HRIDROGA

CORONARY HEART DISEASE (CHD)

CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
Government of India
**What is Hridroga (CHD)?**

Vitiated Doshas in the heart afflict the Rasa Dhatu to produce pain in the Cardiac region.

Coronary Heart disease is a form of Hridroga caused by obstruction of blood supply to heart as a result of vitiation of all the three Doshas (Sannipataja).

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**What are the causes?**

Dietary as well as life style factors have been mentioned as causative agents for Heart diseases (Hridroga) in Ayurveda viz.

- Stress due to Physical & Emotional Factors
- Intake of food before digestion of previous food
- Suppression of Natural urges

**What are its manifestations?**

Clinically, CHD can be manifested as one or all of the following

- Severe chest pain/Angina pectoris
- Breathlessness
- Discoloration
- Nausea

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**How it is managed through Ayurveda?**

Management depends upon the predominant 'Dosha' in general following therapies are advised

- a) Langhana (Fasting therapy)
- b) Panchakarma like Emesis etc.

Symptomatic treatment with established Hypolipidemnic and anti-anginal drugs are useful e.g. Pushkaramula (Inula racemosa) & Guggulu (Commiphora wightii)

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**Do's (Pathya)**

- Intake of certain food articles like old rice, Green gram, Dolichos Beans (Kulattha), White gourd, Ginger, Garlic, Onion and Guda (Jaggery)
- Fruits like pomegranate and grape fruits, Coconut etc. are specially useful
- Meditation and Yoga

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**Don'ts (Apathya)**

- Incompatible foods like milk & fish,
- Banana and milk are to be avoided
- Anger, worry & fear are to be avoided
- Suppression of natural urges are to be avoided

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**CCRAS Contribution:**

- Development of "Pushkara Guggulu" and clinical study to evaluate its anti-anginal and Hypolipidemic effect

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