

REVIEW ARTICLE

Conceptual Study of *Hridya Maha-Kashaya*

Author: Rinky Jatav¹

Co Authors: Vir Kirti², Yogesh Kumar³, Rita Singh⁴ and Chandra Bhan Singh⁵

¹Deptt. of Dravyaguna, S.R.M. Govt. Ayurvedic College & Hospital, Bareilly, U.P., India

²Deptt. of Ras-Shastra, S.R.M. Govt. Ayurvedic College & Hospital, Bareilly, U.P., India

³Deptt. of Ayurved Samhita and Siddhant, S.R.M. Govt. Ayurvedic College & Hospital, Bareilly, U.P., India

⁴Deptt. of Panchkarma, M.S.D.S. PG Ayurvedic Medical College, Fatehgarh, Farrukhabad, U.P., India

⁵Deptt. of Kaychikitsa, S.R.M. Govt. Ayurvedic College & Hospital, Bareilly, U.P. India

ABSTRACT

In the modern day life heart diseases are on a rise. None of us are exempted from the direct and indirect effects on heart. Our modern-day life and lifestyle, irregular food habit, stress, inadequate sleep, metabolic disturbances, inadequate exercise, smoking and drinking habits etc predispose to the manifestation of *Hridroga* or heart diseases. According to *Ayurveda*, *Hridaya* or heart is a **Marma** (vital organ) and the physical, physiological and emotional damage due to *Hridya* can lead to loss of suitable life. *Hridaya* is the *Sthana* of *Chetana* (site of life) and *Para-Ojus*. *Hridaya* is a specific site of *Prana Vayu*, *Sadhaka Pitta* and *Avalambaka Kapha* so it is nominated as *Pranaytana*. The imbalance in these 3, leads to structural and functional failure of the heart, resulting in *Hridroga*. *Acharya Charak* has described Fifty *Maha-Kashayas*, in which *Hridya Mahakashaya* that give strength to *Hridaya* is an important *Mahakashaya*. **Planty of *Hridhya Dravyas* supply the nourishment to the heart and support the *Avalambaka Kapha* and *Ojus*. The *Hridya Dravyas* are too possess *Sheeta Veerya* (cold potency).**

Key Words *Hridya* (Heart), *Hridya Maha-Kashaya*, *Hridroga* (heart disease), *Causative Factors*

Received 14th December 23 Accepted 13th February 24 Published 10th March 2024

INTRODUCTION

The myocardium (a specific tissue) is the structural unit of the heart, it has four chambers and three valves in between them and working in rhythmic manner continuously. In *Ayurvedic* literature, myocardium can be interacted with *Mamas Dhatu*, and those rhythmic condensation are due to *Vayu*. According to *Ayurveda* “*Hridya*” is most significant *Marma* and called *Pranaytana* as well as it is *Moolsthana* of *Rasa* and *Raktavaha Srotasa*¹⁻³. Modern science says

that heart is cardinal organ of respiratory and circulatory system. Generally, heart is defined as: “HRU”- (Harati) means to receive from, “DA”- (Dadati) means to give and “YA”- (Yagati) means to control.

As per *Ayurveda* heart is described under the topic of *Ahara* and that is “during day heart is blossomed like lotus and because of this all channels remain clear as well as during night heart is faded, channels are covered”⁴⁻⁵. *Ayurveda* has described that *Saman Vayu* brings *Ahara-Rasa* to *Hridaya* and then *Vyana Vayu* circulate it

REVIEW ARTICLE

to all over body and bring back. According to Acharya Sharangdhar, *Pran Vayu* brings Amber-Piyush, means *Pran Vayu* supply oxygen inside the body by every inspiration and *Udana Vayu*, it gives *Bala*, energy to cardiac muscle⁶. *Sadhaka Pitta* is controlling the normal functioning of *Buddhi*, *Medha*, and *Pranagni*⁷ (higher mental functions). *Kapha* is responsible for *Dharana* and *Avalambana*, holding, lubricating and shock-absorbing property⁸. As per *Ayurveda*, *Siras* are *Updhatu* of *Rakta*⁹. So, it is very clear that, *Hridaya* is *Sira Marma* because *Hridaya* is *Prasad Ansha* (essence part) of *Rakta* and *Kapha*.

CAUSATIVE FACTORS OF HRIDROGA:

Physical exertion, drastic and excessive purgation and enema, anxiety, fear, terror and faulty management of disorders, suppression of vomiting and *Ama*, *Karsya* and injury and *Krimis* are the causative factor of *Hridroga*¹⁰.

SYMPTOMS OF HRIDROGA:

As per *Ayurveda*, five types of *Hridroga* i.e., *Vataja*, *Pittaja*, *Kaphaja*, *Sannipataja* and *Krimija Hridroga* are described. When heart is afflicted, generally *Kasa*, *Shwasa*, *Bala-Kshaya*, *Kanth-Shosha*, *Kloma-Karshana*, *Jivhanirgama*, *Mukh-Talu-Shosha*, *Apsmara*, *Unmada*, *Pralapa*, *Chitta-Nasha*, *Vaivarnya*, *Murchchha*, *Jwara*, *Hikka*, *Chhardi*, *Kapha-Utklesha*, *Ruja*, *Aruchi* etc symptoms appear¹¹⁻¹².

HRIDYA MAHA-KASHAYA:

According to *Charakacharya*, 10 *Dravyas*, which are best for *Hridaya* are mentioned in *Hridaya Maha-Kashaya*¹³⁻¹⁴. These are as below-

1-**AMRA**-Sour mango acts as cardiac tonic, congenial for heart, *Varnakara* – Improves skin tone and complexion. Sweet mango is *Brumhana* – nourishing, nutritious, *Balya* – improves strength and immunity, *Tarpana* – Nourishing, calming, *Kantikari* – improves skin quality¹⁵. As per *Sushruta*, ripe mango is *Hridya*, *Varnkaraka*, *Ruchi Vardhak*, To increase *Rakta*, *Mamas* and Strength, as well as not antagonistic to *Pitta*¹⁶.

2-**AMRATAKA**- The fruits of *Amrataka* tree are Sour in *Rasa* (tasty). The various scientific studies significantly determine the antioxidant, antimicrobial and thrombolytic (breakdown/lysis of blood clot) properties of *Amrataka*. It also possesses moderate *Rasayana* (anti-oxidant), cytotoxic and antibacterial properties¹⁷.

3-**LAKOOCHA**-The ripe fruit of *Lakoocha* pacifies *Vata* and *Pitta Doshas*, stimulates *Agni*, vitiates *Kapha*, aphrodisiac and is *Rochaka*¹⁸.

4-**KARMARDA** -*Karmard* is *Amla*, *Trisha Nashaka*, *Ruchivardhaka* and *Pittakaraka*¹⁹⁻²⁰. *Carissa carandas* exhibited cardio tonic activity and lowered the blood pressure. The *Hridaya* (cardiac) activity of *Hridaya Maha-Kashaya Dravyas* has been recognized to the presence of water-soluble glycosides commonly known as odor side. This causes significant (50.75%) decrease in arterial blood pressure and the frequency of heart rate was also reduced significantly²¹.

5-**VRKSHAMLA**- *Hrudgada* – It is suggested in Cardiac disorders – It is a good cardiac tonic,

REVIEW ARTICLE

Ruchikruta, Rochana (improves taste), relieves anorexia, *Trushna* (excessive thirst)²².

6-AMLAVETASA- It is used in *Hrudroga* (cardiac disorder), *Hidhma* (hiccups), *Shwasa* (asthma and chronic respiratory disorders), *Kasa* (cough and cold), *Truta* (excessive thirst), *Jantu* (worm infestation)- *Kaphaja and Vataja Krimi, Vami* (vomiting), *Arochaka* (anorexia)²³.

7-KOLA- Dry fruits of *Kola* are *Agni Dipana* and indicated in *Trisha* (excessive thirst), *Shrama* (excessive exertion) and indigestion²⁴.

8-BADARA- *Badar* fruits have a preventive measure against cardiac ischemia. It is used in Circulatory problems including high blood pressure and anemia. Other uses are in the condition like fatigue, hysteria, fever, inflammation, asthma, and eye diseases²⁵⁻²⁶.

9-DADIMA -As per *Sushruta Dadima* is a good appetizer, *Ruchikara, Hridya, Vishtambhi*²⁷. Prior studies have also detected the protective effects of *Dadima* on the circulatory system, along with diminution of low-density lipid and cholesterol²⁸ anti-hypertensive²⁹, diminution of carotid arterial stenosis and increase of endothelial nitric oxide (NO) synthesis³⁰; and suggest *Dadima* as part of a heart-healthy diet through inhibiting of oxidative stress mechanism³¹.

10-MATULUNGA - The fruits are *Laghu, Amla, Agni Dipana* and its therapeutic uses are: *Aruchi, Vibandha* Constipation, *Mandagni, Hikka* (hiccup), *Asthama, Kasa, Chhardi* (Vomiting), and *Hridya* in nature³²⁻³³.

The brief details of Dravyas of Hridya Maha-Kashaya are given in Table 1

Table 1 Details of *Dravyas of Hridya Maha-Kashaya*

Sl. No.	Sanskrit Name	Latin Name	Rasa	Guna	Vipaka	Veerya
1	<i>Amra</i>	<i>Mangifera indica</i>	<i>Madhur, Amla</i>	<i>Guru</i>	<i>Katu</i>	<i>Shita</i>
2	<i>Amrataka</i>	<i>Spondias pinnata</i>	<i>Amla</i>	<i>Guru</i>	<i>Madhur</i>	<i>Ushna</i>
3	<i>Lakoocha</i>	<i>Atrocarpus lakoocha</i>	<i>Madhur</i>	<i>Guru</i>	<i>Katu</i>	<i>Ushna</i>
4	<i>Karmarda</i>	<i>Carissa carandas</i>	<i>Amla</i>	<i>Guru</i>	<i>Amla</i>	<i>Ushna</i>
5	<i>Vrikshamla</i>	<i>Garcinia indica</i>	<i>Madhur</i>	<i>Guru</i>	<i>Amla</i>	<i>Ushna</i>
6	<i>Amlavetasa</i>	<i>Garcinia pedunculata</i>	<i>Amla</i>	<i>Laghu</i>	<i>Amla</i>	<i>Ushna</i>
7	<i>Kola</i>	<i>Zizyphus sativa</i>	<i>Amla</i>	<i>Guru</i>	<i>Madhur</i>	<i>Ushna</i>
8	<i>Badara</i>	<i>Zizyphus jujube</i>	<i>Amla</i>	<i>Guru</i>	<i>Madhur/Amla</i>	<i>Ushna</i>
9	<i>Dadima</i>	<i>Punica granatum</i>	<i>Amla;</i>	<i>Laghu</i>	<i>Madhur/Amla</i>	<i>Ushna</i>
10	<i>Matulunga</i>	<i>Citrus decumana</i>	<i>Amla</i>	<i>Laghu</i>	<i>Amla</i>	<i>Ushna</i>

DISCUSSION

As per *Charaka* those, who want to protect their heart should avoid the causes of the affliction of mind. Over and above, that one should regularly

take the measures which are responsible to heart and *Ojas* and cleansing of *Srotas* and make efforts for *Sthirta* (serenity) of mind and knowledge, life-promoting, strength-promoting,

REVIEW ARTICLE

bulk-promoting, and happiness-promoting are the main factors for the protection of heart³³. “*Amlam Hridyanam*”³⁵. Further, it is mentioned that besides the *Hridya Maha-Kashaya* approximately all the *Amla* (sour) *Dravyas* are cordial or *Hridya*. *Amla Rasa* stimulates *Agni*, encourages the bulk of the body and gives energy to it, awakens mind makes the sense organs firm, promotes strength, carminates *Vata* and saturates heart³⁶.

CONCLUSION

Concluding to all, it is very clear that “for the protection/cure of various heart diseases *Dravyas* of *Hridya Maha-Kashaya* have been used since prehistoric period”. Nearly about 80% of populations still depend upon traditional remedies-phytotherapy., because of that *Acharyas* are mentioned these herbal drugs in a big range. Even every substance, available on earth is medicine³⁷. *Acharya Charak* has mentioned 50 *Mahakasayas* (500 *Kasayas*) and other herbs with their properties. Among all the 50 *Maha-Kashayas*, *Acharya* has given the 10 *Dravyas* of *Hridya Maha-Kashaya* for the cardiac disorders and cardio tonic. Since these are traditionally used by the local people and are of great significance that’s why a lot of people are engaged in the trade of important medicinal herbs. Especially, people living in villages have been using indigenous plants as medicines In certain parts of country, these potential sources of drugs are overexploited and might led to the

extinction of important plants. However, with the advancement of modern drug, people prefer faster healing procedures rather than rich *Ayurvedic* heritage of our country. In this scenario, it is necessary to generate ethnobotanical awareness among people along with sensible use of these exhaustive resources for healthy life.

REVIEW ARTICLE

REFERENCES

1. Kashinath Shastri & Gorakhnath Chaturvedi, Vidyotini Hindi Commentary of Charak Samhita, Vimansthana, Chapter-5, Sl.-7, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprint-2020.
2. P.V. Sharma English Translation of Charak Samhita, Siddhisthan, Chapter-09, Shloka-4, Published by Chaukhambha Orientalia Varanasi, Edition-7th 2003.
3. P.V. Sharma English Translation of Charak Samhita, Siddhisthan, Chapter-09, Shloka-9, Published by Chaukhambha Orientalia Varanasi, Edition-7th 2003.
4. P.V. Sharma, English Translation of Charak Samhita, Chikitsasthana., Chapter-15, Shloka-238, Published by Chaukhambha Orientalia Varanasi, Edition-7th 2003.
5. Ambika Dutta Shastri, Ayurved Tattva Sandipika Hindi Commentary of Sushrut Samhita, Sutrasthana, Chapter-46, Shloka-537-538, Published by Chaukhambha Sanskrit Sansthan Varanasi, Edition-13th 2002.
6. Atridev Gupta, Vidyotni Hindi Commentary of Astanghradyam, Sutrasthana, Chapter-12, Sl.-5, Published by Chaukhambha Sanskrit Sansthan Varanasi, Edition-Reprint 2005.
7. Atridev Gupta, Vidyotni Hindi Commentary of Astanghradyam, Sutrasthana, Chapter-12, Sl.-13, Published by Chaukhambha Sanskrit Sansthan Varanasi, Edition-Reprint 2005.
8. Atridev Gupta, Vidyotni Hindi Commentary of Astanghradyam, Sutrasthana, Chapter-12, Sl.-15, Published by Chaukhambha Sanskrit Sansthan Varanasi, Edition-Reprint 2005.
9. Kashinath Shastri & Gorakhnath Chaturvedi, Vidyotini Hindi Commentary of Charak Samhita, Chikitsasthana, Chapter-15, Shloka-17, Published by Chaukhambha Bharti Academy Varanasi, Edition-Revised Print-2020.
10. Kashinath Shastri & Gorakhnath Chaturvedi, Vidyotini Hindi Commentary of Charak Samhita, Chikitsasthana, Chapter-26, Shloka. -77, Published by Chaukhambha Bharti Academy Varanasi, Edition-Revised Print-2020.
11. Kashinath Shastri & Gorakhnath Chaturvedi, Vidyotini Hindi Commentary of Charak Samhita, Chikitsasthana, Chapter-26, Shloka-78, Published by Chaukhambha Bharti Academy Varanasi, Edition-Revised Print-2020.
12. Kashinath Shastri & Gorakhnath Chaturvedi, Vidyotini Hindi Commentary of Charak Samhita, Siddhisthana, Chapter-09, Shloka-06, Published by Chaukhambha Bharti Academy Varanasi, Edition-Revised Print-2020.
13. Kashinath Shastri & Gorakhnath Chaturvedi, Vidyotini Hindi Commentary of Charak Samhita, Sutrasthana, Chapter-04, Shloka-08/10, Published by Chaukhambha Bharti Academy Varanasi, Edition-Revised Print-2020.
14. Kashinath Shastri & Gorakhnath Chaturvedi, Vidyotini Hindi Commentary of Charak Samhita, Vimanasthana, Chapter-08, Shloka-140, Published by Chaukhambha Bharti Academy Varanasi, Edition-Revised Print-2020.
15. K. C. Chunekar, Hindi Commentary of Bhavprakasha Nighantu, Amaradifala Varg, **March 10th 2023** Volume 20, Issue 2 **Page 60**

REVIEW ARTICLE

- Shlooka-5-6, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprinted 2020.
16. Ambika Dutt Shastri, Ayurved Tattvasandipika Hindi Commentary of Sushrut Samhita, Sutrasthana, Chapter-46, Shloka-152-153, Published by Chaukhambha Sanskrit Sansthan Varanasi, Edition-Reprint-2022.
17. www.bimbima.com/ayurveda/amra-jangli-aam-medicinal-tree/209.
18. K. C. Chunekar, Hindi Commentary of Bhavprakasha Nighantu, Amaradifala Varg, Shloka-30-32, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprinted 2020.
19. Ambika Dutt Shastri, Ayurved Tattvasandipika Hindi Commentary of Sushrut Samhita, Sutrasthana, Chapter-46, Shloka-155, Published by Chaukhambha Sanskrit Sansthan Varanasi, Edition-Reprint-2022.
20. Kashinath Shastri & Gorakhnath Chaturvedi, Vidyotini Hindi Commentary of Charak Samhita, Sutrasthana, Chapter-27, Shloka-161, Published by Chaukhambha Bharti Academy Varanasi, Edition-Revised Print-2020.
21. Vohra M M, De N N. "Comparative cardiotoxic activity of *Carissa carandas* {L}. and *Carissa spinarum* {A}" Indian Journal of Medical Researches, 51, 5: 937-940. Edition-1963.
22. K.C. Chunekar, Hindi Commentary of Bhavprakasha Nighantu, Amaradifala Varg, Shloka -147-149, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprinted 2020.
23. K. C. Chunekar, Hindi Commentary of Bhavprakasha Nighantu, Amaradifala Varg, Shloka -144-146, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprinted 2020.
24. Ambika Dutt Shastri, Ayurved Tattvasandipika Hindi Commentary of Sushrut Samhita, Sutrasthana, Chapter-46, Shloka -145-146, Published by Chaukhambha Sanskrit Sansthan Varanasi, Edition-Reprint-2022.
25. <https://pharomeasy.in/blog/ayurveda-uses-benefits-side-effects-precautions-of-ber-fruit>.
26. K. C. Chunekar, Hindi Commentary of Bhavprakasha Nighantu, Amaradifala Varg, Shloka -75, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprinted 2020.
27. Ambika Dutt Shastri, Ayurved Tattvasandipika Hindi Commentary of Sushrut Samhita, Sutrasthana, Chapter-46, Shloka -141-142, Published by Chaukhambha Sanskrit Sansthan Varanasi, Edition-Reprint-2022.
28. Rosenblat M, Volkova N, Aviram M. Pomegranate juice (PJ) Consumption Antioxidative Properties on Mouse Macrophages, but not PJ beneficial effects on macrophage cholesterol and triglyceride metabolism, are mediated via PJ-induced stimulation of macrophage PON2. Atherosclerosis. 2010; 212:86–92 and Fuhrman B, Volkova N, Aviram M. Pomegranate juice inhibits oxidized LDL uptake and cholesterol biosynthesis in macrophages. J. Nutr. Biochem. 2005; 16:570–576.
29. Mohan M, Waghulde H, Kasture S. Effect of pomegranate juice on angiotensin II-induced

REVIEW ARTICLE

- hypertension in diabetic Wistar rats. *Phytother. Res.* 2010; 2:196–203.
30. Aviram M, Rosenblat M, Gaitini D, Nitecki S, Hoffman A, Dornfeld L, Volkova N, Presser D, Attias J, Liker H, Hayek T. Pomegranate juice consumption for 3 years by patients with carotid artery stenosis reduces common carotid intima-media thickness, blood pressure and LDL oxidation. *Clin. Nutr.* 2004; 23:423–433 and Nigris F, Balestrieri ML, Williams-Ignarro S, D'Armiento FP, Fiorito C, Ignarro LJ, Napoli C. The influence of pomegranate fruit extract in comparison to regular pomegranate juice and seed oil on nitric oxide and arterial function in obese Zucker Rats. *Nitric Oxide.* 2007; 17:50–54.
31. Basu A, Penugonda K. Pomegranate juice: a heart-healthy fruit juice. *Nutr. Rev.* 2009; 67:49–56.
32. Ambika Dutt Shastri, *Ayurved Tattvasandipika Hindi Commentary of Sushrut Samhita, Sutrasthana, Chapter-46, Shloka -149-151, Published by Chaukhambha Sanskrit Sansthan Varanasi, Edition-Reprint-2022.*
33. Kashinath Shastri &Gorakhnath Chaturvedi, *Vidyotini Hindi Commentary of Charak Samhita, Sutrasthana, Chapter-27, Shloka -154, Published by Chaukhambha Bharti Academy Varanasi, Edition-Revised Print-2020.*
34. Kashinath Shastri &Gorakhnath Chaturvedi, *Vidyotini Hindi Commentary of Charak Samhita, Sutrasthana, Chapter-30, Shloka -13-14, Published by Chaukhambha Bharti Academy Varanasi, Edition-Revised Print-2020.*
35. Kashinath Shastri &Gorakhnath Chaturvedi, *Vidyotini Hindi Commentary of Charak Samhita, Sutrasthana, Chapter-25, Shloka - 40, Published by Chaukhambha Bharti Academy Varanasi, Edition-Revised Print-2020.*
36. Kashinath Shastri &Gorakhnath Chaturvedi, *Vidyotini Hindi Commentary of Charak Samhita, Sutrasthana, Chapter-26, Shloka -43/02, Published by Chaukhambha Bharti Academy Varanasi, Edition-Revised Print-2020.*
37. Kashinath Shastri &Gorakhnath Chaturvedi, *Vidyotini Hindi Commentary of Charak Samhita, Sutrasthana, Chapter-26, Shloka 12, Published by Chaukhambha Bharti Academy Varanasi, Edition-Revised Print-2020.*