



Review Article

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A CONCEPTUAL STUDY OF HRUDROGA AND ITS NIDANA (CAUSATIVE FACTORS)

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ABSTRACT:

Nowadays, life is becoming very stressful and fast. As many diseases originate due to this hectic lifestyle. One of the important diseases is Hrudroga (ischemic heart disease), which is responsible for many deaths at an early age. According to latest data of American Heart Association, Cardiovascular disease including heart attack and stroke remain the No.1 killer of men and women causing 36 percent of all the deaths per year. Changes in diet patterns, dietary habits and lifestyle, social and environmental changes have leads to cardiac disease and many more disease. According to Ayurveda, all heart diseases come under the broad classification of Hrudroga. In view of the increasing incidence of cardiac disorders in the present times this aspect assumes added importance. In comparison to modern pathology and aetiology, Ayurvedic concept of Hrudroga is different and different to understand. Among the five types of Hrudroga described, in Vatika Hrudroga Ayurveda seems to have conceived the disease entity that comes under ischemic heart disease.

KEYWORDS: Hrudroga, Ischemic heart disease,

INTRODUCTION

Today, in this modern era, ischemic heart disease (IHD) is a leading cause of morbidity and mortality. This problem is affecting all economic groups of society and all over the world. So, IHD is considered a modern epidemic. Hrudroga is a one of Marma, which is the seat of many vital activities.

The name “Hrudaya” itself explain its vital function where “Hru” means, one which draws fluid or blood from the body forcibly texts, the heart originates from the essence of Rakta and Kapha, predominantly from maternal side, and develops into a muscular organ. Movement of heart is controlled by Vyanavayu and so is the case of valvular disorders. It can be assumed that the pericardium is developed from Meda, myocardium from Mamasa Dhatu and endocardium from Rasa and Rakta Dhatu.

HRIDROGA

Definition of heart diseases, aetology, pathogenesis and management has been described in Charak Samhita. The earliest detailed description of Hridroga is available in Charaka Samhita followed by Sushruta.

According to Sushruta, it has devoted a separate chapter to describing Hridroga (Uttara. Tantra. 42) and Vagbhata (As. Hri. Ni-5 and ci-6). Hridaya is Mool of Rasavaha and Pranvaha Srotas which play significant role in maintaining body homeostasis.

Hridaya is seat of all three types of Dosha like Vyana Vata, Sadhaka Pitta, and Avalambaka kapha. Hridaya is mentioned on Pranayatana as vital point.

Nidana of Hrudyaroga

The terms Hrudyata, Hrudroga, Hrudayamaya and Hrudaya Sula have been used in Vedas for Cardiovascular Disorders.

The Etiological factors of Hridroga, according to Ayurveda can be categorized into three groups:

1 Aharaj Nidana: Ati Usna, Guru, Kasaya, Tikta Sevana, Adhyashana.

2 Viharaj Nidana: Srama, Vegadharana, Abhigata, Ativerachana.

3 Mansik Nidana: Chinta, Bhaya, Trasa, Mada.

Ati Guru Ahara:

Foods which are Guru Guna Pradhana i.e., heavy to digest and metabolise are also a leading cause for cardiovascular disorders. E.g., Deep fried foods, fatty foods, processed foods like chips, Yellow of eggs, Red Meat. Carb-Dense Foods are the leading cause of Cardiovascular disorders. It can lead to long-term health damage as it causes an increase in inflammation and transforms the gut flora and heart too.

Ati Usna:

Foods which are Ushna (warm in potency), when consumed in excessive amount are responsible for various cardiovascular disorders. E.g., Excessive use of Spices like green and red chilli sauces, Chilli flakes. over pizzas, vinegar and spicy pickles. Excessive use of dry nuts like kaju, walnut, peanuts, chicken (Anupa Desha Prani

Ahara containing excessive Kashaya Rasa

When Kashaya Rasa Darvyas are consumed in excess they cause contraction or shrinkage of tissues and dry up the secretions. These foods are responsible for desiccation of Cardiomyocytes. Kashaya Rasa Darvyas (Astringents) are usually classified into three groups according to their mode of action: (1) those that decrease the blood supply by narrowing the small blood vessels (e.g., epinephrine and cocaine), (2) those that abstract water from the tissue (e.g., glycerol and alcohol) and (3) those that coagulate the superficial tissue layers into a crust (e.g., metallic astringents, such as calamine or alum). According to Ayurvedic concept excessive use of Kashaya Rasa Darvyas are responsible for contraction, Shoshana and Sthambhana Karma.

Ahara containing excessive Tikta Rasa

When Tikta Rasa Dravyas are consumed in excess they are responsible for exsiccation of all the Dhatus of body like Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra. It develops dryness in different channels of body and heart. It causes the Dhatu Kshaya and ultimately vitiation of Vata Dosha.

Adhyashana:

Adhyashana (Eating before digestion of previous food) causes Agnimaandya and Aama.

Agni is said to be Bala of the body. Decrease in Agni causes decrease in pure Rasa Dhatu, which leads to lack of Prinana (nutrition) of the Deha. This decreases. Dehabala too. Thus, due to decreased Agnibala and Dehabala, diseases become difficult to treat.

Srama:

In a healthy practice exercise in moderate quantity is beneficial for the body while Sternous exercise for long duration results in exhaustion and production of free radicals, which are responsible for many cardiovascular disorders. All these activities. results in vitiation of Vata Dosha. According to Ayurvedic texts Ativyayam is responsible for ailments like dyspnea, Coagulopathies which are similar to cardiovascular disorder

Vegadharana:

When a person suppresses the natural urges like Shwas, Kasa, Kshavathu they are responsible for vitiation of Vata Dosha and brought the pressure changes in the circulation. Results in different Hrudya Roga.

Abhigata:

Direct injury to the thoracic cavity or indirect injury through the blood vessels in the form of high blood pressure or thrombus or embolism or any inflammatory process in the cardiac muscles results in severe cardiovascular pathologies.

Ativirechana: Virechana is a common term for both Vamana and Virechana. When performed in excess are responsible for severe dehydration and hypovolemia. This causes Kshaya of Apa Dhatu and vitiation of Vata Dosha, ultimately results in Hrudya Roga.

Ati Chinta: Excessive stressful activities are also a leading cause for heart diseases. Chinta results in Rasakshaya and causes Shoshana of Apa Dhatu. High levels of cortisol from long-term stress can increase blood cholesterol, triglycerides, blood sugar, and blood pressure. These are common risk factors for heart disease. This stress can also cause changes that promote the build-up of plaque deposits in the arteries.

Medo Roga and Prameha:

Adiposity and diabetes are two important risk factors of ischemic heart diseases. Adiposity or Medo Roga may be Sahaja or it may be cause by over nutrition, sedentary lifestyle, bad sleeping habits like excessive day sleep and due to other psychosocial factors.

Vitiated Rakta Dhatu:

Blood may be vitiated by taking excessive Viruddha, Snigdha, Guru, food and by day sleep, which may give rise to Agnimandya Vitiation of Raktadhatu directly results in Hridyaroga as its seat for origin of Hrudya.

Bheda-Lakshana

Five types of Hridroga viz. Vataja, Pittaja, Kaphaja, Sonnipataja and Krimija have been described by Charak and Vagbhata. Susurta has described Tridoshaja variety.

Samanya Lakshana

वैवर्ण्यमूर्च्छाज्वरकासहिककाश्वासास्यवैरस्यतृषाप्रमोहाः ।

छर्दिः कफोत्क्लेशरुजोऽ रुचिश्चहृद्रोगजाः स्युर्विविधास्तथाऽ न्ये ॥ (Ch.Chi.26/78)

- Discoloration in skin complexion,
- Fainting
- fever
- cough
- Hiccup
- dyspnea
- unpleasant taste in mouth
- excess thirst
- confusion/unconsciousness,
- vomiting, nausea and distress / pain,

Vataja Hridroga

- Hrutshunya bhava - Feeling of emptiness in the heart region,
- Hrutdrava - tachycardia,
- Sosha atrophy of the cardiac muscles,
- Bheda - pricking pain,
- HrutStambha - heart- block and
- Sammoha unconsciousness

A keen observation uncovers the similarity of the symptoms of Vataja Hridroga with that of ischemic heart disease known in modern medicine.

'Angina' is defined as an acute pain of cardiac origin related to inadequate blood supply.

Pittaja Hridroga

- Jwara - fever
- Daha- burning sensation

- Trishna- excessive thirst
- Murchha- unconsciousness
- Santrasa - feeling of distress
- Peetatah- yellow colour

Kaphaja Hridroga

- Stabdham-bradycardia
- Guru syatstimitam - heaviness and timidity of the heart,
- Praseka excessive salivation,
- Jwara - fever,
- Kasa cough and
- Santrasa drowsiness

Sannipataja and Krimija Hridroga

Sushruta does not include Sannipataja among the four types he has described. Charaka also keeps Krimija as a complication of Sannipataja variety. While Sannipataja is stated to include only combined symptomatology, Krimija is said to have a different set of signs and symptoms. The pathogenesis is also separately explained.

It is said that the patient afflicted with Krimija Hridroga, if consume in excess, Tila, Kshira and Guda, 'Granthi' would be formed where colonization of Krimija would take place. The condition is said to have severe pain associated with prusitis. Aruchi, Hrilasa, Syavanetrata, Tamahpravesha are some associated symptoms.

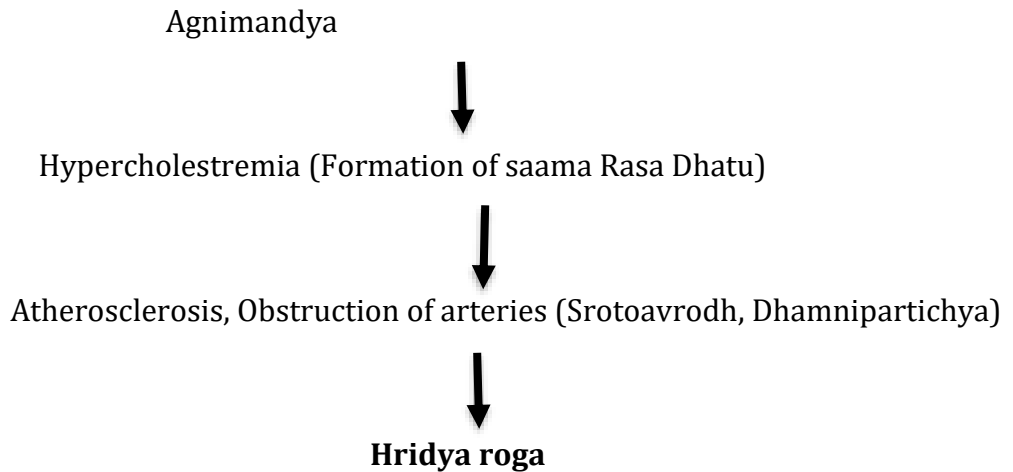
Samprapti (Pathogenesis) of Hridroga (cardiovascular disease)

In this disease Agnimandya occurs due to Mittyahara -Vihara. Agnimandya produces Saam Dhatu and due to Saama Rasa Dhatu Srotorodh Dhamnipartichya occurs and results in Hridroga.

Familial factors

Mithyahara – Vihara





DISCUSSION

Samanya Lakshan of Hridroga is also found in various diseases of the heart –

- (1) Discolouration - This includes pallor, cyanosis and malar flush on the body. Paleness is an indicator of anemia caused by malformation of the various valves of the heart. Bl
- (2) Fainting This is a special symptom of cardiac asthma.
- (3) Fever This symptom is predominant in rheumatic or septic endocarditis.
- (4) Cough, hiccups and wheezing are called pressure symptoms. They are found in mitral regurgitation and especially in mitral stenosis. Bilateral congestion also involves vomiting of blood. Coronary thrombosis is characterized by vomiting, anorexia and shortness

CONCLUSION

Heart disease or Hridaroga is a term covering any disorder of the heart. Everyone should have brief knowledge about this. So, this article explains the heart disease in a very scientific way by covering its Ayurvedic view as well as modern explanation.

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