

Role of Rasaoushadhies in Hridroga W.S.R. to Hriidayarnava Rasa

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Abstract

Hruday roga is a broad entity considered in Ayurveda, covering all cardiovascular diseases. It is leading cause of death nowadays and hence whole world is looking for effective drugs to prevent death due to CVD's (Hrid-roga). Ayurveda / Rasashastra gives wide range of formulations which can be used effectively in Hrid-roga for its Prevention and cure. Hridayarnava Rasa is one of the widely used drug in practice. It contains Tamra Bhasma, Shuddha Parad, Shuddha Gandhak, Triphala Kwatha, Kakamachi Swarasa/Kwatha. In this formulation, drugs have properties of Lekhana and Karshana. This property is used for removal of atheroma and to prevent atherosclerosis. Drugs like these, are

broadly described and used for many years in the era of Ayurveda.

Keywords – Hridayarnava Rasa, CVD, Hridroga.

Introduction :-

Hridroga is a disease of Hriday, where its function is altered with different patterns of pain.¹ This is mostly due to lifestyle changes i.e. sedentary life style, stress, smoking, alcohol consumption etc. Cardiovascular diseases (Hridroga) are leading cause of death in the world.²

Ayurveda elaborates Hrid-roga by giving its hetu, samprapti, chikitsa in detail. Due to Tri-dosa imbalance and ama utpatti, strotavarodh (atherosclerosis) and atipravrutti (fibrillation, enlargement, palpitations) are observed as Hrid-roga.

Ayurveda / Rasashastra gives wide range of formulations which can be used effectively in Hrid-roga, for its prevention & cure. Shankar Vati, Prabhakar Vati Hridayarnava Rasa are among some tablet forms used in ancient times³. Arjuna Ghrit, Baladya Ghrit are oil/ sneha based formulation described as useful in hrid-roga. Some churna like Haritakyadi-churna, are described for prevention and cure of Hridroga⁴.

Hridayarnava Rasa is one of the Formulation described in most of Rasashastra texts and widely used in practice for prevention and cure of Hridroga.

Objectives :

- 1) To relate use to rasaoushadies in today's practice.
- 2) To assess role of Hridayarnava rasa in hridroga.

Methodology –

Preparation of Hridayarnava Rasa⁵.

Ref : Bhaishajya Ratnavali, 33/36-40 (Hridroga Chikitsa)

Ingredients:

Tamra bhasma – 10gm.

Shuddha Parad – 10gm.

Shuddha Gandhaka – 10gm.

Bhavana Dravys – Triphala Kwatha and Kakamachi Swarasa

Method of Preparation :-

- 1) Make Kajjali from equal parts of shuddha parad and shuddha gandhaka i.e. 10 gm.each using khalva Yantra
- 2) After proper mardana of Kajjali add 10 gm. Tamra bhasma and mardana sanskara is carried out till the combination becomes homogeneous.
- 3) The bhavana sanskara with Triphala Kwatha (1 day mardana) is given.
- 4) Then prepare 125-250 mg tablets and dried in shade.

Physical Properties :-

Gandha	-	Soumya
Varna	-	Krishna
Rasa	-	Kashaya
Indication	-	Hrid-roga
Anupana	-	Madhu / Arjunadi Kwatha

Dose - 2 ratti (250 mg.)

Discussion :-

Hridarnava Rasa contains Kajjali, Tamra bhasma.

Kajjali – is sarvarogahara; it may give strength to cardiac muscles by its Rasayana Property. It may subside hridayashrit vayu dushti.

Tamra Bhasma – is lekhana & Karshana is properties – it removes atherosclerosis and platelet aggravate. Triphala kwatha has shadhana, rasayana Hridya properties.

Triphala and Kakamachi act synergistically to prevent atherosclerosis. Hence this Hridayarnava Rasa can be used in atherosclerosis, patients of Hrid-roga⁶.

Tamra Bhasma has madhur rasa, katu & madhur vipaka, shita veerya, laghuguna, it has Pittahara & Kaphahara properties. Gandhaka has Pittavirechaka – shravak properties.

Tamra also increases absorption of Iron and acts on Liver and cures cardio-respiratory ailments.

This med. Cures 58% patients with 25% moderate improvement⁷.

Tamra bhasma is reported as medopaha (destroyer of lipids.) Lekhana (Scrapes excessive fat), sthoulyahar in texts⁸.

Diet high in copper has beneficial effect on blood cholesterol. Its antihyperlipidemic activity is well reported⁹.

Hridayarnava Rasa does not possess genotoxic potential under experimental condition and can be used safely¹⁰.

- L.D. 50% value of Hridayarnava Rasa is > 5000mg/kg
- Hridayarnava Rasa is safe at dose level of 3000mg/kg, 2000 mg/kg, 5000 mg/kg¹¹.

Conclusion :-

Hridayarnava Rasa may be used for removal of atherama in Hridshoola it will better work in Hrid-roga by removing atherosclerosis by lekhana, karshna properties

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