hridya*, but still it has to be co-related clinically by the clinicians for the presence of the other signs to be considered as a complete disease, otherwise this *dravatva* behavior of the *Hridya* can be assumed to be due to *Vata dosha*, which may be due to *sarvang vata dosha prokopa or Hridya-gat vata dosha janit Hrid-roga* also. This condition of *Hrid-drava*, can be treated by the above mentioned medicines, as listed in the various classical texts or can be thought of to be cured with any of the drugs, constituent of those mentioned combination drugs, based on the clinical trials or evidence-based studies, if listed anywhere in the literature sources. Other facts about the classical or associated signs about this condition can be shared with the author of this article for further research insights of the facts.

#### CONCLUSION

As an author & researcher, the condition of the *Hrid-drava* as one of the sign of the *Vata dosha* vitiation and its treatment approach, as mentioned is purely based on our critical understanding of the condition and the facts as stated in the texts and the literature. Hence on conclusion, it can be understood that this altered response of the *Hridya* can be understood as the special sign called as the *Hrid-drava* from the literature, which generally appears as the increase in the Heart rate or Tachycardia, which is mainly due to the etiological

intervention of the *Vata dosha*, hence it has to be cured in the same way as the treatment of the *vata dosha* mainly.

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