

## A Review on Concept of Hridaya (Heart)

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### Abstract

The heart is a conical hollow muscular organ situated in the middle mediastinum. It is enclosed within the pericardium. It is blood pumping organ which pumps blood to various parts of the body to meet their nutritive requirements. The human heart has four chambers. These are the right and left atria and the right and left ventricles. Heart pumps blood into the blood vessels. Blood vessels circulate the blood throughout the body. Blood transports nutrients and oxygen to the tissues and removes carbon dioxide and waste products from the tissues. In Ayurveda The concept of Hridaya is described in "Arthe Dash Mahamully Adhyaya" and "Trimarmiya Adhyaya" of Charak Samhita and in "Garbh-Vyakarana Shariropkramnitya Adhyaya" of Sushrut Sharir Sthana. The word hriday is derived from three dhatu.

*Hr-taking-That which receives blood from different parts of the body, Da-giving That which gives blood to all parts of the body for their nourishment and oxygenation, and Ya-moving- That which functions continuously and uninterruptedly until the individual expires. This definition covers up all the functions of circulation mention above. In ayurveda the word hridaya used for combine brain and heart.*

**Keywords:** Hridaya, Brain, Mind, Trimarma, urahstha hriday, Shirostha hridaya.

### Introduction

**H**Heart is blood pumping organ. Heart is a muscular organ that pumps blood throughout the circulatory system. The musculature of ventricles is thicker than that of atria. Force of contraction of heart depends upon the muscles<sup>1</sup>. In ayurveda there are two meanings for Hridaya they are Uraस्था hridaya and Shirस्था hridaya.

### Review of Literature

#### Location And Shape

**H**Heart is situated in between two lungs in the mediastinum<sup>2</sup>. This definition covers up all the functions of circulation mention above. The hridaya that means an organ draws fluid including blood from all over the body and then supplies it to all the parts of the body.

Acharya Sushruta has explained the location of Hriday as it is located like inverted lotus. By left side the spleen, lungs and right side the pancreas is present. Hriday looks like an inverted lotus flower. It goes on contracting, dilating irrespective of sleep or wakefulness of the person. Sushruta says that

Hridaya is situated in between the two breasts, in the chest at the mouth of the stomach. sushrut also says that pleeha and phuphus are placed below the left side of the hridaya<sup>3</sup>. Bruhadaranyaka Upanishad describes the hridaya as a fleshy muscular organ (mamsa-pesichayo) resembling a red lotus bud and hangs with its apex downwards; from which vessels and capillaries spread all over the body. Ten major blood vessels originate from it. Hridaya is blood circulatory organ and according to Vagbhatta Hridaya is moola of siras.

**Synonyms** = Mahat, Artha<sup>4</sup>.

#### Pranavaha And Rasavaha Srotus

Hridaya is moolasthan of Pranavaha Srotas and Rasavaha Srotas<sup>5</sup>.

#### Marma

According to Charaka Hridaya, Shir, Basti these are three Marma and Hridaya is among these Trimarma<sup>6</sup>. Hridaya is type of sira marma and Sadyo-pranhara marma. Any injury to heart may cause death, that's why it is Sadyoprnhara Marma<sup>7</sup>.

#### Development Of Hridaya

According to Sushruta Hridaya is produced by essence of Shonit and Kapha<sup>8</sup>. Charaka says that Hridaya start functioning in third month<sup>9</sup> and Sushrut

says that Hridaya is seat of consciousness also becomes well developed at fourth month<sup>10</sup>.

### Dashpranayatana

Charaka includes Hridaya in Dash Pranayatana.

### OJA

Hridaya is seat of Oja and our health is depend on Oja<sup>11</sup>

### MADHYAN

When Madhya entering into the hridaya then its ten property disturb the ten properties of Oja<sup>12</sup>.

### DOSHA

Sadhakpitta is present in Hridaya which act on Hridaya. which is responsible for circulation and functioning of nervous system like intelligence. According to Acharya Charaka Avalambak kapha is present in urapradesh. The organs in urapradesh are Lungs and Heart. The avalambak kapha gives strength to heart tissue for contraction and relaxation. that's why heart can properly functioning. The Vyana vyayu controls the rhythmicity of hridaya.

### CHETANA

Hridaya is seat for Chetana. When it is affected by Tamoguna the patient getting sleep<sup>13</sup>.

### Aim And Objective

1. To study a detailed literary review about the concept of Heart according to Rachana sharir.
2. To review the Heart in both Ayurveda and Modern text.

### Material And Method

Review work done and various literature has been collected from Charak samhita, Sushrut samhita, and Vagbhata samhita and modern literature and various websites will be reviewed. Several Research works were also reviewed for discussion purpose.

### Discussion

Hridaya is describe detail in ayurveda . The shape of Hridaya is resembles like inverted lotus that is adhomukha pundarika whose apex is directed downwards. The Hridaya is seat for Mana. Hridaya is also seat for intellect and memory and knowledge. Chetana is seated in hridaya. Hridaya is included in Trimarma. there are two meaning for Hridaya one is Shirohridaya and other is Urohridaya.

### Conclusion

Yogvashishtha says that there are two hridaya one is urohridaya and is shirohridaya<sup>14</sup>. Hridaya is seat of prana, apan, vyan vyayu, sadhak pitta, avalambak kapha, oja,atma, pranvaha srotus, rasavaha srotus,ten dhamanis, mahabhuta,chetana, mind, buddhi, memory,knowledge, consciousness, satva, raja, tama.The chetana, mind, bhddhi, memory,knowledge,consciousness these are the functions of brain that is shirohriday not Heart. The shape of Hridaya is inverted lotus whose apex is directed downwards.Heart with aorta and Brain with spinal cord is looks like lotus.So Hridaya word used to Heart and Brain combined. Sushrut says that location of Hridaya is in thorasic region in between two breast that is urohridaya Finally we can conclude that the Hridaya is Urohridaya when the function is receives blood from different parts of the body and gives blood to all parts of the body for their nourishment and oxygenation.

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