

Impact
Factor
2.147

ISSN 2349-638x

Refereed And Indexed Journal



**AAYUSHI
INTERNATIONAL
INTERDISCIPLINARY
RESEARCH JOURNAL
(AIIRJ)**

Monthly Publish Journal

VOL-III

ISSUE-XI

Nov.

2016

Address

- Vikram Nagar, Boudhi Chouk, Latur.
- Tq. Latur, Dis. Latur 413512
- (+91) 9922455749, (+91) 9158387437

Email

- aiirjpramod@gmail.com

Website

- www.aiirjournal.com

CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

Different Hetus Of Hridroga.

Dr.Supriya R.Chattar,

P.G.Scholar

Ayu.Samhita-Siddhanta

C.S.M.S.S.A.College, Aurangabad,MS.

Dr.Smita V.Dhurde,

M.D.,Ph.D.[Ayu.Samhita Siddanta],

H.O.D.[Ayu.Samhita Siddhanta],

C.S.M.S.S.A.College, Aurangabad,MS.

Introduction-

Nowadays, INDIA is the Capital of Heart Disease in World. Now people who lives in city, among them 70% people has risk of Heart Disease. Also 25-35 yrs age group people are more prone to become a Heart Disease. According to survey, In 2020, in all deaths, 1/3rd deaths are due to Heart Disease. So to avoid all this scenario one must know about various causative factors for Heart Disease.

In Ayurveda, Hridroga Vyadhi explained by Brihat-Trayee with their Nidana Panchakas. Hridya is most important Sharir-Rachana of our Sharir in both Kriyatmaka and Rachanatmaka Sharir. Hridya is one of the Pradhana Marma, which is the Sthana of Prana. In Sharir-Kriya whatever we eat, 1st it is converted into Aahara-Rasa and then consequently from Rasa Dhatu to uttarottar Dhatus as explained by our Acharyas. Hridya is sthana of spreading Rasa in all over Sharir within a second through its Rasa-Vahinis. So if heart is healthy all its related Sharir Rachana and Kriyas are healthy and person becomes Swastha.

Most important part about Hridya explained only in Ayurveda Science is concept of Mana, One of the Sthana of Mana is Hridya. Nowadays many Psychological problems or many emotional situations also related to Hridya and if they are vigorous then definitely lead to Hridroga so here we find a ref. between Hridroga and Mana (Mind).

Today's lifestyle changed so fast due to globalization in which increased competition, busy schedules, no time for loved ones that's why no mental and physical relaxation, life becomes so materialistic. Settlement stress, excessive competition starts from school going child to working class i.e. up to 40 yrs age. Also in elder people due to family problems mental stress increased and disturbances occur which lead to Hridroga here we can consider Manasa Bhava of Hridya.

Dietary habits also very very wrong, Viruddha-aahara, fast food consumption which are main Hetus for Raktavaha Srotas Dushti that welcomes new diseases. Irregular timings for taking food, sleep, bath, exercises and many more things, No any proper Clock which runs according to Nature's Clock. These things are very very harmful for Swastha.

DIFFERENT HETUS FOR HRIDROGA:-Ref. [Cha.Chi.26/77. Su.U.43/3. A.H.Ni.5/38, A.H.Ni.11/33-38.]

1.Aaharaja

- Paryushita
- Ruksha
- Shuska.
- Vidaahi.
- Viruddha-aahara
- Atimatra Aahara.
- Adhyashana
- Astmya.
- Ajjenrnashana.
- Atyushna.
- Teekshnati bhojana-(Spicy,oily food).

2.Viharaja

Aahara:-

- Whenever hungry drinking cold water.
- Forcefully do the episodes of vomiting.
- After eating that is taking lunch,dinner,breakfast do swimming or other different physical exersional exercises.
- Aahara-Vihaara which reduced body weight or leads to Prakopa of Vata Dosha.

Panchakarma:-

- Ativirechana-Atibasti.
- Person who becoming weak due to fever,vomiting or dysentery and tired due to vamanadi panchakarmas,and in this condition if he eats vataprakopaka aahara.
- Do shodhanadi karmas without doing snehana and swedana.
- Do not follow paschat karma or Sansarja-Krama after Pradhana karma that is immediately eating spicy,oily abhishyandi food after doing basti,Vamana, virechana or raktmokshana without following Sansarjana karma.

Vyadhi:-

- Improper Chikitsa.
- Excessive vomiting.
- Aama-Dosha Aadhikya.

3.Manasa Hetu

- Chinta.
- Bhaya.
- Traasa.

4.Accidental Injury At Hridaya.

5.Vega- Vidharana.

It is one of the important hetu in Hridrog, some detail explanation for this hetu we explained here-

Following are some Sharir Bhavas which are not controlled in any condition if this happen repeatedly they becomes Hetus for many more Diseases. Hridroga is also one of them.

- Shrama-Nishwasa Dharana-
After physical exertion rate of breathing increases and if in that condition if person stopped or control breathing instead of taking deep breathe. so chances of getting Hridrog increased.
- Bashpa- Vegavarodha-
If any one forcefully stopped tears or suppressed emotions.
- Pipasa-Vegavarodha-
If any one controls over thirst instead of drinking water.
- Udgar-Nigraha-
If any one stop or control on belch. (Udgar)
- Kasa-Avarodha-
If any one stop or control on kasa forcefully.
- Apaana-vayu Avarodha-
Hridagada
- Shakruta-Avarodha-
Hridyasya-Aprodhanam.

Here We Discussed Different Hetus Of Hridroga. By Changing Above Habits We Should Control On Hridrog, Finally Our Goal is "Prevention Is Better Than Cure" Which We Achieved Only By Our Ayurveda.

References:-

1. Tripathi R. (2009) Ashtana Hridya Varanasi: Chaukhambha Sansrit Pratishthana.
2. Yadavaji Trikamji (2013) Agnivesh Charaka Samhita reprint, Varanasi: Chaukhambha Publication.
3. Gayadas, Yadavji Trikamji (2003), Sushruta Samhita Varanasi: Choukhmbha Surabharati Prakashana.
4. Article- India is the diabetes and coronary heart disease capital of world. (The Health Site).

www.aiirjournal.com