

A REVIEW ARTICLE ON HRIDAYAVARANA AS PROTECTION OF TRIPOD OF LIFE

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ABSTRACT

In *Charak Samhita*, *Acharya Charaka* mentioned *Chaturvinshshati Vish Upkrama* in *Chikitsasthana* for general treatment of poisoning. *Hridayavarana* is one of the most important *Chikitsa Upkrama* among *Chaturvinshshati Visha Upkrama* mentioned by *Charaka*. In whole *Charak Samhita*, *Acharya Charak* never used the term *Phuphusa* (lungs) and It seems impossible that he has not any ideas about lung that means he has considered both heart & lung as *Hridaya*. Similarly when we see *Hridaya* anatomical aspects we feel that this is an organ of thoracic cavity i.e heart while according to physiological aspect *Hridaya* functions as both heart & brain. This article will elaborate the concept of *Hridayavarana* & its role in protection of vital organs like heart, lung & brain in case of poisoning.

KEYWORDS: *Hridayavarana*, *Chaturvinshati visha Upkarma*, Tripod of life.

INTRODUCTION

Agada Tantra is one among the 8 branches of *Ayurveda*, which deals with the poisoning, its symptoms and treatment.^[1]

The general principle of *Visha Chikitsa* has been explained by *Acharya Charaka* in *Chikitsa Sthana Visha Chikitsa adhyaya* as *Chaturvinshati Visha Upkrama* in which 24 types of modules are told by *Acharya Charak* to treat case of animal or plant poisoning.^[2]

Hridayavarana is one among *Chaturvinshati Visha Upkrama* mentioned by Charaka.^[3] The word *Hridayavarna* means to protect *Hridaya* (vital organs) or it acts as a covering membrane over the vital organs. The term *Hridaya* not only signifies the heart but also consider it as chitta, manas etc. When poison enters into body via any administrative method, it goes into the heart through blood circulation. From the heart, it spreads all over the body quickly and becomes detrimental. Hence the prime duty of the doctor is to guard the *Hridaya* of the poisoned person.

In case of poisoning, protection of the vital organs such as brain, heart and lungs are very important. If these tripod of life are affected by the poison, then death is sure. Hence protection of these vital organs are the aim of treatment. Most of the medicines used in this treatment are Ghee based which are having antitoxic and *Ojovardhaka* properties and they are capable of even entering into blood brain barrier and able to preserve the higher mental functions along with heart & lungs protection.

AIMS AND OBJECTIVES

1. To understand *Ayurvedic* perspective about “*Hridaya*”.
2. To study *Hridayavarana Chikitsa* through *Ayurvedic Samhita*.
3. To study the probable actions of various *Dravya* and *Agada* described for *Hridayavarana Chikitsa* in case of poisoning.

MATERIALS AND METHOD

All the data regarding this article are compiled, analysed and discussed with the help of *Charaka Samhita*, *Sushruta Samhita*, *Astang Hridaya* & *Sharangadhar Samhita*. Commonly *Madhu*(Honey), *Ghrita*(Ghee), *Mazza*(Marrow), *Dugdha*(Milk), *Gairika* (Red ochre), Expressed juice of cow's dung, *Ikshu* (*Saccharum officinarum*), *Kaaka/Kaakaaanda* (*Diospyrnmalabarica*), Blood of goat or other animals are used during *Hridayavarana*.^[4] In above drugs, almost are *Pittashamak* & *Ojovardhaka*. Ghee, Milk, Honey are acts on *Oja* in the *Hridaya* while the *Gairika*, *Ikshu* etc acts on *Pitta*.

Aacharya Sushruta has also described *Ajey Ghritapana* and *Amrit Ghritapana* in *Hridayavarana Chikitsa*.^[5]

Ayurvedic Perspective of Hridaya

Hridaya is described as regards its shape, location and relation with surrounding structures in ancient literature. *Hridaya* is made up of the *Prasad Bhaga* of *Shonit* (blood) and *Kapha* in fourth month of pregnancy.^[6] The shape of *Hridaya* is like *Kamal* (Lotus) i.e. the apex of *Hridaya* is below while the base of the *Hridaya* is above.^[7] *Hridaya* is the Sthana of *Prana Vayu*, *Sadhaka Pitta* and *Avalambaka Kapha*.^[8] Also *Hridaya* is the site of *Para Oja* called as *Asthbinduoja*, the *Gunas*, *Satva*, *Raja*, *Tama*, *Mana* and specially *Aatma*.^[9]

A careful study reveals that, at least three organs share almost equal claims to put themselves synonymous with the term “*Hridaya*”. At one end of the scale, it is the view that *Hridaya* is brain and on the other extremity is the notion that *Hridaya* refers to heart & lungs.

Hridaya as Heart & Lungs

Aacharya Charaka has numbered *Hridaya* in dash Pranayatana. *Hridaya* and *Pranavaha Srotasa* attached to it are produced by the essence of *Shonita* (blood) & *Kapha*.^[10]

While describing the location, *Acharya Sushruta* says that *Hridaya* is situated in between the two breasts, in the chest at the mouth of the stomach.^[11]

Aacharya Sharangdhara stated that *Hridaya* is situated in the thorax between breasts. He further cites that, human body is nourished because of pure blood circulated by *Hridaya* with the help of *Vyana Vayu*.^[12]

Aacharya Sushruta mentioned *Hridaya* as the mool of *Pranavaha Srotasa* and *Rasavaha Srotasa* along with *Rasavahini dhamni*.^[13]

Acharya Vagbhata has mentioned *Hridaya* as moola of *siras*.^[14]

These depiction clearly indicates that *Hridaya* is the muscular heart & lungs. Heart circulate while lungs nourish blood by its oxygenation. Both are found in thoracic region.

Hridaya As Brain

Hridaya is the seat of *Chetana* (consciousness) in living beings, when this is invaded by *Tamoguna*, person get sleep.^[15]

The body with six divisions, intellect, sense organs, five sense objects, self together with qualities and mind along with its objects are located in *Hridaya*.^[16]

While describing pathogenesis of *Apasmara* (epilepsy), *Charaka* says that the vitiated *Doshas* spread over *Hridaya* in those having mind disturbed by *Rajas* and *Tamas* as stay there. While staying there when they gets excited by emotions, anger, fear, greed, confusion, anxiety, agitation etc. & fill up the *Hridaya* and seats of sense organs suddenly the person is attacked by epilepsy.^[17]

Vayu vitiated by its own aggravating factors moves upwards from its place reaching *Hridaya* and then head & temples, afflicts them and bends the body like bow, causes convulsions & mental confusions. The patient breathes with difficulty, has stiff and closed eyes, loses consciousness & groans like pigeon. This is known as *Apatantraka* (hysteria).^[18]

Madya (wine) when entered into the *Hridaya*, counteracts the ten properties of *Ojas* with its corresponding ten properties and thus upsets the mind.^[19]

While describing pathogenesis of *Unmad* (insane), *Charaka* says that the vitiated *Doshas* affects the *Hridaya*, which is the seat of intellect.^[20]

The above mentioned references clearly indicate that consciousness, mind, intellect, memory, knowledge etc..., are seated in the *Hridaya*. It concludes that “*HRIDAYA*” is a psychosomatic entity that is Brain.

Final Concept of Hridaya As Per Ayurveda

Taking to a compromise two *Hridaya* have been accepted, namely *Urohridaya* and *Shirohridaya*. *Urohridaya* is to be accepted wherever the references is related to the circulation of *Rasa*, *Rakta* etc. It will be considered *Shirohridaya* wherever the reference is related to the seat of *Buddhi*, *Manas*, *Chetana* & *Indriya*.^[21]

Need of Protection Hridaya During Poisoning

Hridaya, which is one of the most important vital organ of our body is also considered as *Sthana* (site) for both *Man* and *Par Ojas* according to ayurveda.^[22] Our Aayurveda Acharya already said that *Par Oja* is very important for survival of life. *Visha Samprapthi* highlights that when *Visha* enters into the body, it immediately vitiates *Rakta*, simultaneously vitiates *Tridoshas* and finally reaches to *Hridaya*.^[23] *Teekshna Guna* of *Visha* induces *Karshana* of *Hridaya*.^[24] This pathogenesis occurring by *Visha* stresses that it is prime importance to protect *Hridaya* in order to save the life of the patient.

What to do in Hridayavarana Chikitsa

Hridayavarana Chikitsa refers to the administration of *Ghrita*, *Madhu* processed with *Agad dravyas*.^[25] Varied opinion regarding its time of administration are witnessed in the literatures. According to *Acharya Charaka Hridayavarana* measure has to be initiated initially.

According to *Acharya Sushruta* administration of *Ghrit* with the purpose of *Hridayavarana* is done after *Raktamokshana* for the duration till the patient attains *Vishmukta lakshana*.^[26]

How Hridayavarana work

In general, poison and *Ghee* (clarified butter) have diametrically opposing properties. Poisons derange *Kapha*, *Pitta* and *Vata* including their reservoirs and then occupy the *Hridaya* (vital organs), it spreads all over the body quickly and becomes detrimental. Administration of *Ghrit* immediately after poisoning or envenomation slows down the spread of poison whereby more time is available for treatment.

Depending upon the availability, *Ghee*, *Ghee* and *Madhu* or *Agadas* (Antitoxic drugs) mixed with honey & *Ghrit* is given to the patient. Because of this process, *kapha* gets accumulated in the *Hridaya* (vital organs). Being the first point of vitiation, the poison is also trapped in it. *Ghrit*, *Madhu* & *Agad* used by *Acharya* also opposes to cross the blood brain barrier.

Hence, it is proved that the drugs used in the *Hridayavarana* treatment is act not only on *Urohridaya* (heart & lungs) but also on *Shirohridaya* (brain).

DISCUSSION

Hridayavarana is the one of the most important *chikitsaupakrama* mentioned by *Acharya Charak*. In ayurveda word “*HRIDAYA*” is not only for heart, but it is the representstive term for vital tripod organs like heart, lungs & brain. The drugs used in *Hridayavarana* treatment is mostly *Ojowardhaka* and *Pittashamaka*. The *Ushnaguna* of *Pitta* and poison are same.

Ghee, *Dugdh* & other *Agad* drugs like *Gairika*, *Ikshu* etc used in *Hridayavarana* treatment causes *Pittashamana* and *Ojowardhak*. These *Agada* drugs not only slow down & adsorb poison in *Urohridaya*(heart & lungs) but also in *Shirohridaya* (brain). In this way *Hridayavarana* treat the poisoning & envenomation.

CONCLUSION

All Ayurveda *Aacharyas* were aware of importance of vital organs and their protection in case of poisoning. *Hridayavarana* is the most important *Chikitsaupakranma* as it acts on protection of the vital organs i.e tripod (heart, lungs & brain) in the body in case of poisoning or envenomation.

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