

Role of *panchakarma* as a preventive measure in Heart diseases.

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Abstract-

Cardiovascular diseases are leading cause of death, taking an estimated 17.9 millions of life each year. These diseases does not develop overnight . These are lifestyle disorders who's occurrence is primarily based on daily habits of people such as unhealthy diet practice, lack of exercise, stress ,smoking and are result of an inappropriate relationship of people with there environment therefore it becomes important area of research to find out the preventive measures for heart diseases. We can correlate heart diseases with *hriday rog* given in *Ayurveda*. *Hridaya* is one of the *Tri marma* . Abnormality in *hridaya* is main symptom of *Hriday rog*.In this work attempt has been made to understand the pathogenesis (*samprapti*) and *dosh* vitiation(*dosh drishti*) of *hriday rog* and how can we use the *panchakarma* as preventive measure to avoid occurrence of heart diseases.

Keywords :

hriday rog, heart disease, *Panchakarma*, preventive, measures

Introduction :

Heart diseases are the outcome of the way we lead our lives. Today's society of utmost luxuries, sedentary lifestyle, stressful jobs and changed food habits leading to health hazards like Hypertension, Hyperlipidaemia, Coronary artery disease, Valvular heart disease, etc. The incidence is increasing day by day with increased rate of morbidity and mortality. The present advanced sophisticated treatments are helpful in relieving diseases but simultaneously resulting into various adverse effects.⁽¹⁾ As explained in *ayurveda* Health is not just the state of absence of disease but it is state of normalacy of *dosh dhatu agani* and *malakriya*. Disease can not be developed without *dosh drushti*⁽²⁾. *Ayurveda*'s goals are as follows: “*Swasthasya Swasthya Rakshanam Athurasya Vikara Prashmanam*” *Swasthya Swastha Rakshanam* i.e. Healthy people's health should be maintained⁽³⁾. In order to achieve the goal of *swasthasya swastha rakshanam ayurveda* has given certain regimens and treatment modalities such as *Dincharya*, *Rutucharya*, *Vega adharan*, *Rasayan vajikaran*, and *panchakrama*. It is estimated that 90% cardio vascular diseases(CVD) are preventable.⁽⁴⁾ Failure of contemporary medicines in the prevention of major health burdens force us to revert back for the original detoxifying naturopathy such as *Panchakarma*. In this work attempt has been made to understand how can we use *panchakarma* as preventive measure to avoid occurrence of heart diseases.

Material and Methodology-

- Charaka Samhita with the *Ayurvedadipika* commentary.
- *Asthanghriday* with commentaries *Sarvangasundara* of *Arunadatta* and *Ayurvedarasayana* of *Hemadri*

Methodology-

- 1) Various *ayurved samhita* like *charak samhita*, *sushrut samhita*, *ashtang hriday* are referred for description of *hriday rog*.
- 2) Pathology of heart disease studied as per modern science.
- 3) Compared the concept of *hriday rog* or heart disease as per *ayurved* and modern science.
- 4) Concluded how *panchkarma* can be used as preventive measure in heart disease.

Preventive panchakarma in Heart diseases-

Snehan-

heart is *sthan* of *pran* and *vyan vayu*. Main function of *vayu* at heart is pumping of blood around the body and maintmaining normal rhythm of heart⁽⁵⁾. Any irregularity in the function of *vayu* can lead to the abnormality such as cardiac arrythmia(irregularites in heart beat), cardiac arrest (heart malfunctions and stop beating unexpectedly). Regular *snehapan* in *shaman* or *brihan matra* will help to prevent causing abnormality in function of *vayu* which ultimatly lead to abnormal function of *heart*. This *ghrita* should be medicated with *hridya dravya* such as *dadimadi ghrita*, *Matulungadi ghrita*. *Haritkyadi ghrita* is adviced in *vataj hriday rog* in *charak chiksta Trimarmiya adhyay*⁽⁶⁾, content of *haritkyadi ghrita* are *haritaki*, *shunthi*, *pushkarmula*, *guduchi*, *hingu*, all of them act on *hriday rog*⁽⁷⁾.

Therefore one should do *snehapan* regularly as per there *agani bala*.

Vaman-

One of the *sthan* of *avalambak kaph* is *hridaya*. *Avalambak kaph* supports heart and its function with the help of *anna*

veerya i.e nutritional essence(*anna raasa, Rasa dhatu*)⁽⁸⁾.*Avalambak kaph* located around the heart would help in easy and effortless expansion and contraction of heart which is very much essential for heart to pump blood and receive blood. This can be correlated with pericardial fluid present around the heart.⁽⁹⁾ Excessive *avalambak kaph* will cause excessive fluidity around the heart which will lead to the condition such as pericardial effusion, *Vaman* can be really effective as preventive measure for such condition. There is *chaya of kaph dosh* in *hemanta rutu* and *prakop of kapha dosh* in *vasanta rutu*⁽¹⁰⁾, therefore one should perform *vaman* every year to avoid accumulation of *kaph dosh*, which lead to *kaphaj vyadhi*.⁽¹¹⁾

Virechan-

In *ayurveda* heart disease is a well known complication of *aamvata* i.e *hridaya avashudhi* and *hridayagraha*⁽¹²⁾, which can be correlated with rheumatoid heart disease, coronary artery disease(there is built up of plaque, this causes narrowing of blood vessels, limiting blood flow to heart),stroke.⁽¹³⁾ One of the main treatment of *aamvata* is *virechan*, which can be use as prevetive measure. One should perform *virechan* in *sharad rutu* every year which will help in elimination of *aam* from body and its accumulation can be prevented.

Sthanik basti(hriday basti/uro basti)-

Due to high caloric diet,saturated fat rich diet and many other violation of principles of diet causes *agani mandya* which lead to formation of *aam rasa* which lead to *dhamani pratichaya*(thickening of vessels) and *dhamani kathinaya*(hardening) which leads to *strotorodh*. In *uro basti* warm medicated oil is poured over the sternum region, which gives *snehan and swedan* effect to the local structures, reduces *dhamani pratichaya* an *kathinya*, gives strength to the heart muscle.⁽¹⁴⁾

Basti-

Hypertension has been correlated with *vyana vayu drushti* or *vyana vayu prakop*, some scholars has accepted *rakta* as main *dushya* in the pathogenesis of hypertension and on the same basis many names has been given like *Raktagata vata,Raktashrita vata, Raktavritta vyana, shleshmavrita vyana and vyana- udanavrita vata*.⁽¹⁵⁾ Therefore it is clear that there is *drushti* of *vata* in hyperstension and best treatment for *vata* is *basti*. *Basti* balances all three doshas because *basti* balances *vata* dosha and when the *vata dosha* is balanced it balances other two *doshas* i.e *pitta* and *kapha*⁽¹⁶⁾. Therefore one should take *matra basti* regularly for prevention of hypertension.

Shirodhara

one of the causative factor very commonly seen in hypertension patient is excessive stress and anxiety, oil and

herbs, water, buttermilk, or animal milk is poured onto the forehead. This liquid *Shirodhara* treatment enhances the central nervous system ,calms the hypothalamus and helps treat psychosomatic diseases like depression, mental fatigue and stress.⁽¹⁷⁾

Siravedhan

When a person is diagnosed with hypertension there are many other complication of it such as heart attack,stroke etc. To avoid it one should do *siravedhan* at regular intervals as it show effective result in management of hypertension.⁽¹⁸⁾

Discussion-

Ritu shodhana means *panchakarma* according to specific *ritu* which help to eliminate accumulated *doshas*. *Panchakarma* if performed as per *ritu* then its maximum health benefits can be acquired, while avoidance of seasonal variation while performing *Panchakarma* can leads pathological consequences; therefore it is necessary to perform *Panchakarma* according to specific *Ritu*. The elimination of *Malas* or *Doshas* by *Panchakarma* occur maximum at appropriate time.⁽¹⁹⁾ (Table no.1)

Table no 1- Appropriate time of panchakarma treatment for prevention of heart diseases.

Panchakarma	Dosh	Time of Treatment
Snehan	Vyan vayu and pran vayu	Regularly in shaman and Brihan matra
Vaman	Avalambak kaph	Once in a year in vasant ritu
Virechan	Pitta and Aam	Once in a year in sharad ritu
Sthanik basti or Hriday basti	Vaat	Regularly
Basti	Vyan vayu	In varsha ritu
Siravedhan	Vyan vayu and Drushta rakta	To prevent complication of hypertension (as per symptoms)
Shirodhara	Pitta and Vaat	As per requirement

Conclusion :

Panchakarma is one of The Unique Contributions To The Health of Human Being.

Heart Diseases Are Very Painful Conditions And Has Many Adverse Complication,therefore It Is Better To Prevent The Disease Then To Treat It.

Properly Conducted Panchakarma At Appropriate Time (ritu *Shodhana*) And In Proper Amount Is Very Much Effective In Prevention Of Heart Diseases.

It Also Increases Immunity,helps To Prevent Seasonal Diseases,increases Strenght And Keep Body , Mind Fresh.

Conflict of Interest: Nil

Source of Support: Nil

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