



REVIEW ARTICLE

CONCEPT OF HRIDAYAVARANA IN CARDIO PROTECTIVE AND PREVENTIVE ONCOLOGY

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Received 17th November, 2020; Accepted 10th December, 2020; Published 30th January, 2021

ABSTRACT

Ayurveda the wholistic science deals with ashtangas. Hridaya one among trimarma also plays important role in the body as chetanasthana, koshtanga, ojusthana likewise. Agadtantra is one of the branch emerged as emergency medicine which manages the poisoning cases. Hridayavarana is a wide concept described under this Agadtantra branch for the removal of poison from the body. This article highlights the theoretical concepts of hridayavarana in cardioprotective and oncology preventive aspect.

Key words: Hridayavarana, Cardioprotectivity, Oncology Preventive.

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Citation: Dr. Rajalekshmi, S., Dr Gopikrishna S. and Dr. Souraj, T.S. 2021. "Concept of Hridayavarana in cardio protective and preventive oncology" *International Journal of Current Research in Life Sciences*, 10, (01), 3414-3416

INTRODUCTION

Ayurveda the science of life, exists with its strong root because of its holistic approach. The great Acharya's ideas and knowledge gave flourishment to the Ayurveda saastra. The 8 branches prove that; science of Ayurveda also have a deep knowledge about specialization. As each and everything in the universe have their own uniqueness and identity. We can say that 8 branches of Ayurveda are like the gems which have their own brightness and shininess. In the context of Agadtantrasusrutacharya gives a separate sthanakalpasthana. Charakacharya used the term vishagaravairodhikaprasamana. The commentator explains that, gara is nothing but the poison, which is vitiated between the ends of seasons. Vairodhika means samyogavirudha, which is incompatibility between the combinations which will again result in poison. Vagbhatacharya which leads madhyamamarga in every aspect use the term damshtalachikitsa for Agadtantra. Arunadatta explains that damshtalachikitsa is similar to salyatantra that which creates. When we think about hridayavarana, the first thing that reaches to our mind is why rasayana is told after visha. The application of rasayana is apt in such conditions where poisoning leads to immediate death. Poison is a substance which will leads to the depletion of ojas. All most all the agadayogas have rasayana properties which will help to restore the healthy ojas and to pacify the toxic effect.

Hridayavarana concept: Concept of hridayavarana is explained by all the acharyas.

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Charakacharya in every poisoning cases first implemented to do the hridayavarana. Actually what is it, by giving drugs like ghrita in high dose the hridayakarshana can be relieved. Gritha is indicated in vatapittottara condition and helps to the samana of vatapitta and due to its high dose naturally kaphavardhana will be there and this kapha act as an avarana by this the teekshnagati of visha reaches to mandagati and the upachitasleshma removed through vama.¹ Vagbhatacharya in sootasthanahridvisodhana concept is explained in the context of vishabhuktha, here intake of tamra raja along with honey is indicated for hridvisodhana. After hridayasodhanasanamatrahemachurna intake is recommended. But Vagbhatacharya in Ashtangasamgrahadescribed a variety of materials for hridayavarana.

Total 18 drugs are enlisted they are

1. Ghee
2. Ghee with honey
3. Bone marrow
4. Cow dung juice
5. Ash water
6. Water of black soil
7. Panchagavya
8. Curd
9. Gairikavari
10. Leaf of kovidara
11. Leaf of arka
12. Leaf of sirisha
13. Leaf of katabhi
14. For child chagasrik
15. For old meshasrik

16. For youth varahasrik
17. Agada with milk
18. Cold and sweet items

The opinion of susrutacharya is that hrudayavaranam should be done daily for all. Acharya explained the concept as dinacharya the things which have to be used are ajeyaghrita and amrita ghrita and single drugs like ghee, curd, milk, honey, cold water and the meat of mayoora, nakula, godha, prushata and harina or their mamsa rasa. In the context of sarpadashtachikitsa Acharya mentioned that hridayavarana should be done before raktavasechana for that he advised to take milk, ghee and honey.^{[2][3]}

Common 5 ingredients used for hrudayavarana can be evaluated according to their cardioprotective and preventive oncology aspect.^{[4][5]}

Sl No	Ingredients	Properties	Research study results
1	Ghee	Vishapaham, Seetam, vatadighnam	Hypolipidemic activity, Down regulates enzyme activities for carcinogen activation in liver and upregulates carcinogen detoxification activation in liver and mammary tissues
2	Yoghurt	Vatajith, Amlapakarasam	Immunostimulatory effects, anti-carcinogen (Vinay. R. Kadibagil et al)
3	Honey	Vishanuth, Asrapittanuth	Immunomodulatory, anticancerous, cardiovascular protective (Ahamedsafraz et al)
4	Gairika	Vishapaham, Sisiramparam	Hemostatic and haemopoietic effect
5	Sireesha		Antioxidant activity

DISCUSSION

Hridayavaranam is a concept put forward by all the Brihatrayees. The Acharyas have well explained about the cardioprotective effect of hridayavarana. As we all know that hridaya is the seat of pranavayu, udanavayu, vyanavayu, sadhaka pitta and avalambakakapha. Also in visha concept it is to be highlighted that ojassthana is hridaya. Trigunas, manas and atma resides in heart. Cardioprotective effect can be explained in various levels the first thing we can explain is in terms of vishasamprapthi. Visha first vitiates the blood later the tridoshas in the order kapha pitta and anila and last its sthanasamprapthi takes place in hridaya. Actually this hridaya is not only the organ the entire circulatory system gets vitiated. The oxygen carrying capacity of the blood will be lost due to poisoning. So to purify the blood this hridayavarana can be given. After hridayavarana is indicated to remove the upachitakapha from hridaya, in this concept hridaya can be taken as koshta or intestinal tract this vamaana helps to remove the toxicity from dhatus even remove the toxicity from cells. The saptadhatus include raktadhātu and ojas is the essence of all the saptadhatus. So through this hridayavarana first we reduce the teekshnata of visha by giving hridayavarana drugs like ghee, honey in which amount of ghee is more after pacifying the poisonous effect immediately then removal of the toxicity from the root itself through sodhana procedure. So hridayavarana is an emergency or immediate protection to get relief out of poisonous effect.

In another concept hridayavarana can be taken as dhatuavarana. In the case of poison ingested it first reaches the koshta and since poison is apaki it will not digest. It remains as such in the amasaya along with ahara or alone so this ghrita and honey given will act as covering to visha and reduces its teekshnata. So here lies the importance of doing hridayavarana as first procedure. This is told by Charaka as the first procedure among chaturvimshathiupakrama. But in ashtangahridaya it is explained in sarpavishaprathishedha. So it will be explained in another terms actually when bite occurs poison get reach the blood first so mainly it affects the circulatory system so in that case these hridayavarana drugs may act with its penetrating power. The oxygen carrying capacity of the blood reduces due to the effect of poison so here these drugs may act by their antioxidant property. Oncology preventive aspects of hridayavarana can be explained in terms of guna mentioned by the above ingredients. Simply means abnormal cell growth. Here in Ayurveda the main cause of cancer is due to vitiated vata and kapha. Our rasayana therapy also promotes the rejuvenation of cells. Main cause of increased rate of cancer in our society is due to the deranged lifestyle and mithyahara and vihara.

Eventhough there is no direct classical reference that, as a result of virudhahara leads to cancerous growth so many recent studies have proven this statement. A recent study found that a toxin called 4-hydroxy-trans-2-nonenal (HNE) from cooking oils has been associated with increased risks of cardiovascular disease, stroke, Parkinson's disease, Alzheimer's disease, Huntington's disease, various liver disorders, and cancer. The Acharya already told that virudhahara is nothing but the visha as well as the gara. This toxicity leads to the generation of cancer in our body.

Hridayavarana is a concept mentioned in vishaadhikara so usage of these hridayavarana drugs will definitely work in oncology preventive aspect. The plain ghee as well as medicated ghee like amritaghrita and ajithaghrita mentioned in hridayavaranam by susrutacharya will definitely increase the immunity of our body. If a person possess good immunity toxins will not hamper his health. Thus the body will attain the healthy stage. The basic concept of hridayavarana is keeping the cells without toxin. The main ingredient ghrita is acting as a demulscent which creates smoothening to internal tissues. After that sodhana is indicated the toxins like vitiated doshas and apakvadoshas like visha will be eliminated through vamaana. Thus new cells are generated. Every second the cells undergo anabolism and catabolism. The sodhana procedure, vamaana helps in boosting anabolism. After this if we provide rasayana therapy it will be definitely helpful in sustaining our body's health.

Conclusion

Thus we have come across the theories and ideas suggesting the cardio protective and oncology preventive aspects about hridayavarana along with evidence studies. Hridayavarana is not only protecting the organ heart rather than it is intended to purify the entire body from all types of toxicity. Oncology preventive aspect can be explained through theoretical aspect only. Hridayavarana in the rasayana aspect and sodhana aspect can be taken as oncology preventive view. So basically the combination of the drugs (kalpana) helps to attain the rasaana property.

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