

A REVIEW ARTICLE ON CARDIOVASCULAR DISEASE W.S.R TO HRIDROGA

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ABSTRACT

The swift surge in the prevalence of cardiovascular ailments within our society stems from shifts in dietary and lifestyle paradigms, influenced by the encroachment of Western culture and civilization. Recent statistics from the American Heart Association underscore that cardiovascular afflictions, encompassing heart attacks and strokes, persist as the primary cause of mortality for both men and women, accountable for 36 percent of annual fatalities. Traditionally, cardiac maladies primarily afflicted the elderly; however, the transformation in dietary preferences, eating routines, lifestyle choices, reduced physical activity, escalated psychological and physiological stress, coupled with specific societal and environmental alterations such as pollution, have contributed to a noteworthy rise in occurrences among younger individuals. In the realm of Ayurvedic literature, an array of pharmaceutical compounds

and therapeutic formulations, alongside various Yoga practices including diverse postures (Asanas), breathing exercises (Pranayama), and spiritual elevation (Sattvavajaya), display remarkable preventive and remedial efficacy against anxiety, hypertension, hypercholesterolemia, atherosclerosis, and other principal risk factors associated with cardiac disorders.

KEYWORDS: cardiac diseases, diet and life style, Ayurveda, Hridroga etc.

INTRODUCTION

The incidence of heart diseases is increasing at an alarming rate in our society due to change in concept of diet and life style as an impact of western culture and civilization. Every year 1.5 million Americans suffer from heart attack. The prevalence is more in urban population and in rural population. The cardiovascular diseases has largest share in non-communicable diseases 31%.^[1] Ayurveda teaches & enriches us with such a wonderful diet and Living pattern (Ahara- Vihara, dincharya, Ritucharya) and Codes of conduct (Achara Rasayana) that are very effective in prevention of heart diseases. More than one- third of these deaths occur in middle aged adults. From the ancient time Ayurveda is known for serving the society by cure & prevention (Swasthya Rakshanam) & this concept is exactly applicable on the cure and prevention of the CVDs. Ayurveda teaches & enriches us such a good diet and wonderful living pattern that are very effective in the prevention of CVDs. If we give importance to Ayurveda its helpful in maintains good health for every person. There are no of preventive (Pathya Apathya), curative aspects, medicinal drugs and preparations described in the Ayurveda having wonderful effect on these diseases.^[2]

The word 'Hrudaya' in Ayurveda is a synonym for Heart in Modern medicine. The name 'Hrudaya' itself explains its vital function where 'Hru' means, one which draws fluid or blood from the body forcibly and 'Da' which means to donate. According to Ayurvedic texts, the heart originates from the essence of Rakta and Kapha, predominantly from maternal side, and develops into a muscular organ. Movement of the 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.^[3] Five type of Hridrogas viz. Vataja, Pittaja, Kaphaja, Sannipataka and Krimija have been described by Charaka and Vagbhata.^[4] Susruta has omitted Tridoshaja variety.^[5]

While referring to 5 types of heart diseases - Vataja Hrudaroga have vitiated or aggravated involvement of Vata Dosha, Pittaja Hrudaroga have Samanya Laksana of Hrudaroga and Vishesa Laksana are gastric symptoms. In Kaphaja Hrudaroga pain seems to be dull in nature with subacute symptoms, Sannipataja Hrudaroga shows severity in pain and stated as difficult to cure, while in Krimija Hrudaroga acute pain in various intensities which may threaten the life of patients has been described and this disease stated as Sighrakari, so it seems acute painful cardiac disease.

Ayurvedic Approach to Disease As mentioned earlier Myocardial infarction is result of interruption of blood supply to the part of heart. The most common is occlusion in any of the coronary vessels; this may be due to dyslipidemia, atherosclerosis, arteriosclerosis, thrombus, embolus, or plaque. Macrophages and lipids are identified for the atherosclerotic changes in cardiac vessels. Decrease in blood supply to Myocardium damages cardiac muscle. If the blood supply is not restored or if the condition remains untreated it leads to permanent changes in myocardium. It is characterized by typically radiating chest pain to left arm & neck, shortness of breath (sign of pranavaha sroto dusti), vomiting and/ or nausea, sweating, palpitations, compression in chest, etc.^[6] Heart diseases in Ayurveda are of five types, viz. Vataj Hrid Roga (angina like pain dominant), Pittaja Hrid Roga (suppurating or inflammatory condition involving heart or nearby), Kafaja Hrid Roga (Organic disorders), Tridoshaja Hrid Roga and Krimija Hrid Roga (may be interpreted as Valvular heart disease).^[7]

Dr. C. P. Shukla, an eminent scholar of Ayurveda, opines that there is another method of classifying heart diseases which is having more clinical importance, and in his practice and research he is using the same. Heart disease may be classified as:

- 1) Shonita Aprasadaja Hrid Roga
- 2) Kapha Aprasadaja Hrid Roga
- 3) Vyan Vikriti Janya Hrid Roga (On the basis of the functional aspect, the function of heart takes place due to Vyan Vayu)
- 4) Diseases of Vata, Sangya, Indriya, Prana Vaha Srotaos
- 5) Diseases not primarily originated or localized in heart but are near to heart like Hridrava, Hridlasha, Hriddaha etc.

The said classification is based on the changes in Ayurvedic Anatomy and Physiology.^[8] It is believed that Hridaya is embryonically made up from Prasada Bhaga of Shonita (Rakta) and Kapha. Thus the first group of heart disease is due to Aprasada or derangement in these components. Shonita Aprasada means qualitative and quantitative changes in Rakta, derangement or vitiation of Rakta with Doshas. Rasa is considered as circulating medium and hence the vitiation in the quality of Rasa also accounts to the changes in the quality of Rakta and thus produces disease for instance Hyperlipidemia, Hypercholstermia, etc. Susruta in the samprapti of Hridroga has specially mentioned.^[9]

Rasadushti, and Charaka enlisted Hrid Roga in Rasa Pradoshaja Vikaras. Vitiation of Rakta is characterized by distinct, clear, and frothy in case of Vata vitiation, yellowing, warmth,

delaying in coagulation in case of Pitta, increased viscosity, fiber like appearance, in case of Kapha. In case of Vata vitiation, vitiated Vata imparts its qualities over Shira & Dhamni, leading to sclerosis in these organs, due to sclerosis and hardening of Arteries, blood flow is affected, Kapha responsible for the correcting and imparting unctuousness and smoothness in body, localizes in the area (Ek Deshya Vriddhi), tries to repair the sclerosis, but due to heaviness and vitiation of Vata, gati of Kapha is affected and remains even afterwards, making the area of lowered vitality and due its cohesive and adhesive actions it catches other Kapha Vargiya Dravyas, thus blocking the pathway and decreases lumen. This produces Sanga Janya Avarana, Vyan Vayu is thus vitiated. The vitiation of Rakta means that biochemical parameters of the blood are deranged, may be Hypercholesterolemia, Hypertriglyceridemia, Dyslipidemia, changes in coagulation factors etc.^[10]

The second group of disease is due to vitiation in qualities of Kapha. Kapha & Rakta makes the structural frame work of heart. Thus due to vitiation of Kapha leads to the disease that is presented by any structural abnormalities. Usually congenital heart disease may be included in this group like, VSD, ASD, etc. The examples of structural changes are:

- 1) Inflammatory changes
- 2) Hypertrophy
- 3) dilation, etc.

Third group of disease is due to vitiation of Vyan Vayu. Vyan Vayu is responsible for imparting movement in Rasa Dhatu. Cardiac activity occurs from generation of an electrical impulse for a specialized tissue of SA node, electrical impulse travels through AV node, right & left bundle of his, purjkin's fibers which in turn contracts heart muscle so as to throw (Vikshepa) blood into aorta for circulation. Some diseases are related to malformation of the Gati or transmission of viz. RBBB, LBBB, auricular flutter, fibrillation, etc. Fourth group of heart disease are not real heart disease, but according to Ayurveda they have their seat in Hridya like Apasmara, Unmad,^[11] etc. These are not associated directly with heart, but Ayurveda believes Hridya to be the Moola (root) of Indriya Vaha Srotos, Vata Vaha Srotos, Manovaha Srotos,^[12] etc. These diseases originate from the vitiation of the Srotos and thus are considered here. Fifth group of disease are not cardiac problems, but they are manifested in nearby regions and hence the name includes Hrid, like Hridrava, Hrilla^[13] etc. The above details are about Ayurvedic concept of Hrid Roga (Heart disease). MI as discussed earlier is discussed by both the scholars of Ayurved, but Charaka has not dealt the condition

with the description of Hrid Roga, but described else where, which suggests that the emergency approach.^[14] Susruta uses the word Hrid Badha. It is opined in Susruta Samhita that vitiated Rasa leads to Hrid Roga.^[15] Rasa is the circulating medium according to Susruta Vyan Vayu takes this Rasa to whole body including heart.^[16]

Etiology of CVD (Hridroga)^[17]

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, Ativerechana.
3. Mansik Nidana: Chinta, Bhaya, Trasa, Mada.^[18]

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).

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 is 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.

Foods containing excessive Kashaya Rasa When Kashaya Rasa Darvyas are consumed in excess they causes the 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. These are responsible for Vata Vriddhi E.g. of Kshaya Rasa Darvyas are Chestnut (Myrica rubra), food containing Tannic acids.^[19]

Foods 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: (Eating before digestion of previous food) Adhyashana 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 many ailments like dyspnoea, Coagulopathies which are similar to cardiovascular disorders.

Vegadharana: when a person suppress 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.

Other factors

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 caused by over nutrition, sedentary life style, bad sleeping habits like excessive day sleep and due to other psychosocial factors. A large number of diseases have been classified in Ayurveda to be caused by over nutrition (*Santarpanajanya*).^[19]

Vitiated Rakta Dhatu: Blood may be vitiated by taking excessive *Viruddha, Snigdha, Guru,* food and by day sleep, which may give rise to *Agnimandya*.^[20] Vitiating for origin of *Hrudya*.

Hrudya as a seat of Sadhaka Pitta, Avalambaka Kapha and Vyana Vayu

This '*Hrudaya*' is the special seat of *Sadhaka Pitta, Avalambaka Kapha* and *Vyana Vayu*. Concept of *Sadhaka Pitta* appears to be psychophysiological as it enables to achieve one's *Manoartha* like *Dharma, Artha, Kama* and *Moksa*, by dispelling the *Kapha* and *Tamas* of *Hrudaya* and thus, enables *Hrudaya* to perceive things clearly. This may be cytochrome C, a type of haemoprotein which takes part in tissue respiration. A reduction of this substance in heart may lead to anoxia and in consequence the weakening and deterioration of this organ. *Avalambaka Kapha* seems to be the protein content of intracellular and extracellular fluid system of the body, which attributed to support *Hrudaya* when it mixed with *Anna Rasa*. *Vyan Vayu* have similarity with hydrostatic pressure produced by contraction of heart, with the force of *Vyan Vayu Rasa* circulates to entire body (*Rasasamvahanodyatah*).^[21]

Types of *Hridroga* and their correlation with modern view

1. *Vataja Hridroga* - Due to the *Shoka* (sad mood), *Upvasha*(fasting), *Ativyayam*(excessive exercise), *Rookshya, Shushka* and *Alpa aahar Vata* aggravates and produce pain in the heart region. *Shula*(pain) is also a common symptoms of *Vataja Hridya Roga*. In angina also severe pain occurs. On the point of view of pain *Vataja Hridroga* can be correlated with angina.
2. *Pittaja Hridroga*- Due to *Ushna, Amla, Lavana, Kshara, Katu Rasa*'s food and Excessive use of alcohol *Pitta Dosha* aggravates and produce burning heart, bitter taste, vomiting(*Vamana*), thrust(*Trishna*), *Murcha*(syncope), *Sweda*(sweating) in the body. As per modern view we can correlate with pericarditis, inflammatory disorder of heart.
3. *Kaphaja Hridroga*- Due to excessive intake of food, *Shingha, Guru* food, Lack of physical work *kapha* aggravates and produce the symptoms of *kapha* dosha in heart

region like heaviness & numbness in the chest, anorexia. *Kaphja Hridroga* can be correlated with the M.I because in M.I pt also feels heaviness in chest.

4. *Sannipataja Hridroga*- It produce due to *vata, pitta & kapha* & in produce the symptoms of all three *dosha* at the same time. *Sannipataja Hridroga* can be correlated with acute chest pain.
5. *Krimija Hridroga*- If patient is suffering from *kaphja hridya roga* takes, *Tila, Guda* then *Rasa dhatu dusthi Rasa* leads to *granthi utapti* In this *granthi Krimi* arries and spread in all region of heart & produces seven cutting pain, itching etc. It may also lead in death & *Achrya Charka* also advice to do early management in this condition.

Krimija Hridroga can be correlated with M.I because in case M.I. there is severe pain occur & required urgent management like as *Krimija Hridroga*.

DISCUSSION

The increase incidence of the CVDs in the all over the world due to the faulty diet pattern & life style. Obesity, Diabetes mellitus. uncontrolled hypertension & Hyperlipidemia are the common risk factors for the CVD. Role of Ayurveda in the prevention and cure of the CVD is very systematic and good manner. In Ayurveda *Ahara, Vihara, Dincharya, Ritucharya, Yoga, Rasayana* are described which have good role in prevention & cure of the CVDs. Different researches has been showed that Ayurveda drugs have effective role in CVDs. If someone adopt the diet pattern, life style according to the Ayurveda it can be helpful in the decrease the incidence of CVDs. In text of Ayurveda there are number of drugs, formulation are described which have very effective result on the CVDs. as mentioned above in details.

CONCLUSION

In Ayurveda *Ahara, Vihara, Dincharya, Ritucharya, Yoga, Rasayana* are described which have good role in prevention & cure of the CVDs. The researches on the cardio protective drugs mentioned above have an effective role in the CVDs. The prevention and management can be done successfully in Ayurveda. Moreover *Ayurvedic* treatments are safe & affordable by everyone.

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