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Ayurvedic approach of dietary management of *Hrudaya Roga* - A Review Article

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ABSTRACT

Diet play an important role in our day to day life for maintenance of our health, energy and various activities. It is now agreed that diet governs many situations favouring the onset of many heart diseases. All disease requires modified diet but diet plays a variable role in their cure. All Disease requires modified diet but diet plays a variable role in their cure. To keep good health we must "eat to live and not live to eat". The concept of *Ahara* has been given due importance in various text of *Ayurveda*. *Acharaya Sushruta* has stated the important factors of healthy living namely strength, complexion and *Ojas* are dependent on *Ahara*. It is presumed that all diseases according to Ayurveda are believed to have their root of origin in improper *Ahara* and hence it is essential to understand the basic concept of *Ahara* as elaborated in Ayurveda.

Key words: *Ahara, Diet, Health, Heart*

INTRODUCTION

It is an important to realize that the dietetic habits vary from person to person and a study of an individual's diet is essential before any modification suggested for his ailments. Not only the selection of raw material is important but the processing of food, use of condiments, amount of each constitute, total amount of food, frequency of intake etc. are also very important Diet play an important role in our day-to-day life for maintenance of our health, energy and various activities. It is now agreed that diet governs many situations favouring the onset of many heart diseases.

Diet is an important factor in causation of heart diseases which are mainly the result of overeating or wrong diet.

Pathya (Planned Food)

Pathya is a specific term described in *Ayurveda* which refers to balanced diet for all human beings including the diseased persons. *Pathya* maintains the health and for diseased it helps in the recovery of the disease. *Pathya* also includes *Dincharya*, *Ratricharya* and *Ritucharya* indicated for the healthy as well as diseased persons. *Acharya Charak* has described that various factors which are harmful for the body are called as *Apathya*. Various factors which are capable to convert a *Pathya* into *Apathya* and vice *Matra* (Quantity), *Kala* (Time/Season), *Bhumi* (Land/different locations), *Deha* (Physical constitution), *Dosha* (Body humours) and *Guna* (Properties).^[1]

Ahara (Food)

Substances swallowed through mouth are known as *Ahara*. *Ahara* is the first and most important amongst the three major support of i.e., *Ahara*, *Nidra*, *Bramhcharya*.^[2] An ideal *Ahara* should contain all 5 *Mahabhutas*, all types of *Viryas* and 20 types of *Gunas*

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in it. This should be taken by an individual according to the suitable and useful methods as prescribed in *Ayurveda*. *Acharya Charka* has emphasized that whatever be the factors responsible for the origin of human beings their imbalance leads to occurrence of various diseases and *Hita- Ahara* (Suitable Diet) is the only factor responsible for good and sound health.^[3] The *Ahara* that maintains the body systems in normal function of state and corrects abnormal state in the interest of the body is termed as the *Hita- Ahara* (Balanced Diet) and food having opposite properties is called as *Ahita-Ahara*. *Hita-Ahara* is the base of *Yukti-Krta Bala* (Acquired Strength)

AIM AND OBJECTIVES

To understand the etiopathogenesis of *Hridya Roga* and Dietary management in *Hridya Roga vis-à-vis Pathya-Apathya* mentioned in *Ayurvedic* text.

MATERIAL AND METHODS

All literature is taken from *Ayurvedic* texts.

Types of *Hridroga* (Heart Disease)

Hridroga has been classified into five groups viz, *Vatika*, *Paitika*, *Kaphaja*, *Sannipattika* and *Krimija*^[4]

Vatika Hridroga

In *Vatika Hridroga* patient has acute pain in heart region, the pain is like that of cutting, sawing churning or stretching. Other symptoms include palpitation, arrhythmia, heart block and fainting.

Paitik Hridroga

Feeling of heaviness and fatigue in the heart, thirst, burning sensation, sweating, dryness of mouth and fainting are the main symptoms of *Paitika Hridroga*.

Kaphaja Hridroga

Feeling of seizure of the heart, heaviness in the body; excessive secretion of phlegm, loss of appetite, sweet taste in mouth are the main symptoms of *Kaphaja Hridroga*.

Sannipattika Hridroga

All the symptoms described in *Vatika*, *Paittika* and *Kaphja* types of *Hridroga* are present in *Sannipattika Hridroga*.

Kramija Hridroga

Acute pain and itching in the heart area are the main symptoms. Other symptoms include nausea, cardiac insufficiency, headache, loss of appetite and oedema.

Nidana (Aetiological Factors)

All the causative factors which are likely to precipitate *Hridroga* can be grouped in two broad groups:

- Dietary factors:** Excessive and regular indulgence in diets containing *Atiushna* (Excessive intake of hot diet), *Guru* (Heavy meals), *Kashya Rasa* (Astringent materials) and *Tikta Rasa* (Spicy food)^[5]
- Life style related Factors:** Excessive indulgence in activities like Physical exertion, *Abhighata* (Traumatic injuries), *Adhyayana* (Long sitting for the purpose of studying), *Chintan* (Mental stress/Anxiety) etc. and *Vegavidharana* (Suppression of Natural Urges).^[6]

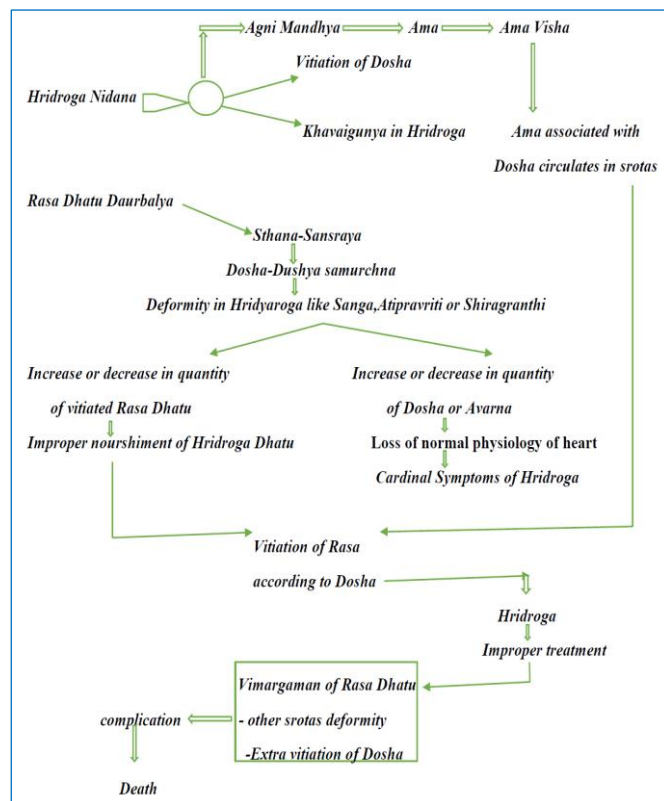
Various *Ayurvedic* texts have distinctly described the aetiological factors of *Hridroga* which are elaborated in tabulated form in

Table 1

SN	Aetiologic Factors	Modern Correlates	Ca	Su	A.S	A.H	M.N
1.	<i>Kshra Adhikya</i>	Excessive intake of Alkalies	+	-	-	-	-
2.	<i>Vyayam Adhikya</i>	Excessive Exercise	+	-	-	-	-
3.	<i>Ativireka</i>	Excessive Purgation	+	-	+	-	-
4.	<i>Atibasti</i>	Excessive enemata	+	-	+	-	-
5.	<i>Chinta</i>	Excessive worry	+	-	-	-	-
6.	<i>Bhaya</i>	fear	+	-	-	-	-
7.	<i>Trisha</i>	Agitation	+	-	-	-	-

8.	<i>Gada Atichara</i>	Improper treatment of disease	+	-	+	+	-
9.	<i>Chardi</i>	Emesis	+	-	+	+	-
10.	<i>Karshana</i>	Emaciation	+	-	-	-	-
11.	<i>Abhigata</i>	Physical and Mental Trauma	+	+	-	-	+
12.	<i>Udavarta</i>	Reverse Peristalsis	+	-	-	-	-
13.	<i>Guru Milk</i>	Intake of heavy milk during childhood	+	-	-	-	-
14.	<i>Vega Abhigata</i>	Suppression of urges	-	-	-	+	+
15.	<i>Ushna Anna</i>	Excessive intake of hot food	-	+	-	-	+
16.	<i>Atiruksha Anna</i>	Excessive unctuous meal	-	+	-	-	-
17.	<i>Virrudh Asana</i>	Detrimental diet	-	+	-	-	-
18.	<i>Adhyasana</i>	Intake of food at an improper time	-	+	-	-	-
19.	<i>Ajirna Asana</i>	Meals during indigestion	-	+	-	-	-
20.	<i>Asatmya Bhojana</i>	Consumption of incompatible food	-	+	-	-	-
21.	<i>Vatavardhaka Anna in Karshit due to Vaman etc.</i>	Vata vitiated meal in thin person due to Emesis	-	-	+	+	-

Samprapti



Astha Ahara Vidhi Vishesaayan (8 rules of Dietetics)

Method of administration of diet and environment play an important role in the healthy as well as diseased persons. In this connection Acharya Charka has described following Astha-Vidha Ahara Vidhi Vishesaayatana.^[7]

Table 2

SN	Name of Rule	Description
1.	<i>Prakrati</i> (Natural Qualities)	Natural Properties of the dietary and medicinal products are called Prakrati
2.	<i>Karana</i> (Preparations)	Natural occurring materials when prepared with special techniques are called as <i>Karna</i> (<i>Sanskara</i>)
3.	<i>Sanyoga</i> (Combination)	Combination of two or more food materials
4.	<i>Rashi</i> (Quantum)	Knowledge of appropriate quantity of food
5.	<i>Desha</i> (Habitat)	The qualities of herbs and drugs depend on the place/region/area from which they are produced

6.	<i>Kala</i> (Time)	It refers to both the seasons and stage of diseases and also to symptoms of proper digestion or improper digestion
7.	<i>Upyog Sanstha</i> (Rules of Use)	It refers to rules of food intake and it explains the symptoms of complete food digestion
8.	<i>Upyokta</i> (User)	The person who takes meal and who obeys all the above quoted rules is user

These all 8 factors are very important to know about the food and its preparations.^[8]

Dietary Management in Hridroga (Heart Disease)

Diet management plays very important and crucial role in the recovery from heart disease. Various *Acharyas* have recommended *Pathyaapthya* (Do's and Don'ts) in various types of *Hridroga* which are summarized below in Table No. 3 and 4

Table 3

SN	Charaka (Do's)	Charaka (Don'ts)
1.	<i>Shadangpaaniya</i> ^[9]	<i>Ruksh, Sushka, Aplabhojana, Usna, Amla, Lavana, Kshara, Katu, Guru, Snigdha</i> food ^[11]
2.	<i>Deepan</i> (Appetiser), <i>Paachan</i> (Digestive) <i>Yavagu</i> ^[10]	<i>Srotopradushaka</i> (Diet causing obstruction in microcirculatory channels) ^[12]
3.	<i>Sastikshali</i> (Red rice), <i>Mudga, Amalki, Yava,</i> Fresh rain water	Excessive indulgence in Alcohol ^[13]

Table 4

SN	Sushruta (Do's)	Bhaisjyaratnawali (Do's)	Bhaisjyaratnawali (Don'ts)
1.	<i>Sastikshali</i> (Red rice), <i>Mudga, Amalki, Yava,</i> Fresh rain water, Milk and <i>Goghrita</i> ^[14]	<i>Langhana, Swedana, Vaman, Virechan, Basti, Vilepi, Jangam Mansa Rasa</i>	<i>Mala Vegavrodha, Dushita Jala, Kashya Rasa</i>

2.	<i>Dadima, Matulunga, Aamla, Narikela, Gambhari, Khaza, Kushmand, Nagar, Adraka</i>	<i>Rag, Shadav, Patola, Amlataas, Erand, Draksha, Rasona, Saindhav Lavana,</i>	<i>Virrudhanna, Ushna, Guru, Tikta, Amla Rasa</i>
3.	<i>Mandukparni, Saptala, Changeri, Pippali, Giloya, Makoya, Chakramarda, Patola, Karela, Kutaki, Chirayata, Nimb, Vasa</i>	<i>Kadali, Madhura Amra, Dadima, Takra, Guda, Haritaki, Dhaniya</i>	<i>Purana Patra Saka, Kshra, Raktmokshana</i>
4.	<i>Saindhav Lavana, Vida Lavana, Sovarchala Lavana, Mansa, Gud, Dahi, Ksheer Krita Bhaksya</i>		

DISCUSSION

The importance of *Pathya* in the Heart Disease is well established. To maintain proper growth of body, a nutritious and balanced diet is must. The prescription for *Pathya* for *Hridroga* should be advised according to *Dosha* and *Rogavastha*. Fasting is a part of *Pathyavastha*. It is high paramount *Ausadha*, "*Langhanam Parama Ausdhama*". Stomach should not be overloaded as it causes indigestion and leads to *Ama Dosha* formation, which creates disturbance in the functioning of the heart. The fasting is supposed to correct obstruction due to '*Ama Dosha*' and patency of blood vessels i.e., "*Srotoshodhana*' is restored leading to normal circulation of blood. Food Should be fresh, warm, tasty and eaten in company of friends and well-wishers. Sweet should be taken first, sour and salty

foods in between and spicy food stuffs in the last. Balanced diet of a patient of *Hridaroga* should contain following important components-Cereals, Pulses, Milk, milk products, Nuts, Fruits, Vegetables, Sugar, Jaggery, Honey, Water. As far as possible the patients of *Hrudroga* should be recommended Balanced diet containing Carbohydrates, fats, proteins, Minerals, Vitamins, Water and high roughage (high fiber) diet in sufficient quantity to meet out their body requirements.

CONCLUSION

Vata, *Pitta* and *Kapha*, the three *Doshas* in the normal state maintain the structural and functional integrity of heart. The same *Doshas*, when abnormal, derange the function of heart and give rise to diseases of various types. Heart is the main site of *Oja*. Normal heart pumps *Oja* through its blood vessels to all the tissues of body along with *Rasa* and maintain their normal functions. Ayurveda has immensely contributed towards human health and happiness. *Acharya* have dealt with both the preventive and curative aspects of the *Hridroga* (Cardiac disorders). Simple, bland, non-spicy, non-greasy "*Satvika Diet*" is recommended.

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