

**HRIDROGA – AYURVEDIC STAND POINT****Dr. K. J. Lavanya Lakshmi<sup>1\*</sup> Dr. P. L. Alaekhya<sup>2</sup> and Dr. P. V. N. R. Prasad<sup>3</sup>**<sup>1\*</sup>Prof. & HOD, Dept. of Agada Tantra, Dr. N. R. S. Govt. Ayurvedic College, VJA.<sup>2</sup>Ayurvedic Consultant, Bangalore<sup>3</sup>Ayurvedic Consultant, Vijayawada, A.P.Article Received on  
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**\*Corresponding Author****Dr. K. J. Lavanya  
Lakshmi**Prof. & HOD, Dept. of  
Agada Tantra, Dr. N.R.S.  
Govt. Ayurvedic College,  
VJA.**ABSTRACT**

Hridroga is a broad term used to a group of conditions that affect the Heart and Blood Vessels and are the leading cause of death globally. Change in life style & diet pattern, lack of physical exercise, alcohol consumption, increased mental stress, environmental changes have increased the incidence of Cardiovascular Disease at a high rate. While Low- and middle-income countries, especially in regions like South and East Asia, sub-Saharan Africa, and Eastern Europe, bear more than 75% of the global burden, Coronary Heart Disease, Strokes & TIAs, Peripheral Arterial Diseases and Aortic Diseases constituting major part of it. In Ayurveda, the description on Hridroga is quite brief, scattered, and inconclusive as compared to that of western modern medicine. A glance at the therapeutic measures gives no clues to the basis of management envisaged. Hence, the concepts explained in classics are to be critically analyzed in

correlation with allied modern literature for a better understanding on Ayurvedic Stand point. The present article endeavors to provide an insight into the concept of Hridroga based on the classical references and allied modern literature.

**INTRODUCTION**

The Heart or Hridaya as it is called in Ayurveda is a Vital Organ and the word is derived from to Verbs – हृ- (That brings back forcibly) and द- (That Donates) and य- (That balances). Embryologically, the Heart originates from essence of Blood & Kapha tissue (शोणितकफप्रसादजम्) and developing into a Muscular Organ. Brihadaranyaka

Upanishad describes the Heart as a Fleshy Muscular Organ resembling a Red – Lotus from which the Vessels and Capillaries spread all over the body.

### Synonyms

Heart	महत् and अर्थ (Acharya Charaka)
Hridroga	हृदयत, हृद्रोग, हृदयामय, हृदयशूल

Heart is one of the त्रिमूर्ति and also सद्यः प्राणहर मर्म. It is the Seat of Atma, Buddhi, Manas, Indriya, Indriyarth, Shadanga and Prana. It is the Mula for Rasavaha and Pranavaha Srotas. It reflects Both Physical and Emotional Health. The Heart derives its Nutrition from Rasa, Oxygen from Rakta and Vital Energy from Ojus. Movements are controlled by Vyana Vayu.

Rasa, Rakta, Mamsa, Ojus, Prana Vayu, Vyana Vayu, Sadhaka Pitta and Avalambaka Kapha are the **Eight Basic Elements of the Heart** which maintains the Cellular Integrity and various Functions of the Heart. They are seated in the Heart and control the Physiology of Heart. Sadhaka Pitta represents Intra – Cellular Enzymes of the Heart. Avalambaka Kapha represents Intracellular & Interstitial Fluids. When any of the above elements are imbalanced owing to their respective causes, they result in Diseases of Heart.

### Doshas & Hridroga

Ayurveda views Hridroga as a manifestation of imbalances in three doshas - Vata, Pitta, and Kapha which are Fundamental Energies that govern various bodily functions.

<b>Vata</b>	Influence the Rhythm and the imbalance result in Arrhythmias
<b>Pitta</b>	Takes care of Vessels and Circulation and imbalance leads to Inflammatory changes and Circulatory disorders
<b>Kapha</b>	Takes care of Muscles & Valves. The imbalance may cause Valvular diseases, Blockages, Hypertrophies and Embolism

### Effect of Doshas

S.No.	Dosha	Features
1.	<b>Imbalance of Vata</b>	Anxiety, Palpitations, Irregular Heart Rhythms, Pericardial Constriction, Atrophy, Fibrosis, Dilatation of Heart and Valvular abnormalities when imbalanced.
2.	<b>Imbalance of Pitta</b>	Characterized by Inflammation, High Blood Pressure, Intense Emotions that Strain the Cardiovascular System

		Pericarditis, Myocarditis, and Bacterial Endocarditis all should come in continuation.
3.	<b>Imbalance of Kapha</b>	Congestion, Sluggish Circulation, Accumulation of Cholesterol, Pericardial Effusion, Hypertrophy due to Storage Disorders, Endocardial – Fibro Elastosis thus potentially Impacting Heart.

### Vyana – Vata

Causes	Symptoms	Balancing
Stress & Anxiety	Rapid Heart Rate	Snigdha, Brimhana, Ushna Ahara
Dietary Irregularities	Palpitation	Adequate Rest
Excessive Physical Activity	Arrhythmias	Stress Management
Sleep Deprivation	Increased Blood Pressure	Gentle Exercises & Yoga
Emotional Disturbances	Heart Diseases	Pranayama

### Types

Charaka Samhita, Madhava Nidana and Ashtanga Hridaya have described **FIVE** types of Hridroga as under, whereas Acharya Sushruta described only **FOUR** and not considered Sannipataja Hridroga under his classification.

S.No.	Type	Examples
1.	<b>Vataja</b>	Degenerative Heart Diseases
2.	<b>Pittaja</b>	Inflammatory Heart Diseases
3.	<b>Kaphaja</b>	Obstructive Heart Diseases
4.	<b>Sannipataja</b>	Idiopathic Heart Diseases
5.	<b>Krimija</b>	Infective Endocarditis, Bacterial Endocarditis etc..

Contemporary Ayurvedic Physicians have correlated Hridroga with Modern Science as under.

S.No.	Type	Conditions
1.	<b>Vataja</b>	Mitral Valve Prolapse; Mitral Stenosis; Mitral Regurgitation; Aortic Stenosis; Aortic Regurgitation; Rheumatic Heart Disease; Rhythm Abnormalities; Atrial Fibrillation; Premature Ventricular Contraction; Premature Aortic Contraction:
2.	<b>Pittaja</b>	Endo – Carditis; Myo – Carditis; Peri – Carditis:
3.	<b>Kaphaja</b>	Coronary Insufficiency (Cardiomyopathy); Congestive Cardiac Failure; Ischemic Heart Disease:

### Categories of Hridroga

S.No.	Category	Examples
1.	<b>Adhyatmika</b>	Heart Diseases due to Chronic Emotional Trauma (Coronary Heart Disease; Congestive Heart Failure; Stress Cardiomyopathy – Broken Heart Syndrome)
2.	<b>Adibala Pravrutta</b>	Hereditary Heart Diseases; Inherited Cardiac Conditions
3.	<b>Daivabala Kruta</b>	Idiopathic Heart Diseases; Idiopathic Dilated Cardiomyopathy (IDC)
4.	<b>Doshabala Pravrutta</b>	Cardiovascular Disease due to Doshic Vitiation
5.	<b>Janmabala Pravrutta</b>	Congenital Heart Diseases; Septal Defects, Valve Defects, Coarctation of the Aorta, Patent Ductus Arteriosus (PDA), Tetralogy of Fallot
6.	<b>Kalabala Pravrutta</b>	Heart Diseases due to Seasonal Variations; Angina; Heart Attacks; Sudden Cardiac Death;
7.	<b>Swabhavabala Kruta</b>	Degenerative and Age related Heart Diseases; Cardiac Fibrosis; Amyloidosis; Mitral Annular Calcification; Atherosclerosis, Heart Failure; Arrhythmias;
8.	<b>Upasargaja</b>	Infective Heart Diseases; Infective Endocarditis (IE); Bacterial Endocarditis;
9.	<b>Sanghatabala Pravrutta</b>	Myocardial Contusion (Bruised Heart), Valvular injuries, and Arrhythmias like Commotiocordis

### Risk Factors

S.No.	Category	Risk Factors
1.	<b>Modifiable</b>	Un – Healthy Diet, Excessive Alcohol Consumption, Physical Inactivity, Stress Hypertension, High Cholesterol – especially LDL, Smoking, Diabetes – especially Insulin Resistance, Obesity.
2.	<b>Non – Modifiable</b>	Age, Gender (men have High Risk and Women after Menopause), Family History of Heart Disease, Ethnicity (African Americans & South Asians).
3.	<b>Emerging</b>	Sleep Apnea, Chronic Inflammatory Conditions (Auto – Immune Diseases), High Levels of Certain Markers like C – Reactive Protein, Psychological Factors like Loneliness, Depression etc.

### Nidana

Nidana of Hridroga should be understood as Hridroga Nidana, Gulma Roga Nidana, Rajayakshma Nidana, Rasavaha and Pranavaha Sroto dushtikara Nidana. Hence, Nidanatmaka study of Hridroga is very important for successful Understanding, Prevention, Diagnosis, and Treatment of Hridroga. The Common etiological factors ascribed to Hridroga in Ayurvedic literature are grouped into following categories.

Dietary	Behavioural
<ul style="list-style-type: none"> <li>Guru, Madhura, Mamsa</li> <li>Sheeta, Ruksha</li> <li>Ati - Snigdha</li> </ul>	<ul style="list-style-type: none"> <li>Vega Dharana</li> <li>Ati - Vyayama</li> <li>Diva Swapna</li> </ul>
<ul style="list-style-type: none"> <li>Frozen Foods</li> <li>Intake of food when no appetite</li> <li>Atyashana</li> <li>Adhyashana</li> </ul>	<ul style="list-style-type: none"> <li>Ratri Jagarana</li> <li>Exercise after food intake</li> <li>Sudden Climatic Change</li> </ul>

### Samprapti

Dosha Sanchaya → Prasara to Sira, Dhamani and Upalepita Srotas → Obstruction → Degeneration
Nidana → Kapha Vriddhi → Vata Vriddhi → Dosha Sanchaya in Maha Srotas → Vata Prakopa → Entering Rasavaha Srotas → Localizing in Srotomula (Hridaya) → Entering Dhamani → Causing Rukshata → Sanga in Dhamani → Degeneration → Vata Prakopa → Lakshana
Vitiated Doshas affect Rasa dhatu localized in the Heart and create obstruction (Margavarodha) resulting the impairment in functions of Heart and produce symptoms
<ul style="list-style-type: none"> <li>Two factors are chiefly responsible for manifestation of Hridroga.</li> <li><b>First one</b> is obstruction in the lumen of Coronary arteries due to hypercholesterolemia (साम दोष)</li> <li><b>Second one</b> is Spasm (विकृत गति of Vata dosha and संकोच due to increased Vata dosha) of Coronary artery.</li> </ul>

### Samprapti Ghataka

S.No.	Category	Samprapti Ghataka
1.	Dosha	Tridosha (Vata Pradhana)
2.	Dushya	Rasa dhatu, Medo - dhatu
3.	Agni dushti	Agni Mandya
4.	Srotas	Rasavaha and Pranavaha Srotas
5.	Adhishtana	Hridaya
6.	Sroto Dushti	Sanga
7.	Swabhava	Chirakari
8.	Sadhyasadhyata	Yaapya & Asadhya

### Symptoms

Category	Charaka Samhita	Sushruta Samhita	Ashtanga Sangraha
Vataja	वेपथु (Tremors); स्तंभ (Heaviness); प्रमोह (Stupor); द्रव (Palpitation); अत्यन्त वेदना (Severe Pain); दर (Tachycardia):	अयाम्यते (Drawing Pain): ननममत्यते (Piercing Pain): दीयमते (Cracking Pain): स्फोट्यते (Pricking Pain): पाट्यते	शूल्यते अत्यन्तं (Severe Pain); अकस्मात् दीनता (Sudden Sense of Depression); शोक (Grief); भय (Fear); द्रव (Palpitation); श्वासरोध

		(Splitting Pain):	(Dyspnoea):
Pittaja	हृद्दाह (Heart Burn); नतक्तते वक्त्रो (Bitter Taste); नतक्त - अमल उदीरण (Bitter and Acid Eructation); क्लम (Exhaustion), तृष्णा (Thirst), मूर्ध्म (Fainting), Tम (Giddiness), स्वेद (Perspiration):	तृष्णा (Thirst); दाह (Burning Sensation); ऊष्मा (Heat Sensation); हृदय क्लम (Exhaustion); स्वेद (Sweating); धूमौयन (Hot Flushes); मूर्ध्म (Fainting); मुख शोष (Dryness of Mouth):	तृष्णा (Thirst); Tम (Giddiness); मूर्ध्म (Fainting); स्वेद (Perspiration); दाह (Burning Sensation); अम्लक (Acidic Eructation); अम्लनपत्तस्य चदमन (Acidic Vomiting); ज्वर (Fever):
Kaphaja	सुप्ति (Numbness); प्तस्तनमतं (Stiffness); भाररकं (Heaviness); तन्द्र (Drowsy); अरुच (Anorexia); प्रसेक (Excessive Salivation);	गौरव (Heaviness); अरुच (Anorexia); स्तंभ (Stiffness); अनिमान्द्य (Indigestion); आस्य माधुयम (Sweet Taste in Mouth):	हृदय स्तब्दत (Heart Block); हृदय भाररकत (Heaviness in Cardiac Region); कास (Cough):
	ज्वर (Fever); कास (Cough):		
Sannipataja	Vata Predominant - Toda & Shula; Pitta Predominant - Utkleda & Hrillasa; Kapha Predominant -Tamas		
Krimija	संकलेद (Excessive Secretion); सूचीवत् वेदना (Pricking Pain); कण्डू (Itching); महा रुजा (Severe Pain):	तीव्र आनतम (Severe Pain); तोद (Pricking Pain); कण्डू (Itching); उत्कलेद (Excessive Secretion); ष्टीवन (Excessive Salivation); शूल (Pain); हुल्लस (Nausea); अरुच (Anorexia); शयाव नेत्र (Sunken Eyes); शोथ (Swelling):	शयाव नेत्र (Sunken Eyes); तमः प्रवेश (Giddiness), हुल्लस (Nausea), कण्डू (Itching):
While describing the symptoms of Hridroga, Acharya Madhavakara has concurred with Sushruta's description			

### Complications

S.No.	System	Complications
1.	<b>G.I.T.</b>	Abdominal Distension, Constipation, Retention of Gases, Dryness of Throat, Mouth and Vomiting
2.	<b>Respiratory</b>	Cough, Breathlessness, Pleural Effusion
3.	<b>C.V.S.</b>	Oedema,
4.	<b>C.N.S.</b>	Head – Ache, Stiffness, Giddiness, Protrusion of Tongue, Epilepsy, Insanity and Delirium
5.	<b>General</b>	Exhaustion, Emaciation, High Fever, Oliguria and Shock

### Prevention

S.No.	Measure	Details
1.	<b>Diet</b>	Eat more Fruits, Vegetables, Whole Grains, Legumes, and Nuts. Limit Saturated Fats, Trans Fats, Red Meats, Processed Foods, and added Sugars. Choose Healthy Fats like those in Olive Oil, Avocados, and Fatty Fish (omega-3s). Reduce Sodium (salt) intake to help manage Blood Pressure.
2.	<b>Physical Activity</b>	Aim for at least 150 minutes of Moderate-intensity Aerobic Exercise per Week (e.g., Brisk Walking, Swimming, and Cycling). Add Strength Training 2 or more days a Week. Regular Movement improves Circulation, Reduces Blood Pressure, and Helps Manage Weight.
3.	<b>Habits</b>	Quit Smoking Quit / Minimize Alcohol Consumption
4.	<b>Managing Stress</b>	Practice Relaxation Techniques like meditation, Yoga, Deep Breathing Maintain a strong social support system.
5.	<b>Managing Weight</b>	Being Over Weight, especially around the Belly, Increases the Risk of CVD. Losing 5–10% of Body Weight can Significantly Improve Heart Health
6.	<b>Controlling Risk Factors</b>	Get Routine Screenings for Blood Pressure, Cholesterol, Blood Sugar, and BMI. Early Detection means Better Chances for Managing any Issues before they cause problems. Regular Intake of Medicines as prescribed by the attending Physician unless otherwise advised

### Management

- Hrid rogi is fit for Shamana Chikitsa and mostly not for Shodhana Chikitsa except in rare conditions.
- In the Classics, Hridroga Chikitsa has been told in the context of Shwasa, Shopha, Krimi, and Shula & Murcha.
- Achieving the balance of Agni (Bhutagni & Dhatwagni), Rasa & Rakta Dhatu, Vyana and Prana Vata.
- Diet & Life – Style Modification including Yoga



- The Medicines that are chiefly Ushna, Vata – Kapha hara, Sroto – Shodhana, Hridya and Apana and Anulomana
- Modalities recommended are – Shamanam, Snehanam, Swedanam, Virechanam, Anulomanam, Sramsanam, Niruha Vasti and Rasayana Chikitsa.

### PROTOCOL

S.No.	Category	Protocol
1.	<b>Vataja</b>	Snehana followed by Vamana is the main strategy of treating Vataja Hrid Roga.
2.	<b>Pittaja</b>	Vamana should be administered with mixture of Shreeparni or Gambhari, Yashtimadhu, Madhu, Sita, Guda and Jala
3.	<b>Kaphaja</b>	Snehana, Swedana, Vamana and Langhana –
4.	<b>Sannipataja</b>	Mainly Fasting (Langhana) or light food should be administered in Hrid Roga caused by aggravation of all the 3 doshas. Tridosha hara Anna followed by foods which alleviate Tridoshas should be administered
5.	<b>Krimi</b>	Langhana – should be initially done followed by Apatarpana – (food which doesn't provide nourishment to the tissue) and Krimi hara Karma. All the treatments and medicines which destroy Krimi as explained in Krimi Roga Chikitsa should be done.

### Shodhana Chikitsa

S.No.	Chikitsa	Indication
1.	<b>Vamana</b>	Vamana Karma is indicated particularly in Kaphaja Hridroga
2.	<b>Virechana</b>	In Pittaja and Kaphaja Hridroga related with Pitta Dosha, Krimi ja Hridroga, Virechana Karma is indicated
3.	<b>Vasti Karma</b>	It is the best for Vitiated Vata Dosha, which is always, affected in diseases of Vital organs (Marmas like heart). Hence different types of Vastis have been indicated in all types of Hridroga and particularly in Vataja Hridroga.

### Role of Amla Rasa in Cardio – Vascular Health

It has been proclaimed in Ayurvedic Classic as “अमलं हृदयानां”

Hridyam	Deepanam	Pachanam	Anulomanam
Balyam	Mutralam	Detoxifies Body	Prevents Clotting
Checks Cholesterol	Improves Circulation	Reduce Blood Sugar	Improves Heart's Muscle Function
Anti Inflammatory	Supports Weight Loss	Anti Oxidant	Prevents Arterial Stiffness
Amla Rasa, a rich source of Vitamin C has potent Antioxidant property. It reduces Free Radicals by directly binding to Oxidizing Chemicals and converting them to less harmful molecules and thus protects the Heart from the damage of Free - Radicals			

### Mechanism of Action



Ayurvedic Perspective	Modern Perspective
As Amla Rasa is composed of Agni and Prithvi Maha bhutas, it is Agneya in origin (A. S. Su.18/4) allied with Snigdha(unctuous), Laghu(light) gunas(A. S. Su.18/9) and Ushna virya(hot potency) (A. S. Su.17/9).	Most of the degenerative diseases are caused by free radicals. Antioxidants are the agents responsible for scavenging free radicals.
Amla Rasa holds a high ORAC (Oxygen Radical Absorbance Capacity) value and contain poly-phenolic antioxidants by virtue of which it markedly reduces Oxidative Stress	Antioxidants are specific photo-chemical, vitamins and other nutrients that protect our cells from damage caused by free radicals.
By virtue of above mentioned properties Amla rasa performs the function of Agni deepana (stimulating Agni) and Anulomana and thus Amla	The evidence of vitamin C is beneficial effects on the heart proved an association between high blood levels of vitamin C and a healthy cholesterol profile.
rasa makes the channels potent to carry on the nutrients to subsequent dhatus as per the chronological order mentioned in Ayurveda.	
In this way it encourages the organic metabolism and improves structural & functional form of tissues.	Vitamin C is found to increase HDL and decrease LDL to considerable level.
Amla Rasa and Rakta dhatu (blood) comes under the similar category i.e. both have the domination of Agni Mahabhuta.	Vitamin C has potent antioxidant property. It reduces free radicals by directly binding to oxidizing chemicals and converting them to less harmful molecules.
Amla Rasa aggravates blood and it is useful in Rakta Kshaya (anaemia).	Vitamin C is proved to be a potent antioxidant in addition it is also a good stress buster.
In Ayurveda, Amla Preeti (desire for sour taste) is described as a specific symptom of Rakta Kshaya (anaemia).	Role of vitamin C in improving the cardiac structure and functions is very clear from various studies
In Hridroga the predisposing factors causes generation of Ama, contamination of Rasa and vitiation in Doshas creating obstruction in Rasavaha srotas leading to provocation of Vata.	Drugs of Hridya Maha kashaya are Amla Rasa Pradhana (dominating) and rich source of vitamin C. Therefore the drugs of Hridya Maha Kashaya act as Hridya (Cardiotonic).
This also results in diminished supply of Prana Vayu and nutrition to Hridaya. Amla Rasa, brings Vata in its normal state and proper channel due to its specific Karma (action) i.e. Vatanulomana.	
Clears the Channels facilitate Dhatu Poshana (Tissue nourishment) as well as production of Ojas (a factor which increase immunity).	
Amla Rasa works as Anti - oxidative as it helps to bring the vitiated Vayu in its healthy states and pacifies Ama.	

### Herbs with Cardio – Vascular Credentials

S.No.	Category	Beneficial Herbs
1.	Anti – Anginals	Ajamoda, Arjuna, Brahmi, Chirubilva, Guggulu, Haritaki, Kushta, Lashuna, Pushkaramula, Triphala
2.	Anti - Arrhythmics	Arjuna, Ashwagandha, Brahmi, Guduchi, Jatamansi, Pushkaramula
3.	Anti – Atherogenics	Amla, Amragandhi Haridra, Guggulu, Lashuna, Twak
4.	Bradycardia	Arjuna, Guduchi, Pippali, Pushkaramula, Trikatu, Twak
5.	Tachycardia	Arjuna, Ashwagandha, Brahmi, Jatamansi, Pushkaramula, Shankhapushpi, Tagara
6.	Cardiac Depressants	Apamarga, Dugdhika, Haridra, Indravaruni, Jatamansi, Mandukaparni, Nimba, Palasha, Punarnava, Punnaga, Pushkaramula, Sadapa, Sarpagandha, Shankha Pushpi, Shighru, Tagara, Upakunchika, Vacha, Vishnukranta, Yashtimadhu
7.	Cardiac Stimulants	Arjuna, Ashwagandha, Bilva, Brahmi, Guduchi, Haritaki, Indravalli, Kasturi, Kakanasa, Kokilaksha, Pashanabheda, Patalagarudi, Patha, Tulasi, Vacha, Pushkaramula, Sura, Kesara, Makaradhwaja, Agnijara, Loha Bhasma, Abhraka, Swarna Bhasma, Nila Mani, Laja - Churna
8.	Cardiac Failure	Arjuna, Ashwagandha, Brahmi, Guduchi, Jatamansi, Pushkaramula, Triphala
9.	Cardiac Tonics	Amalaki, Arjuna, Arka, Ashwagandha, Brahmi, Ela, Guduchi, Guggulu, Karamarda, Karavira, Kokilaksha, Nagavalli, Punarnava, Pushkaramula, Shankhapushpi, Triphala, Twak, Mukta, Jaharmohar, Madhura & Amlarasa Ahara.
10.	Diuretics	Apamarga, Apamarga, Arka, Daruharidra, Eranda, Gokshura, Guduchi, Kasamarda, Kasni, Palasha, Parasika Yavani, Punarnava, Sahachara, Varuna, Yavakshara, Nimba
11.	Hypolipidemic	Ajamaoda, Amla, Ardraka, Arjuna, Ashwagola, Atasi, Bijaka, Dronapushpi, Guggulu, Haridra, Haritaki, Jatiphala, Kalamegha, Kapikacchu, Karkata, Lashuna, Maricha, Methika, Pushkaramula, Syamaparni
12.	Hypotensives	Ankola, Apamarga, Aralu, Arjuna, Ashwagandha, Bhringaraja, Bijaka, Brahmi, Chakshusya, Durva, Gunja, Japa, Jatamansi, Kadali, Kalamegha, Kapikacchu, Kasturi, Kebuka, Kutaja, Mandukaparni, Mukta Pishti, Musta, Nagakesara, Nagavalli, Nimba, Palandu, Palasha, Patalagarudi, Punarnava, Sadapa, Sahachara, Sarpagandha, Sati, Shighru, Tulasi, Vata
13.	Cardiac Muscle Tone	Amalaki, Arishtaka, Arjuna, Ashwagandha, Brahmi, Guggulu, Jatamansi, Pushkaramula, Shankhapushpi, Triphala, Twak, Hritpatri, Vana – Palandu, Kakamachi, Sringi
14.	Vaso - Constrictors	Ashwagandha, Haridra, Haritaki, Katuki, Nagaramotha, Tulasi, Vacha
15.	Vaso - Dilators	Ardraka, Arjuna, Brahmi, Guggulu, Jatamansi, Kushta, Lashuna, Punarnava, Pushkaramula, Shankhapushpi, Twak

16.	Deepana & Anulomana	Improves digestion and pacifies Vata and they include – Ajamoda, Hingu, Pippali, Shunti, Chitraka
17.	Lekhaniya	Useful in Hyper-Lipidemia, Obesity and Athero-Sclerosis and they include Vacha, Haridra, Musta, Daruharidra, Gomutra Guggulu
18.	Cardio-Protective	Kupilu, Manjishta, Agar, Sukshma Ela, Lata Kasturi, Shankha – Pashana, Agnijara, Lavanaga, Rakta – Chandana, Jatiphala, Kankola, Tejapatra, Talisapatri, Krishna Ajaji, Dhanyaka, Dhatura, Suchi, Khurasani – Ajwain, Ushira, Murva, Daru – Haridra, Katruna

### Metals / Minerals with Cardio Vascular Credentials

S.No.	Metal / Mineral	Source	Action
1.	<b>Calcium</b>	Dairy Products, Leafy – Greens & Fortified Foods	<ul style="list-style-type: none"> <li>Helps Blood Vessel Contraction and Relaxation; Lower Blood Pressure</li> <li>Contributes to Cardiac Muscle Function</li> <li>Supports Vascular Function</li> </ul>
2.	<b>Chromium</b>	Whole – Grains, Broccoli, Meats	May Improve Insulin Sensitivity, Reducing Metabolic Syndrome Risk
3.	<b>Copper</b>	Shell- Fish, Nuts & Seeds	Supports Cardiovascular Enzymes and Iron Metabolism
4.	<b>Iron</b>	Red – Meat, Fortified Cereals, Beans	Essential for Oxygen Transport; Deficiency can Strain Heart
5.	<b>Magnesium</b>	Nuts, Whole - Grains,	Regulates Blood Pressure,
		Spinach, Almonds, Leafy – Greens	Regulates Vasodilation Supports with Heart Rhythm
6.	<b>Manganese</b>	Whole – Grains, Nuts & Leafy Vegetables	Antioxidant and Involve In Lipid Metabolism
7.	<b>Potassium</b>	Banana, Potatoes, Spinach	Lowers Blood Pressure By Balancing Sodium Reduces Stroke Risk helps with Muscle Contraction & Nerve Transmission
8.	<b>Selenium</b>	Brazil – Nuts, Sea – Foods, Eggs, Okhra (Ladies Finger)	Acts as a potent Antioxidant via Glutathione Peroxidase; Reduces Oxidative Stress
9.	<b>Zinc</b>	Meat, Seeds, Legumes	Regulates Inflammation and Oxidative Stress, Supports Endothelial Function. Modulates Oxidative Stress & Reduce Cardio Vascular Risk Supports Lipid Metabolism

### Compound Formulations

S.No.	Category	Examples
1.	<b>Asava - Arishta</b>	Punarnavadi, Abhayarishta, Phalasava, Sharkarasava, Kanakarishtha, Mulakasava, Madhwarishta, Dhatriyarishta, Arjunarishta, Draksharishta

2.	<b>Avaleha</b>	Danti _ Haritaki, Chitrakadi, Agastya Haritaki, Pippalyadi
3.	<b>Bhasma</b>	Abhraka Bhasma, Tuttha Bhasma, Shilajit Bhasma, Swarna Bhasma, Mukta Bhasma, Hiraka Bhasma, Pravala Bhasma, Swarna Makshika Bhasma
4.	<b>Churna</b>	Amladi, Arjuna, Ashwagandhadi, Dadimadi, Hingu – Panchaka, Hingvadi, Kakubhadi, Kushta, Karpooradi, Narayana, Narayanadi, navayasa, Patadi, Pushkaramula, Shatyadi, Talisadi, Yavanyadi.
5.	<b>Gana</b>	Brihatyadi, Parushakadi, Utpaladi, Trapuadi and Shyamadi Gana Drugs
6.	<b>Ghrita</b>	Trayamanadi, Vasa, Mahatiktaka, Amritaprasha, Pippalyadi, Dadimadi, Indukantam, Baladi, Brihat – Shtavaryadi, Vallabhaka, Yashtyadi, Arjuna, Souvarchaladi, Swadamshtadi.
7.	<b>Kashaya</b>	Dashamula, Dhanyakadi, Lashuna Ksheerapaka, Maha Darvyadi, Nagaradi, Pushkarahvadi, Nagara Kwatha, Sriparnyadi Kwatha, Vachadi Kwatha.
8.	<b>Kshara</b>	Yava Kshara, Pippalyadi, Kshara Gutika, Trayamanadi, Triphaladi.
9.	<b>Pishti</b>	Prvala - Pishti, Jaharmohar – Pishti, Mukta - Pishti
10.	<b>Rasaushadha</b>	Gunjabhadra Rasa, Panchasara Rasa, Trinetra Rasa, Nagarjunabhra Rasa, Prabhakara Vati, Kalyana Sundara Rasa, Hridayarnava Rasa, Yakuti Rasa, Chintamani Rasa, Vishveshwara Rasa, Shankara Vati, Ratnakara RAsa
11.	<b>Taila</b>	Bilva – Kshara, Shatapaka Madhuparni, Punarnavadi

#### Hridya Maha Kashaya: (Charaka Samhita – Sutra Sthaana – 4/10).

S.No.	Drug	Latin Name	Properties
1.	<b>Amra</b>	Mangifera indica	Strong Antioxidant, Anti Lipid Peroxidator, Immunomodulator, Cardiotonic, Hypotensive, Wound Healer, and Anti-diabetic
2.	<b>Amrataka</b>	Spondias mangifera	Potent Free Radical Scavenging activity, significant Thrombolytic Activity.
3.	<b>Lakucha</b>	Artocarpus lakoocha	Anti-Inflammatory, Antiviral, Anticancer and Anti-HIV
	<b>Karamarda</b>	Carissa carandas	Analgesic, Anti - Inflammatory, Hepato-Protective, Free Radical Scavenging, Anti-Rheumatic, Antibacterial, Antiviral and Anti - Convulsant Activity, Anti-Pyretic, Cardiotonic and Histamine Releasing, Potent Antioxidant
5.	<b>Vrikshamla</b>	Garcinia indica	Antioxidant, Anti-Inflammatory, Anti-Carcinogenic activities, Cardiac Disease, etc. According to Acharya Charaka it is beneficial for Vata-Shleshmic disorders, Hepato-Protective
6.	<b>Amlavetasa</b>	Garcinia pedunculata	Considered to have versatile therapeutic properties. Antioxidant properties, Mild purgative

7.	<b>Kola</b>	Ziziphus jujube	Antioxidant Antimicrobial, Anti-inflammatory, Anticancer, Chemically, Ziziphus jujube contains Flavonoids, Saponins, Tannins, Vitamin A, Vitamin B, Sugars, Mucilage, Calcium, Phosphate & Iron. Fruits are very rich in vitamins C, B1 and B2. It is also known to have high vitamin P content, which enhances the action of vitamin C.
8.	<b>Badara</b>	Ziziphus sativa	Antioxidant, Immuno-modulatory, Anti-inflammatory, Antiulcer, Anti- allergic, Antifungal, Anti-diarrheal, Anti-diabetic and Wound healing
9.	<b>Dadima</b>	Punica granatum	Potential source of natural Phenolics that is associated with reducing the risk of Cardiovascular diseases. Medhya (brain tonic), Shukralam (having aphrodisiac effect), and Hridya, Anti- aging effects and potent Anti-oxidant properties and Free Radical Scavenging Effect
10.	<b>Matulunga</b>	Citrus medica	The fruits and seeds are Cardiac tonic. Antioxidant and Amla Rasa works as anti - Oxidative

- The Drugs of Hridya Maha Kashaya being Amlarasa Pradhana Drugs, play a major role in maintaining Cardiac Health
- Their richness in Vitamin C, Flavonoids, Anti – Oxidant and Anti – Oxidative properties make them highly beneficial in Cardio – Vascular Health
- By virtue of their properties, they perform the function of Dhatwagni Deepana and brings Vitiated Doshas to normalcy and Pacify Ama thus breakdown the Pathology of Hridroga.

#### Aushadha Sevana Kala

S.No.	Criteria	Time of Administration
1.	Vataja Hridroga	Just Before Meals
2.	Pittaja Hridroga	During Meals
3.	Kaphaja Hridroga	After Meals
4.	Weak Patient	Just Before Meals
5.	Strong Patient	On Empty Stomach
6.	Involvement of Prana Vata	Muhur - Muhur
7.	Involvement of Samana Vata	In the Middle of the Meals
8.	Involvement of Vyana Vata	After Lunch
9.	Involvement of Udana Vata	After Dinner
10.	Involvement of Apana Vata	Just Before Meals

11.	Cardiac Tonics	Between Lunch & Dinner
12.	Rasayana Drugs	In the Morning

### Pathya – Apathya

S.No.	Category	Pathya	Apathya
1.	Ahara	Warm, Freshly prepared, Light, Easily Digestible Foods, Low-Fat, Low-Salt Diet. Old Rice and wheat. Lukewarm Water for Drinking	Overeating or Irregular Eating Habits, Heavy, Oily, Spicy, Junk Foods Excessive Intake of Salt, Red Meat, or Fried Foods, Cold, Refrigerated, or Stale Foods, Fermented and Sour Foods
2.	Vihara	Adequate Rest and Stress Management (Meditation, Pranayama etc.), Moderate Physical Activity (like Walking or Gentle Yoga), Regular Abhyanga	Sedentary Lifestyle or Excessive Exertion Stress, Grief, Anger, Anxiety, Excessive Worry, Emotional Triggers, Sleeping Daytime and Night Waking, Suppression of Natural Urges Exposure to Cold and Damp Environments, Use of Alcohol or Tobacco

### CONCLUSION

Cardio Vascular Diseases have no geographic and racial boundaries. They are life threatening and are the predominant cause of disability and death. Under the title of Hridroga, Ayurveda covers a Variety of Spectrum of Diseases related to the Heart, Its Vessels and Circulation and others. Ayurvedic approach believed in prevention than cure. In the process, Ayurveda offers a variety of Cardio-Protective drugs and formulations that aim to Promote Heart Health and Protect against Cardiovascular Diseases.

The Yogas mentioned contain drugs which are Hridya, Balya, and Rasayana properties and hence apart from clearing the pathology, they also exert long lasting Corrective and Regenerative effect on damaged tissues. These Yogas along with Proper Diet and Exercise can be very effective in Recovery, Rehabilitation & Rejuvenation of Heart & its Diseases. Integrating Ayurvedic Knowledge with evidence-based medicine can lead to Comprehensive and Synergistic approaches to Cardiovascular Health.

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