



# International Journal of Multidisciplinary Research and Growth Evaluation



International Journal of Multidisciplinary Research and Growth Evaluation

ISSN: 2582-7138

Received: 28-07-2021; Accepted: 14-08-2021

www.allmultidisciplinaryjournal.com

Volume 2; Issue 4; July-August 2021; Page No. 850-852

## Hridayabarana chikitsa (cardioprotection) in infectious diseases

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### Abstract

Heart is one of the three vital organs of the body. Like the Brain and Lungs any injury or disease of the heart also can be proved to be fatal. When the heart stops working then the Brain and Lungs also ceases due to reduction or cessation of blood supply as the heart is playing the role of receiving blood from each and every part of the body and also delivering blood to the parts. A healthy heart can provide longevity to the person as it is the supplier of Oxygen to the whole body.

Like the Modern medicine Ayurvedic classics also give importance on the heart (HRIDAYA) as one of the 10 seats of life (PRANA). It is said that, in a diseased state, especially in poisoning, "protection of the heart" (HRIDAYABARANA) should get top priority. Poisoning is

an emergency entity. Any delay in treatment in this condition may result in loss of life of the patient.

The Ayurvedic classics mention 24 procedures of treatment of poisoning (BISHA UPAKRAMA). Hridayabarana is mentioned as the most important one among them.

Since Bisha (poison) is immediately fatal (SADYOMARAKA) hence protection of the heart can be considered as the most important duty of a toxicologist (BISHAVAIIDYA).

A discussion on the utility of HRIDAYABARANA (Cardio protection) in the patients of poisoning and also in infectious diseases like SARS COV -19 can be considered to be important in the present time when the whole world is terrified with the outbreak of COVID -19.

**Keywords:** heart, hridayabarana, Ayurvedic classics, immediately fatal, COVID -19

### Introduction

Poisoning is not a new experience of the human society. Since time immemorial some substances showed some serious and harmful effect on the individuals on external contact and /or after entry into the body through different route like mouth, anus, urethra, nostrils, ears, eyes etc. The effects were noted in the form of local manifestations like itching, redness, eruptions, burning sensation etc. and systemic manifestations like vomiting, diarrhea, rise of temperature, drowsiness, fainting etc. In some such situations fatal outcome was the result.

Observing the range of effect the Ayurvedic authors like Charaka and Susruta dedicated their research and observations on finding of an effective treatment module and programmed 24 treatment procedures for a patient of poisoning (BISHAPITA PURUSHA). It is advised that, an expert toxicologist should choose a group of the 24 procedures depending upon the type of the poison, condition of the patient and severity of the signs and symptoms. But, from the descriptions it can be said that, cardio protection is the procedure that should be applied on each and every patient.

Modern toxicology also, at the time of discussion on the management of poisoning, advice to ensure normal functions of the heart, brain and lungs as cessation of the functions of any one of them may cause death of the patient.

Infectious diseases have almost same action like poison on the victim's body. Serious signs and symptoms or death in the infections commonly occurs due to septicaemia, bacteremia /viraemia, toxemia etc. which in due course leads to interference on the functions of the heart, lungs, liver, kidneys etc.

Hence reflection of the concepts of the ancient Indian health scientists can be considered as the demand of time.

### Aims and Objectives

This is a literary study conducted with the following aims and objectives –

1. To study the concept of "hridaya" as mentioned in the Ayurvedic classics.
2. To study the role of the hridaya (heart) in maintaining the life.
3. To study the effect of Bisha (poison).

4. To study the mechanism of illness and death in poisoning (bishapidita avastha).
5. To evaluate the effect of "hridayabarana" (cardio protection) for management of poisoning as.

### Materials and Methods

The present study was conducted at the central library of Govt. Ayurvedic College, Guwahati, Assam India in the following steps

1. The Ayurvedic classics specially Charaka Samhita and Susruta Samhita were studied in search of the description on the hridaya (heart) with special reference to its role in maintenance of life.
2. A study on the mode of action of poison (Bisha) as mentioned in the Ayurvedic classics was conducted.
3. Concept of Hridayabarana (cardio protection) was studied and evaluated on the basis of the classical descriptions.
4. All the observations were noted and arranged as an article.

### Observation and Result

At the completion of the study the below mentioned findings were observed

1. A detail description of the hridaya is given in the Ayurvedic classics <sup>[1]</sup>.
2. Hridaya is said to be the selter of 10 Dhamanias (arteries). A detail description of the injury to the Hridaya (marma) and the effect of such injury is also discussed vividly <sup>[2]</sup>.
3. Hridaya is said to be an important organ <sup>[3]</sup>.
4. It is said as the Ojasthana (selter of oja-the ascent of all dhatus which is responsible for the protective power of the human body <sup>[4]</sup>.
5. It is said to be the selter of Chetana (sense and sensory functions) <sup>[5]</sup>.
6. Hridaya is mentioned as one among the 10 PRANAYATANA (seats of life)<sup>[6]</sup>.
7. It is considered as one of the TRIMARMA (three important organs where if any injury occurs death may ensue) <sup>[7]</sup>.
8. Hridaya is said to be a SADYAH PRANAHARA MARMA (an organ where if any injury occurs it can cause immediate death) <sup>[8]</sup>.
9. Advice is given to protect the Hridaya with prior importance <sup>[9]</sup>.
10. Among the 24 BISHA UPAKRAMA (procedures for treatment of poisoning) HRIDAYABARANA (cardio protection) is mentioned as an important one <sup>[10]</sup>.

### Discussion

From the observations of the study a discussion on the topic can be made as follows

1. Hridaya (Heart) is the most important and vital organ of the body. As the modern classics the Ayurvedic classics also discussed in detail about this important organ. It is astonishing that, Ayurvedic scholars, thousands of years before Christ, understood the importance of this organ which is reflected with the advice to protect with great care and top priority.

2. Bisha (poison) is being considered as the most harmful agent for the living beings since time immemorial. The discussion on the mode of action of Bisha (poison) both in Ayurvedic and modern classics is very interesting and scientific.
3. Hridayabarana (cardio protection) can be considered to be the most important measure to protect a patient of poisoning from the fatal outcome. The concept of Hridayabarana is similar to the concept of cardio protection as mentioned in the modern classics.
4. The effect of the infectious diseases on the affected individual are almost same as the effects of the Bisha (poison) which supports the need of cardio protection in the infectious diseases also like in case of the poisoning (BISHAPIDITA AVASTHA).

### Summary and Conclusion

As summary of the study the following points can be noted

1. The organ "Hridaya" mentioned in the Ayurvedic classics can be closely compared with the "Heart" as mentioned in the modern anatomy as in both descriptions the organ is considered as the main organ responsible for blood supply.
2. Ayurvedic classics describe the organ "Hridaya" as important saying that it is the selter of life and protective power. Any injury to the organ is advised to consider seriously that can cause immediate death.
3. As Hridaya is the seat of life and the protective power and as per Ayurveda Bisha (poison) cause death of a patient of poisoning by causing harm to the protective power hence it can be summarily say that in all types of diseases, specially poisoning (BISHAPITA) or infective diseases "HRIDAYABARANA" - cardio protection) should be the first aim of the physician.
4. Hridayabarana can be done by using hridya (cardio protective) drugs like Ghee, Honey, Milk etc. which are easily available, low cost effective and having no side effect.

As conclusion it can be said that more study on hridayabarana should be conducted by the practitioners and scientists to understand its practical utility and also to identify the drugs that can be used for the purpose. This type of study may open a new era in the medical field especially in toxicology and epidemiology.

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