

**SIGNIFICANCE OF HRIDYA MAHAKASHAY-A REVIEW****\*<sup>1</sup>Dr. Noopur, <sup>2</sup>Prof. Makhan Lal and <sup>3</sup>Dr. Ramanand**<sup>1</sup>MD. Scholar Post Graduate Department of Dravyaguna.<sup>2</sup>HOD Post Graduate Department of Dravyaguna, State Ayurvedic College and Hospital,  
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**\*Corresponding Author****Dr. Noopur**MD. Scholar Post Graduate  
Department of Dravyaguna.**ABSTRACT**

Ayurveda is holistic and one of the oldest branches of medicine that impart complete knowledge about one's health. It is also known as science of life. This science of life includes everything that life depends upon like food, a well-balanced diet, exercise, yoga, a specific life style, various health conditions and their available treatment options.

Hridaya (heart) is considered as one of the vital organs of the body. It is one among the trimarma and it is regarded as dash pranayana.

According to Ayurveda, hridaya is the best place of chetana (consciousness) and oja. Hridya mahakashaya denotes a group of ten medicines which act on cardiovascular disease.

It is the 10<sup>th</sup> gana of the 50 Mahakashaya gana described in 4 chapters of Sutra Sthana of Charak Samhita which contain *Amra Amrata Lakoocha Karmarda Vrikshamla Amlavetas Kuval Badar Dadim Matulung*.

**INTRODUCTION**

The word Hrudaya in Ayurveda is a synonym for heart in modern medicine. The name indicates the function of this vital organ. 'Hru' means one which draws fluid or blood from the body forcibly and 'Da' which means to donate so the human body is nourished by Shuddha rakta circulated by Hridaya with the help of vyanvayu.

Hridya mahakashaya is a group of 10 dravyas which act on CVS (cardiovascular system) as

cardiac tonic.

According to recent statistics more than half a billion people around the world continue to be affected by cardiovascular disease which accounted for 20.5 million death in 2021 close to a third of all death globally and an overall increase on the estimated 121 million CVD death.

Among which 80% of premature heart attack and strokes can be prevented.

Since these 10 dravyas comprising *Hridya Mahakashaya* majorly has *Madhura*, *Amla Kashayras*, *Ruksha-Laghu guna*, *Ushana Veerya*, *Madhura-Amla Vipaka* and *Tridosha* properties responsible in *sampraptiVighatan* (break the etiopathogenesis) of CVS.

These *Hridya* drugs work by virtue of their *Rasa*. *Amla rasa* is also claimed to nourish the heart.

It is proven that certain phytoconstituents present in these herbs help to maintain a healthy state of blood vessels including coronary arteries.

These drugs are beneficial to heart as well as mind and help in reducing the stress.

These drugs help in maintaining cardiac health and have a crucial role in the management of cardiac as well as CVS. The Critical.

## AYURVEDIC PERSPECTIVE

### **Hridya Gana**

आम्रात्रातकलिकुचकरमर्दवृक्षाम्लाम्लवेतसकुवल्बदरदाडिममातुलुङ्गानीति दशेमानि हृद्यानि भवन्ति (१०),

1. *Hridya* (cardiac tonic): The ten *hridya* drugs are generally mildly sour tasting and liked by most people. The word *hridya* denotes that which is beneficial to the heart (cardiac tonic) i.e. *arjuna*, gold, etc.

- The *Hridya Mahakashaya* group of herbs is useful in regulating cardiac. They are also helpful in reducing complaints such as breathlessness and work exhaustion, maintaining cardiac rhythm and pumping in the appropriate way.
- The group of herbs is sour mixed sweet in taste, light-hot-minute-deep penetrative, and clear in quality. They are carminative, digestive, appetizers, and cardiac stimulants. They

act as hemetenics and anti-hyperlipidemic in action

- The Hridya Mahakashaya group of herbs is used in various Ayurvedic formulations such as Panchapallava yoga, dadimarishtha, Dadimadyavaleha, Matala rasayana, Madiphala rasayana, Indu kuvalayadi kashaya, etc.
- The group of herbs is also useful to decrease lipid and clot deposition, to treat atherosclerosis and to improve the functioning of the heart.
- The Hridya Mahakashaya group of herbs is mentioned in the Ayurvedic text as sour fruits that are considered to be Hridya and ripen fruits that are brimhana (nourishing) in nature.its leaves are mentioned under panch pallavas.

S. No.	Sanskrit Name	Botanical Name
1	Amra	Mangifera indica
2	Amrataka	Spondias pinnata
3	Lakucha	Atrocarpus lakoocha
4	Karamarda	Carissa carandes
5	Vrksamla	Garcinia indica Linn.
6	Amlavetasa	Garcinia pedunculata Roxb.
7	Kuvala	Zizyphus sativa
8	Badara	Zizyphus jujube
9	Dadima	Punica granatum
10	Matulunga	Citrus decumana / Citrus limon

Dravya	Rasa	Guna	Veerya	Doshagnata	Karma
Amra	Kashay	Ruksha, Laghu	Ushna	Vata, Kapha	Pittavardhaka, Raktapitta Kara
Amratak	Madhur	Guru, Shleshmala	Sheeta	Vata, Kapha	Brmhana, Tarpana, Vrushya, Vishtambhyajeeryati
Lakuch	Amla	Madhur, Amla	Sheeta	Vata, Kapha	Raktapitta Kara
Karmarda	Kashay	Ruksha, Laghu	Ushna	Vata, Kapha	Pittavardhaka, Raktapitta Kara
Virkshamla	Amla	Madhura, amla	Sheeta	Vata, Kapha	Raktapitta Kara
Amlavetas	Amla	Madhur, Amla	Sheeta	Vata, Kapha	Raktapitta Kara
Kuval	Amla	Madhur, Amla	Sheeta	Vata, Kapha	Raktapitta Kara
Badar	Amla	Madhur, Amla	Sheeta	Vata, Kapha	Raktapitta Kara
Dadim	Amla	Madhur, Amla	Sheeta	Vata, Kapha	Raktapitta Kara
Matulunga	Amla	Madhur, Amla	Sheeta	Vata, Kapha	Raktapitta Kara

Hridya Mahakashaya is a group of ten Ayurvedic medicines that act on cardiovascular diseases.

1. All ten drugs are Amla Rasa Pradhana (sour in taste) and rich in vitamin C, which is a potent antioxidant and a good stress buster 12. The mode of action of these drugs is to nourish the heart and remove the Doshas that cause hindrance in the process of conception and for the viability and sustenance of pregnancy.

## MATERIALS AND METHODS

Systematic review has been made from possible texts of Ayurveda and other authenticated texts to gather information regarding Hridya Mahakashay and Hridya Karma and their significance.

## DISCUSSION

The medication indicated in the drug review for HRIDYA MAHAKSHAY is a known rich source of antioxidants. The results are consistent with the hridaya property, which our ancient acharyas stated protected and promoted heart health. The necessity of the hour is to conduct research on drugs like these that primarily target organs while having less deleterious side effects. Since oxidative stress is the primary cause of CVDs, the majority of them, including Amra, Dadima, Amalvetas etc., are inexpensive and easily accessible nutritional fruits that can play a significant part in the treatment of hridaya rog Nidana parivarjana (avoiding the causative factors) is the most important thing to be followed. One has to follow a proper diet and lifestyle. Practising yoga and pranayama (breathing exercises) have its own benefits. Acharya Charaka has mentioned Hridya mahakashaya for maintaining a healthy state of blood vessels.

## CONCLUSION

Today the mortality and morbidity rate due to cardiovascular diseases is a worldwide issue. Ayurveda offers satisfactory management strategies for CVD through preventive and curative approaches.

Researches on organ targeting and low toxic effects drugs are the need of time. All drugs of Hridya mahakashya are the cheapest and easily available dietary fruits which contain rich Vitamin C and flavonoids and have potent anti-oxidant properties. By means of Amla rasa all these ten drugs perform the function of Agneesandhukshana and Dhatwagnideepana (improves digestion and metabolism). It brings the vitiated Vayu in its healthy state and pacifies Ama and thus helps in breakdown of the pathophysiology.

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