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# A HOLISTIC REVIEW OF *HRIDYA DRAVYA* MENTION IN *BHAVPRAKASH NIGHANTU* IN THE MANAGEMENT OF THE CARDIOVASCULAR DISORDERS

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**ABSTRACT**

Cardiovascular diseases are one of the most common health problems worldwide and are mainly associated with lifestyle changes, stress, and metabolic disturbances. In Ayurveda, these conditions are described under *Hridroga*, where the heart is considered an important seat of *Ojas* and vitality. Maintenance of cardiac health depends on the proper balance of *Dosha*, *Agni*, and *Rasa Dhatu*. Disturbance in these factors leads to impairment of cardiac function. *Bhavprakash Nighantu*, an important Ayurvedic lexicon, describes various *Hridya Dravya* which are beneficial for heart health. These drugs are mentioned under different vargas and possess actions such as *Hrudya*, *Hrudroga hara*, *Hrudaya shodhana*, and *Hrudpida hara*. They help in strengthening the heart, improving circulation, clearing channels, and reducing symptoms like pain and heaviness. Many commonly known drugs such as *Arjuna*, *Guduchi*, *Lashuna*, *Pippali*, and *Shatavari* are included in these groups. These drugs not only act on *Dosha* balance but also support proper nourishment of tissues and enhance overall vitality. From a modern perspective, their actions can be correlated with cardioprotective effects like antioxidant, anti-inflammatory, lipid-lowering, and improvement of vascular function. Thus, *Hridya Dravya* mentioned in *Bhavprakash Nighantu* provide a holistic approach for maintaining cardiovascular health. They emphasize prevention as well as management of cardiac disorders through natural and safe measures. Further scientific and clinical studies are required to validate their efficacy and understand their detailed mechanism of action.

**KEYWORDS -** *Hridya Dravya*, *Hridroga*, *Bhavprakash Nighantu*, Cardiovascular System, *Agni*, *Rasa Dhatu*

## INTRODUCTION

Cardiovascular diseases[1] are one of the leading causes of morbidity and mortality worldwide. Rapid urbanization, sedentary lifestyle, unhealthy dietary habits, stress, and metabolic disorders have significantly increased the incidence of heart-related diseases. Conditions such as hypertension, coronary artery disease, and heart failure are now commonly seen in both developed and developing countries. These disorders not only affect physical health but also reduce the quality of life and increase the economic burden on society.

In Ayurveda, the heart is referred to as *Hridaya*[2] and is considered a vital organ responsible for circulation, consciousness, and maintenance of life. Diseases related to the heart are described under *Hridroga*, which mainly arise due to imbalance of *Dosha*,[3] especially *Vata*,[4] *Pitta*,[5] and *Kapha*,[6] along with impairment of *Agni*[7] and *Rasa Dhatu*.[8] Classical texts have explained that improper diet, suppression of natural urges, and unhealthy lifestyle lead to disturbance in *Srotas*, ultimately affecting the normal functioning of the heart.

Ayurvedic literature provides a wide range of therapeutic approaches for maintaining cardiac health, including diet, lifestyle, and herbal formulations. Among these, *Hridya Dravya*[9] play an important role. These drugs possess properties that strengthen the heart, improve circulation, purify channels, and alleviate symptoms such as pain, heaviness, and discomfort. The concept of *Hridya* indicates substances that are beneficial for the heart both functionally and structurally.

*Bhavprakash Nighantu*, a classical Ayurvedic lexicon, describes numerous drugs with *Hridya* properties under different vargas. These drugs include herbal, mineral, and animal origin substances, which are used for prevention as well as management of cardiac disorders. Understanding these *Hridya Dravya* and their actions can provide valuable insight into a holistic and natural approach to cardiovascular care, and may also help in correlating Ayurvedic principles with modern medical science.

## AIM AND OBJECTIVES

### AIM

To study *Hridya Dravya* mentioned in *Bhavprakash Nighantu* and their role in maintaining cardiovascular health.

## OBJECTIVES

- To identify *Hridya Dravya* described in *Bhavprakash Nighantu*
- To understand their actions in *Hridroga*
- To classify these drugs according to different vargas
- To correlate their effects with modern cardioprotective concepts

## MATERIALS AND METHODS

This study is a conceptual literary review based on classical Ayurvedic texts, mainly *Bhavprakash Nighantu*. Relevant information regarding *Hridya Dravya* was collected and analyzed from the text. Drugs having actions such as *Hrudya*, *Hrudroga hara*, *Hrudaya shodhana*, and *Hrudpida hara* were identified and compiled. These drugs were further classified according to different vargas mentioned in the text. The collected data was then reviewed and interpreted to understand their role in the management of *Hridroga* and to correlate their actions with modern concepts of cardiovascular health.

## CONCEPTUAL STUDY

### *Hridya Dravya*

In Ayurveda, *Hridaya* is considered a vital organ responsible for circulation, consciousness, and maintenance of life. It is described as the seat of *Ojas*, *Prana*, and *Mana*. Proper functioning of *Hridaya* depends on the balance of *Tridosha*, proper *Agni*, and healthy *Rasa Dhatu*. Any disturbance in these factors leads to impairment of cardiac function and results in *Hridroga*.

### Definition

*Hridya Dravya* are those substances which are beneficial for the heart and help in maintaining its normal function. These drugs act by strengthening the cardiac muscles, improving circulation, and supporting the nourishment of tissues. They are useful both in prevention and management of heart-related disorders.

### Pharmacological Actions of *Hridya Dravya*

*Hridya Dravya* exhibits various actions such as *Hrudya*,[10] *Hrudroga hara*,[11] *Hrudaya shodhana*,[12] *Hrudamaya hara*,[13] and *Hrudpida hara*.[14] These actions indicate that the drugs

not only strengthen the heart but also help in removing blockages, relieving pain, and improving the overall function of the cardiovascular system.

### Mode of Action of *Hridya Dravya*

The action of *Hridya Dravya* can be understood through Ayurvedic principles. These drugs help in balancing *Dosha*, especially regulating *Vyana Vata*, which is responsible for circulation. They improve *Agni* and prevent the formation of *Ama*, thereby maintaining clear *Srotas*. They also nourish *Rasa Dhatu*, which plays a key role in circulation, and enhance *Ojas*, thus improving overall vitality and strength.

### Role of *Hridya Dravya* in *Hridroga*

*Hridya Dravya* plays an important role in both prevention and management of *Hridroga*. They help in reducing symptoms such as chest pain, heaviness, palpitation, and breathlessness. These drugs improve cardiac output, maintain proper circulation, and support tissue nourishment. Their regular use helps in maintaining the functional integrity of the heart.

### Examples of Important *Hridya Dravya*

Several important *Hridya Dravya* is described in classical texts, including *Arjuna*, *Guduchi*, *Lashuna*, *Pippali*, *Shunthi*, *Shatavari*, and *Haritaki*. These drugs are widely used in Ayurvedic practice for maintaining heart health and managing cardiovascular disorders.

### Modern Correlation of *Hridya Dravya*

From a modern perspective, *Hridya Dravya* can be correlated with cardioprotective agents. They show antioxidant, anti-inflammatory, antihypertensive, and hypolipidemic effects. These actions help in protecting the heart, improving vascular function, and reducing the risk of cardiovascular diseases.

**Table 1: Cardioprotective drugs of *Haritakyadi varga*[15] with respective references**

| Sr No | Drug Name | Family | Action of drug | Corresponding reference # |
|---|---|---|---|---|
| 1 | *Haritaki (Terminalia chebula Retz, Terminalia cetrina Roxb)* | Combretaceae | *Hrudamaya hara* | B.P.N.1/21 |
| 2 | *Shunthi (Zingiber officinale Roscoe)* | Zingiberaceae | *Hrudamaya hara* | B.P.N.1/46 |

| | | | | |
|---|---|---|---|---|
| 3 | *Pippali (Piper longum Linn., Chavica roxburghii)* | Piperaceae | *Hrudya* | B.P.N.1/58 |
| 4 | *Ajamoda (Apium graveolens Linn.)* | Umbelliferae | *Hrudya* | B.P.N.1/78 |
| 5 | *Shatapushpa (Anethum sowa Kurz.)* | Umbelliferae | *Hrudya* | B.P.N.1/92 |
| 6 | *Kulinjana (Alpinia galanga Willd.)* | Zingiberaceae | *Hrudaya shodhana* | B.P.N.1/105 |
| 7 | *Aragwadha (Cassia fistula Linn.)* | Leguminosae | *Hrudrog nashaka* | B.P.N.1/92 |
| 8 | *Katuki (Picrorhiza kurroa Royle ex Benth.)* | Scrophulariaceae | *Hrudya* | B.P.N.1/152 |
| 9 | *Pashanbheda (Saxifraga ligulata Wall)* | Saxifragaceae | *Hrudruja hara* | B.P.N.1/185 |
| 10 | *Bakuchi (Psoralea corylifolia Linn.)* | Leguminosae | *Hrudya* | B.P.N.1/208 |
| 11 | *Chakramarda (Cassia tora Linn.)* | Leguminosae | *Hrudya* | B.P.N.1/212 |
| 12 | *Lashuna (Allium sativum Linn.)* | Liliaceae | *Hrudroga hara* | B.P.N.1/223 |
| 13 | *Bida lavana* | - | *Hrudroga* | B.P.N.1/247 |
| 14 | *Yavakshara (Potasii carbonas)* | - | *Hrudamaya hara* | B.P.N.1/254 |
| 15 | *Chukram* | - | *Hrudpida hara* | B.P.N.1/261 |

**Table 2: Cardioprotective drugs of *Guduchyadi varga*[16] with respective references**

| Sr.No. | Drug Name | Family | Action of drug | Corresponding reference # |
|---|---|---|---|---|
| 1 | *Guduchi (Tinospora cordifolia Willd.)* | Menispermiaceae | *Hrudroga hara* | B.P.N.3/10 |
| 2 | *Patala pushpa (Stereospermum suaveolens DC.)* | Bignoniaceae | *Hrudya* | B.P.N.3/22 |
| 3 | *Shyonak balaphala (Oroxylum indicum Vent.)* | Bignoniaceae | *Hrudya* | B.P.N.3/28 |
| 4 | *Brihati (Solanum indicum Linn.)* | Solanaceae | *Hrudya* | B.P.N.3/36 |

| | | | | |
|---|---|---|---|---|
| 5 | *Kantakari (Solanum xanthocarpum Schrad & Wendl)* | Solanaceae | *Hrudamaya hara* | B.P.N.3/41 |
| 6 | *Gokshur (Tribulus terrestris Linn.)* | Zygophyllaceae | *Hrudroga hara* | B.P.N.3/46 |
| 7 | *Atarusha (Adhatoda vasica Nees)* | Acanthaceae | *Hrudya* | B.P.N.3/90 |
| 8 | *Shobhanjana (Moringa pterygosperma Gaertn)* | Moringaceae | *Hrudya* | B.P.N.3/106 |
| 9 | *Nala (Phragmites kirka)* | Gramineae | *Hrudpida hara* | B.P.N.3/157 |
| 10 | *Katruna (Cymbopogon schoenanthus Linn)* | Gramineae | *Hrudroga hara* | B.P.N.3/168 |
| 11 | *Shatavari (Asparagus racemosus Willd.)* | Liliaceae | *Hrudya* | B.P.N.3/187 |
| 12 | *Patha (Cissampelos pareira Linn)* | Menispermaceae | *Hrudruja hara* | B.P.N.3/193 |
| 13 | *Apamarga (Achyranthes aspera Linn.)* | Amaranthaceae | *Hrudruja hara* | B.P.N.3/220 |
| 14 | *Trayamana (Delphinium zalil Aitch & Hemsl)* | Rananculaceae | *Hrudroga hara* | B.P.N.3/243 |
| 15 | *Moorva (Marsdenia tenacissima W & A)* | Asclepiadaceae | *Hrudroga hara* | B.P.N.3/245 |
| 16 | *Kakamachi (Solanum nigrum Linn)* | Solanaceae | *Hrudroga hara* | B.P.N.3/247 |
| 17 | *Akashavalli (Cuscuta reflexa Roxb)* | Convolvulaceae | *Hrudya* | B.P.N.3/259 |
| 18 | *Hingupatri (Gardenia gummifera Linn.)* | Rubiaceae | *Hrudroga hara* | B.P.N.3/264 |
| 19 | *Vamshapatri* | - | *Hrudroga hara* | B.P.N.3/265 |
| 20 | *Jalapippali (Lippia nodiflora Mich)* | Verbenaceae | *Hrudya* | B.P.N.3/295 |
| 21 | *Gojihva (Elephantopus scaber Linn)* | Compositae | *Hrudya* | B.P.N.3/298 |

**Table 3: Cardioprotective drugs of *Karpuradi varga*[17] with respective references**

| Sr.No. | Drug Name | Family | Action of drug | Corresponding reference # |
|---|---|---|---|---|
| 1 | *Jatiphala (Myristica fragrans Houtt)* | Myristicaceae | *Hrudruja hara* | B.P.N.2/55 |
| 2 | *Twakpatra (Cinnamomum cassia Blume)* | Lauraceae | *Hrudroga hara* | B.P.N.2/65 |
| 3 | *Baalam (Sugandhabala) (Pavonia odorata Willd)* | Malvaceae | *Hrudya* | B.P.N.2/83 |
| 4 | *Shaileyam (Parmelia perlata Ach.)* | Parmeliaceae | *Hrudya* | B.P.N.2/91 |
| 5 | *Choraka (Angelica glauca Edgw)* | Umbelliferae | *Hrudya* | B.P.N.2/113 |
| 6 | *Kankola (Piper cubeba Linn.f)* | Piperaceae | *Hrudya* | B.P.N.2/116 |
| 7 | *Elavaluka (Prunus cerasus Linn)* | Rosaceae | *Hrudruja hara* | B.P.N.2/121 |

**Table 4: Cardioprotective drugs of *Pushpa varga*[18] with respective references**

| Sr.No. | Drug Name | Family | Action of drug | Corresponding reference # |
|---|---|---|---|---|
| 1 | *Shatapatri (Rosa centifolia Linn)* | Rosaceae | *Hrudya* | B.P.N.4/23 |
| 2 | *Yuthika (Jasminum auriculatum Vahl)* | Oleaceae | *Hrudya* | B.P.N.4/30 |
| 3 | *Tulsi (Ocimum sanctum Linn)* | Labiateae | *Hrudya* | B.P.N.4/63 |
| 4 | *Marubaka (Origanum majorana Linn)* | Labiateae | *Hrudya* | B.P.N.4/65 |
| 5 | *Damanaka (Artemisia vulgaris Linn)* | Compositae | *Hrudya* | B.P.N.4/68 |
| 6 | *Barbari (Ocimum basilicum Linn)* | Labiateae | *Hrudya* | B.P.N.4/71 |

**Table 5: Cardioprotective drugs of *Vatadi varga*[19] with respective references**

| Sr.No. | Drug Name | Family | Action of drug | Corresponding reference # |
|---|---|---|---|---|
| 1 | *Kukubha (Arjuna) (Terminalia arjuna W&A)* | Combretaceae | *Hrudya* | B.P.N.5/27 |
| 2 | *Jingini (Odina woodier Roxb)* | Anacardiaceae | *Hrudroga hara* | B.P.N.5/43 |

**Table 6: Cardioprotective drugs of *Amradiphala varga*[20] with respective references**

| Sr.No. | Drug Name | Family | Action of drug | Corresponding reference # |
|---|---|---|---|---|
| 1 | *Pakwa amraphala & amra beeja (Mangifera indica Linn)* | Anacardiaceae | *Hrudya & Hrudaya daha hara* | B.P.N.6/5,17 |
| 2 | *Narikela jala (Cocos nucifera Linn)* | Palmae | *Hrudya* | B.P.N.6/41 |
| 3 | *Priyala majja (Buchanania latifolia Roxb)* | Anacardiaceae | *Hrudya* | B.P.N.6/85 |
| 4 | *Parushaka (Grewia asiatica Linn)* | Tiliaceae | *Hrudya* | B.P.N.6/99 |
| 5 | *Dadima phala (Punica granatum Linn)* | Punicaceae | *Hrudroga* | B.P.N.6/102 |
| 6 | *Kharjura (Phoenix sylvestris Roxb)* | Palmae | *Hrudya* | B.P.N.6/118 |
| 7 | *Beejapura (Citrus media Linn)* | Rutaceae | *Hrudaya shodhana* | B.P.N.6/131 |
| 8 | *Jambira (Citrus limon Linn)* | Rutaceae | *Hrudpida hara* | B.P.N.6/134 |
| 9 | *Amlavetasa (Garcinia pedunculata Roxb)* | Guttiferae | *Hrudroga hara* | B.P.N.6/145 |
| 10 | *Vrukshamla (Garcinia indica Chois)* | Guttiferae | *Hrudroga hara* | B.P.N.6/149 |

**Table 7: Cardioprotective drugs of *Dhatwadi varga*[21] with respective references**

| Sr.No. | Drug Name | Action of drug | Corresponding reference # |
|---|---|---|---|
| 1 | *Samyak marita suvarna* | *Hrudya* | B.P.N.7/10 |

**Table 8: Cardioprotective drugs of *Shaka varga*[22] with respective references**

| Sr.No. | Drug Name | Family | Action of drug | Corresponding reference # |
|---|---|---|---|---|
| 1 | *Alabu (Lagenaria vulgaris Ser.)* | Cucurbitaceae | *Hrudya* | B.P.N.9/58 |
| 2 | *Katutumbi (Lagenaria vulgaris Ser.)* | Cucurbitaceae | *Hrudya* | B.P.N.9/59 |
| 3 | *Patola (Trichosanthes dioica Roxb)* | Cucurbitaceae | *Hrudya* | B.P.N.9/70 |
| 4 | *Aaluki (Calocasia antiquorum Schott.)* | Araceae | *Hrudkapha nashini* | B.P.N.9/98 |
| 5 | *Kebuka (Costus speciosus Sm.)* | Zingiberaceae | *Hrudya* | B.P.N.9/111 |

**Table 9: Cardioprotective drugs of *Mamsa varga*[23] with respective references**

| Sr.No. | Drug Name | Action of drug | Corresponding reference # |
|---|---|---|---|
| 1 | *Mamsa* | *Hrudya* | B.P.N.10/1 |
| 2 | *Lava mamsa* | *Hrudamaya hara* | B.P.N.10/57 |
| 3 | *Prasuta aja mamsa* | *Hrudya* | B.P.N.10/77 |
| 4 | *Edaka mamsa* | *Hrudya* | B.P.N.10/83 |
| 5 | *Shilindhra matsya mamsa* | *Hrudya* | B.P.N.10/106 |
| 6 | *Shashkuli matsya mamsa* | *Hrudya* | B.P.N.10/112 |

**Table 10: Cardioprotective drugs of *Vaari varga*[24] with respective references**

| Sr.No. | Drug Name | Action of drug | Corresponding reference # |
|---|---|---|---|
| 1 | *Paniya* | *Hrudya* | B.P.N.12/2 |
| 2 | *Bhaumabhedasya jangaladi jalatraya* | *Hrudya* | B.P.N.12/30 |

**Table 11: Cardioprotective drugs of *Dugdha varga*[25] with respective references**

| Sr.No. | Drug Name | Action of drug | Corresponding reference # |
|---|---|---|---|
| 1 | *Piyusha, Kilata, Ksheerashaka & Takrapinda* | *Hrudya* | B.P.N.13/33 |

**Table 12: Cardioprotective drugs of *Dadhi varga*[26] with respective references**

| Sr.No. | Drug Name | Action of drug | Corresponding reference # |
|---|---|---|---|
| 1 | *Go Dadhi* | *Hrudya* | B.P.N.14/10 |

**Table 13: Cardioprotective drugs of *Taila varga*[27] with respective references**

| Sr.No. | Drug Name | Action of drug | Corresponding reference # |
|---|---|---|---|
| 1 | *Eranda taila* | *Hrudroga hara* | B.P.N.19/24 |

**Table 14: Cardioprotective drugs of *Sandhana varga*[28] with respective references**

| Sr.No. | Drug Name | Action of drug | Corresponding reference # |
|---|---|---|---|
| 1 | *Tushambu* | *Hrudya* | B.P.N.20/7 |
| 2 | *Purana madira* | *Hrudya* | B.P.N.20/31 |

## RESULT AND FINDINGS

- In this present study, a total of **80 *Hridya Dravya*** was identified from *Bhavprakash Nighantu*.
- These drugs were distributed across multiple vargas including *Haritakyadi*, *Guduchyadi*, *Karpuradi*, *Pushpa*, *Vatadi*, *Amradiphala*, *Dhatwadi*, *Shaka*, *Mamsa*, *Vaari*, *Dugdha*, *Dadhi*, *Taila*, and *Sandhana varga*.
- The maximum number of drugs were found in *Guduchyadi varga*, followed by *Haritakyadi varga* and *Amradiphala varga*.
- Most of the drugs were of herbal origin, while a few belonged to animal and mineral sources.
- The common pharmacological actions observed were *Hrudya*, *Hrudroga hara*, *Hrudamaya hara*, *Hrudaya shodhana*, *Hrudruja hara*, and *Hrudpida hara*.
- Several drugs showed multiple actions, indicating their broad therapeutic potential in cardiac disorders.
- Important drugs frequently mentioned include *Arjuna*, *Guduchi*, *Gokshura*, *Shatavari*, *Haritaki*, *Shunthi*, *Pippali*, and *Lashuna*.
- These drugs act mainly by balancing *Tridosha*, improving *Agni*, and nourishing *Rasa Dhatu*.
- The drugs also help in improving circulation and maintaining proper functioning of *Srotas*.
- From a clinical perspective, these drugs are useful in reducing symptoms like chest pain, heaviness, palpitation, and breathlessness.

- Many of these drugs can be correlated with modern cardioprotective effects such as antioxidant, anti-inflammatory, antihypertensive, and lipid-lowering actions.
- The study highlights that *Bhavprakash Nighantu* provides a comprehensive collection of drugs useful in the prevention and management of cardiovascular disorders.

## DISCUSSION

In this present study, a wide range of *Hridya Dravya* were identified from *Bhavprakash Nighantu*, showing that Ayurveda has given significant importance to cardiac health since ancient times. These drugs are distributed across various vargas, with major contribution from *Guduchyadi*, *Haritakyadi*, and *Amradiphala varga*. The presence of drugs from different origins such as herbal, animal, and mineral sources indicates a holistic approach in Ayurveda. The repeated mention of actions like *Hrudya*, *Hrudroga hara*, and *Hrudaya shodhana* suggests that these drugs not only support cardiac function but also help in cleansing and maintaining the integrity of the cardiovascular system.[29]

From an Ayurvedic perspective, the action of *Hridya Dravya* is mainly based on balancing *Tridosha*, especially regulating *Vyana Vata*, which plays a key role in circulation. These drugs also improve *Agni* and prevent the formation of *Ama*, which is considered a major causative factor in many diseases including *Hridroga*. Proper nourishment of *Rasa Dhatu* ensures effective circulation and sustenance of the heart. Additionally, enhancement of *Ojas* by these drugs contributes to overall vitality and resistance. Thus, the mode of action of *Hridya Dravya* can be understood as a combination of metabolic correction, channel purification, and tissue nourishment.[30]

When correlated with modern science, many of these drugs exhibit cardioprotective effects such as antioxidant, anti-inflammatory, hypolipidemic, and antihypertensive activities. Drugs like *Arjuna*, *Lashuna*, and *Guduchi* have been widely studied for their beneficial effects on heart health. These findings support the classical Ayurvedic concept and indicate that *Hridya Dravya* can play an important role in both prevention and management of cardiovascular diseases. However, detailed experimental and clinical studies are still required to validate their efficacy and to understand their exact mechanism of action in modern scientific terms.[31]

## CONCLUSION

*Hridya Dravya* described in *Bhavprakash Nighantu* play an important role in maintaining cardiovascular health through a holistic approach. These drugs act by balancing *Tridosha*, improving *Agni*, nourishing *Rasa Dhatu*, and maintaining proper functioning of *Srotas*. Their actions such as *Hrudya*, *Hrudroga hara*, and *Hrudaya shodhana* indicate their effectiveness in strengthening the heart, improving circulation, and reducing cardiac symptoms. Many of these drugs also show correlation with modern cardioprotective effects like antioxidant, anti-inflammatory, and lipid-lowering activities. Thus, *Hridya Dravya* provides a safe and natural approach for the prevention and management of cardiovascular diseases, though further clinical studies are needed to validate their therapeutic potential.

**CONFLICT OF INTEREST -NIL**

**SOURCE OF SUPPORT -NONE**

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