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A critical understanding of *Hridroga Nidanas* and its present relevance

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ABSTRACT

The global burden of diseases is changing from infectious diseases to non-communicable diseases these days. Among them cardiovascular disease is one which is tremendously increasing in this era. Accounting for 17.3 million deaths per year worldwide. Life style modifications like high caloric intake, alcohol consumption, smoking and stress are the risk factors for cardiovascular disease. In *Ayurveda* all those disease come under the heading of "*Hridroga*". *Acharya Bhela* has mentioned *Hridaya* as *Shirohridaya* and *Urohridaya*. *Urohridaya* has been accepted in correspondence to circulation of *Rasa* and *Rakta*. As for any disease to manifest *Nidanas* are needed hence understanding them is important because *Nidanaparivarjana* is the first line of treatment for any disease. *Nidanas* such as *Vega Dharana*, *Ushnatikshna Ahara*, *Chinta* and *Abhighata* leads to manifestation of *Hridroga*. Along with that *Hridaya* being mula of *Rasavaha* and *Pranavaha Srotas Mula*, *Dusthi* of those also lead to *Hridroga*. As there are different sets of *Nidanas* being explained in classics there is a need for critical understanding hence the present write up is aimed to provide an insight into the concept of *Nidanas* based on classical references and allied modern literature.

Key words: *Nidana*, *Hridroga*, *Cardiac disease*.

INTRODUCTION

Cardiovascular disease is the most important cause of worldwide death, accounting for 17.3 million deaths per year.^[1] It is an umbrella term for a number of linked pathologies, commonly defined as coronary heart disease, ischemic heart disease and heart failure. The world health organization estimated that

over 75% of premature CVD is preventable and risk factor amelioration can help reduce the incidence. All the three *Dosas* namely *Vata*, *Pitta*, *Kapha* in the normal state maintain the structural integrity of *Hridaya*. The very same *Doshas* when in abnormal state derange the function and give rise to disease. It is *Moola* for *Rasavaa* and *Pranavaha Srotas* and is *Adhistaana* for *Chetana*,^[2] *Prana*, *Mana* and *Ojas* hence has to be well protected.^[3,4] *Hidroga* is a broad spectrum diseases with various structural and functional abnormalities of the *Hridaya*. *Nidana*(causative factor) plays a major role in manifestation of *Vyadhi* that can be divided into *Aharaja Viharaja* and *Manasika Nidana*.^[5] Diagnosis can be done well with help of *Nidana panchaka*. Among them *Nidana* is the foremost component it not only gives the knowledge about the causative factor ,but also helps in prevention by avoiding them. *Nidanas* are the factor which leads to disease either immediately or when there is favorable

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environment.^[6] *Nidana Parivarjana* being the first line of treatment our prime intention is to analyzing *Nidana* which gives the knowledge about differential diagnosis and prognostic aspects.^[7]

AIMS AND OBJECTIVES

- Review of *Samanya Hridroga Nidana*
- Understanding its relevance in present time

METHODOLOGY

Concepts related to proposed title are collected from classical texts of *Ayurveda*, various published research papers and internet source.

Samanya Hridroga Nidana

Excessive physical exertion that is *Vyayama* (excessive exercise), *Tikshna Dravya Sevana*, *Ati Virechana* (emetic therapy), improper administration of *Basti Karma* (enema) or manifestation of *Basti Vyapad*, *Chinta* (worry), *Bhaya* (fear), *Trasa* (stress), improper management of any disease that is *Gadaatichara*, *Chardi Vegadharana* (controlling of vomiting), *Ama Sanchaya* in the body, *Abhigata* (trauma) that is any injury, suppression of natural urges, consumption of food which is *Ushna* and *Tikshna* in excess quantity, use of incompatible food, eating more quantity of food which is uncooked, unaccustomed and *Gulma Roga Nidanas* are said to be the causes of *Hridroga*.^[8-11]

Nidanas	Ch.Su	Su.Ut	Ma.Ni	Bh.Pr
<i>Vyayama</i>	+			
<i>Atitikshna</i>	+			
<i>Ativirikta</i>	+			
<i>Basti vyapat</i>	+			
<i>Chinta</i>	+		+	+
<i>Bhaya</i>	+			
<i>Trasa</i>	+			
<i>Chardi</i>	+			

<i>Gadatichara</i>	+			
<i>Ama</i>	+			
<i>Shrama</i>	+		+	+
<i>Karshana</i>	+			
<i>Abhigata</i>	+		+	
<i>Vegadharana</i>	+	+	+	+
<i>Ruksha</i>		+		
<i>Virudha</i>		+		
<i>Adyashana</i>		+		
<i>Ajeerna</i>		+		
<i>Atiushna</i>		+		+
<i>Guru Anna</i>			+	+
<i>Atikhashayatikta</i>			+	+
<i>Adhyashana</i>				+
<i>Atimatrasevana</i>		+		

DISCUSSION

Vyayama

Mild to moderate *Vyayama* or appropriate physical exercise is always good to the body (*Ardashakti*), but in excess (*Ati Vyayama*) which causes *Shrama* (exertion), *Mana Shaitilya*, *Rasadi Dhatu Kshaya*, *Trishna* (thirst) and diseases like *Raktapitta* (bleeding disorders), *Pratamaka Swasa* (a type of dyspnoea), *Kasa* (cough) and *Jwara* (fever).^[12] As there are *Tridosas*, *Rasa*, *Rakta*, *Ojas*, *Mana* in *Hridaya* then *Datukshaya*, *Shaitilya*, *Swasa* caused by above reasons affects *Hridaya* in long run causing *Hridroga*. Increased physical activity, exercise training, higher levels of cardio respiratory fitness increases the risk of atrial fibrillation, coronary artery disease and malignant ventricular arrhythmias. In other instance cardiac dilation, hypertrophy either in right or left ventricle leading to diastolic ventricular dysfunction and later dilation of both atria.^[13]

Atitikshna

Tikshna Dravya Sevana causes *Pitta Prakopa*, *Kaphahara Klesha* to *Shareera* and *Manas*.^[14] The *Tikshna* quality destroys *Ojus*, hampers circulatory functions of *Dhamanias*. It is *Dukha Vardaka* to *Manas*. This *Tikshna Dravyas* can be in the form *Kshara*, *Lavana* and *Visa Dravyas*. In present era cigarette smoking and alcohol consumption can be related to *Tikshna Sevana* which are the causes of infraction. The chemicals in cigarette smoke cause the cells that line blood vessels to become swollen and inflamed. Nicotine and carbon monoxide appear to play major roles in CVD by altering the myocardial oxygen supply demand ratio and have been shown to produce endothelial injury leading to the development of atherosclerotic plaque.^[15]

Ativirikta

Ativireka (excess of emetics) leads to *Aadhmaana* (bloating), *Parikarta* (fissure), *Srava*, *Hridgraha*, *Jeevadana*, *Gudabramsha*, *Sthambha*, *Klama*.^[16] When *Suddha Rakta* is passing out along other *Dhatus* there will be extreme *Klama*, *Dourbalya* and there is every need of emergency care as *Rakta* is *Jeeva*. Heart tries to compensate the volume loss by increasing heart rate which on long stand leads to vasoconstriction and can cause cardiac arrest.

Basti Vyapat

In *Basti Vyapat* *Klama*, *Aadhmaana*, *Hritpraapti*, *Urdhvagamana*, *Pravahika*, *Shiro arti*, *Parikarta*, *Sraava* are explained.^[17] When *Basti* is *Tikshna Dravyayukta*, not given with proper pressure and given without removing the air in the *Basti Netra* it leads to *Hritpraapti*. If such *Basti* is given it gives more pressure on the *Hridaya* and causes *Pida*. It causes impediment in the functioning of *Hridaya* by causing *Hritshula* and *Vayu* moves about irregularly in different directions.

Chintabhayatrasa

Hridaya is *Sthana* of *Manas*. Therefore, recurrently if patient succumbs to *Chinta*, *Bhaya* and *Shoka* there will be *Manasikadosha Dusti* which does *Dusti* to *Hridaya*. There will be *Rajo Guna Vriddi* which in turns

affects *Shareerika Doshas Vata* and *Pitta*. Stress by external or internal environment will act as stimulus and goes to baro receptors situated in arch of aorta and carotid sinus. This serves as input to the controlled center in the brain in medulla as a result of which there is increased sympathetic and decreased para sympathetic nerve impulse that give increased secretion of epinephrine and nor epinephrine. This cause increased heart stroke volume and heart rate and ultimately leads to increased cardiac output.^[18] Vasoconstriction of blood vessels increases systemic vascular resistance. As a response finally blood pressure increases. If this is continued for long time and if uncontrolled then it causes systemic Hypertension leading to heart diseases and other complications.

Gadatichara

Improper management of disease or person not undergoing any treatment can be considered as *Gadatichara*. If a person suffering from disease for prolong period, there will be *Vata Vriddi*, *Dathu kshaya*, *Bala Kshaya*, *Varna Kshaya* at the end causes *Ojokshaya* thus giving *Badha* to *Hridaya*. As heart is an organ that meets demands of all organs, failure or malfunctioning of any organ gives its impact on heart. For example chronic kidney disease people are at a high risk of cardio vascular diseases. Thus if any disease is untreated or mismanaged in long run brings about *Hidroga*.

Chardi

Chardi may manifest as natural *Vega* as defense mechanism to any gastric irritants, it may manifest as *Swatantra Roga* or it may be one among symptoms or *Upadrava* in various diseases. *Chardi Vega Udeerana* that is *Vamana* is also a procedure indicated in many disease as a treatment. Therefore excessive vomiting reflex or improper administration of *Vamana* does *Peedana* to *Hridaya* or recurrent *Chardi* causes *Upagatha* to *Hridaya*.

Ama

Due to impaired *Agni* by various *Mithyaahara Vihaara* and *Manasika Kaaranas* lead to formation of *Ama* as

mentioned in *Trividha Kuskheeyadyaya*.^[19] *Aahara Rasa* which is improperly or less produced in amount will not provide adequate nutrition to the body including *Hridaya*. Due to that *Dhatus* are also inadequately formed or inadequately nourished. Thus, results in *Kshaya* of *Dhatus*, *Ojus* and *Bala* or *Sama Dosha* state is developed may result in diseases like *Pandu*, *Amavata*, *Grahani Roga*, *Udara Roga* etc. and finally may land in *Hridroga*. *Yogaratanakara* said that the person suffering from *Ama Vyadhi* will have symptoms like *Alasya*, *Tandra* and *Hridayaavishuddhi* that is some sense of discomfort in heart region. When we go through the etiology of *Ama* it is explained as *Guru*, *Singdha*, *Sheeta Ahara* in present days dietary habits such as oily foods, junk goods bakery foods leads in high cholesterol level. This high levels on long run becomes the cause of atherosclerosis which is one among the major risk factor for cardio vascular disease either coronary or infarct.

Vega Sandhrana

Vegas are the natural reflexes or physiological output which are due to somatic reflexes, psychological reflexes. Like in *Udgaara Vega Dharana* causes *Hikka*, *Swasa*, *Aruchi*, *Kampa*, *Hridayarasa Vibhanda*. This is caused due to *Vata Vaigunya*. *Pipasa Vega Dharana* leads to *Kantasya Sosha*, *Badhira*, *Shrama*, *Saada* and *Hridhi Vyatha*.^[20] *Mula* of *Udakavaha Srotas* is *Talu* and *Kloma*.^[21] According to some authors *Kloma* it is situated just below to *Hridaya* and any *Dusti* to that causes *Hridhi Vyatha*. On long stands causes dehydration further hypovolemia and shock. If oxygen demand is not fulfilled then leads to ischemia and coronary heart diseases. If it is for prolong period then this vigorous physical stress brings early heart disease. Here *Praana Vata* and *Vyana Vata Avarodha* causes *Hridroga*. *Shukra Vega Nigraha* causes *Shula* in *Medra*, *Vrushana*, *Angamarda*, *Hridhi Vyatha*. Here pain over genitals brings severe agony to the patient. *Shukra* is one among the vital *Dhatus* which is equivalent to life. So, it has impact on *Hridaya* though not related directly. The possible side effect in people who delay or avoid ejaculating when sexually aroused is epididymal hypertension.

Karshana

Karshana (emaciation) which means becoming lean or emaciated. It is mainly caused by *Apatarpana*. In which it leads to *Dusti* of *Vayu* and *Agni* leads to insufficient production of *Rasa dhatu*. *Upasoshan* of *Rasa Dhatu* takes place leading to *Dhatu Kshaya*.^[21] Hence the patient suffers from indigestion and malabsorption which on long run causes low immunity and increases the risk of infectious disease and auto immune disease. *Karshana* most of the times is considered as protein malnourishment and in few researches, they have concluded by saying that low protein diet has an effect on cardiac metabolic and structural changes. In addition, very low levels of animal protein intake have been associated with a significantly increased risk of hemorrhagic stroke.^[22]

Abhigatha

Hridaya is a *Sadyopranahara Marma*.^[2] If there is any injury in *Hridaya* then it causes sudden death. If injury occurs to the areas surrounding to *Hridaya* then it causes *Kaalanta Pranaharana* or *Vaikalya* in *Avayavas*. *Abhigata* may be due to *Dosabhigata*, *Bhutabhigata*, or *Shastrabhigata*. If *Abhigata* is due to *Dosha* or *Bhutabhigata* there will be *Ojokshaya* giving *Hridroga*. The reduction in blood volume during acute blood loss causes a fall in central venous pressure and cardiac filling. If compensatory mechanisms are unable to sufficiently restore arterial pressure, irreversible shock can occur. This leads to reduced cardiac output and arterial pressure. In other instance it leads to hypotension further resulting from hypotension causes myocardial hypoxia and acidosis, which depress cardiac function and causes arrhythmias.

Ruksha

Ruksha is a *Guna* and also one among *Shadvidhopakram* which is a line of treatment for *Santarpana Vikaras*. This *Ruksha Guna* does *Vata Prakopa*, *Kharatva* and *Shoshana*. On continues intake causes *Rudhi* of *Vata* and leads to *Apatarpana* and *Karshana*.

Ati Ushna, Kashaya and Tikta Rasa Sevana

Ushna Padarthas always cause *Hrit Klesha*, *Hrit Daha* and *Pitta Prakopa*. The very nature of *Kashaya Rasa* is to inactivate taste sense of tongue and does *Hrit Kanta Peeda* and *Karshana*.^[23] *Kashaya* and *Tikta* causes *Roukshyata* by *Kleda Vishoshana*. It does *Prakopa* of *Vata Dosha*. Due to its *Atisevana* it causes *Hrudayashula*. *Tikta Rasa* if used in excess causes *Datukshaya*, *Murcha*, *Gani*, *Shrama*, *Brama*, *Vatavyadi* and *Roukshata Parushyata*.^[24] It leads to *Vata Prakopa* therefore *Kapha Kshaya* causing *Ojo Kshaya* does *Hridbhadha*.

CONCLUSION

Cardiovascular disease being the major cause of mortality in present era its prevention is need of the hour. Prevention can be done properly only when we come to know the causative factors and its path physiology involved in the disease formation. Varied etiology has been explained by different *Acharyas* and categorized under dietetic factor, somatic factor and psychological factor. Contemporary science on the other hand, based on clinical and experimental evidence puts the blame on food containing large amounts of saturated fat and increased cholesterol which can be considered as *Guru Bhojana*, sedentary life style (*Ama*, *Adhyashana*, *Atimatrasevana*, *Ajeerna*), stress (*Chinta*, *Trasa*, *Bhaya*), excessive physical exhaustion, strains of modern sophisticated life (*Ativyayama*, *Vegadharana*), improper treatment (*Basti Vyapat*), cigarette smoking and alcoholism (*Atitikshnaushna*, *Atikhasaytikta Rasa Sevana*) leads to cardiovascular disease. When we understand these factors, we can avoid in our daily routine. As presently everyone is very much aware of exercise benefits but fail to know its limitation and end up in a disease. Even while giving treatment, one must be very careful and should have an idea of its adverse effect.

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