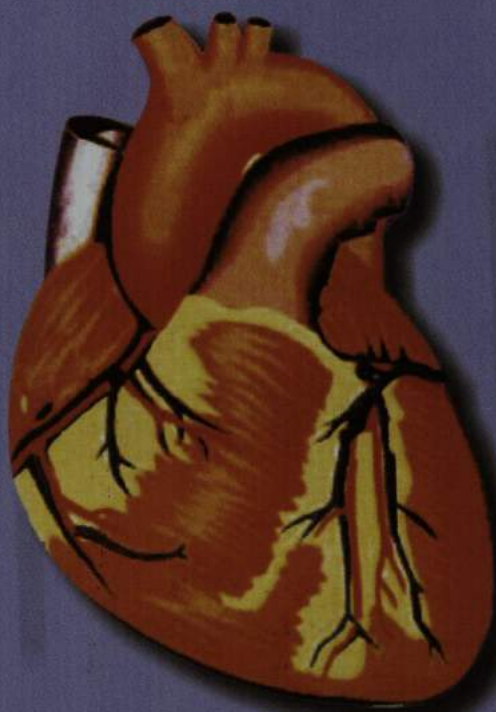


HRIDROGA

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).



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



How it is managed though 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 Hypolipidemic and anti-anginal drugs are useful e.g. Pushkaramula (*Inula racemosa*) & Guggulu (*Commiphora wightii*)



✓ DOs (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

✗ 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



CCRAS Contribution :

- Development of "Pushkara Guggulu" and clinical study to evaluate its anti-anginal and Hypolipidemic effect
Ref.: JRAS Vol. XII, No. 1-2, pp. 1-18