



## Review Article

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### ROLE OF PANCHAKARMA IN HRIDROGA: A CRITICAL REVIEW

Mishra Gaurav <sup>1\*</sup>, Pujar Muralidhar P <sup>2</sup>, BA Lohith <sup>3</sup>, Bhattacharyya Nirupam <sup>1</sup>

<sup>1</sup>PG Scholar, Department of PG studies in Panchakarma, SDM College of Ayurveda & Hospital, Hassan, Karnataka, India

<sup>2</sup>Professor, Department of PG studies in Panchakarma, SDM College of Ayurveda & Hospital, Hassan, Karnataka, India

<sup>3</sup>Associate Professor & Head, Department of PG studies in Panchakarma, SDM College of Ayurveda & Hospital, Hassan, Karnataka, India

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#### \*Corresponding author

E-mail: drgauravmishra2349@gmail.com

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#### ABSTRACT

In modern era stress and faulty lifestyles leads to many diseases clubbed under Lifestyle disorders. Cardiovascular diseases (CVD) are one such disorder which has contributed heavily to mortality rate worldwide in young adults. Cardiovascular diseases are discussed in Ayurveda under Hridrogas. Panchakarma, the five bio-purifactory procedure of Ayurveda plays a pivotal role in the management of lifestyle disorders. Panchakarma by its Sodhana effect can treat the diseases from its very root. However, Hridrogas being acute medical emergency conditions Panchakarma is not prescribed as a treatment modality. However, Panchakarma can be practised in all conditions according to Rogibala and Rogaavastha. So there arises a need to practice Panchakarma according to classics in medical situations like Hridroga so that Panchakarma can be justified as a modality of management in various severe medical conditions in preventive and curative aspects.

**Keywords:** Panchakarma, Hridroga, Sodhana, Lifestyle disorders, Cardiovascular.

#### INTRODUCTION

In present era life is becoming very stressful and fast. As a result of this hectic life incidence of lifestyle disorders have increased alarmingly. Amongst these disorders cardiovascular diseases are most common which accounts for many premature deaths in early life.<sup>1</sup> These cardiovascular diseases have been described in Ayurveda under the concise heading of Hridroga. These lifestyle disorders can be very well tackled by Panchakarma (Bio purification therapy) or Sodhana Chikitsa (Purification therapy) which has the capacity to cure all diseases from the root.<sup>2</sup> Panchakarma consists of the five purification measures i.e. Vamana (therapeutic emesis), Virechana (therapeutic purgation), Asthapana Basti (colon drug delivery), Anuvasana Basti (colon drug delivery, and Nasya karma (nasal drug delivery).<sup>3</sup> In addition it consists of other external therapies classified under Snehana and Swedana. By proper application of these measures all types of disorders can be efficiently tackled. However, the utility of Panchakarma is not commonly observed in medical conditions like Hridrogas. Hence, there arises need to substantiate Panchakarma as a remedy for such life threatening disorders.

#### PANCHAKARMA IN HRIDROGAS

Hridrogas being clinical conditions which require acute managements Panchakarma is not taken as a first line management. However, Ayurveda classics highlight the utility of Panchakarma in Hridroga. The utility of Panchakarma can be understood if analysed under the role of the Pradhana karmas (operative procedures) and the Bahya karmas (External therapies).

The first amongst the Pradhana karma in Panchakarma is Vamana karma. It is to be taken into account that Vamana karma is generally contraindicated in Hridroga.<sup>4</sup> However, classics there is mention of Vamana Karma as a modality of management. In case of Vataja Hridroga it has been mentioned that Pippali (*Piper longum*), Ela (*Elettaria cardamomum*), Vacha (*Acorus calamus*), Hingu (*Ferrula narthex*), Yavakshara Saindhava lavana (rocksalt), Sunthi (*Zingiber officinale*) Ajomoda churna (*Apium graveolens*) should mixed and 2-4 masha pramana of this mixture should be mixed with either Rasa, Kanji, Kulatha Kwatha, Dadhi, Madya or Asava (alcoholic preparations) and given as a Vamaka yoga.<sup>5</sup> The above combination can also be administered with Snehas such as Ghrita, Taila, Majja, Vacha individually or all as a Mahansneha. Vamana is also indicated in Pittaja Hridroga.<sup>6</sup> In Pittaja Hridroga Sriparna (*Gmeliana arborea*) 3 Masha, Madhuka (*Glycyrrhiza glabra*) 2 Masha mixed with 1 Tola of honey, 2 Tola Sharkara (sugar), or 2 Mashas of Kushta (*Saussurea lappa*) choorna mixed with water can be used as the Vamaka yoga.<sup>7</sup> Vamana is also a choicest modality of Shodhana in Kaphaja Hridroga. In Kaphaja Hridroga there is mentioned of Madanaphala (*Randia dumetorum*) yogas as Vamaka yoga.<sup>8</sup> Thus it is observed that the Vamaka yogas mentioned are Mridu Vamaka yogas and as such Kutaja yogas and Dhamargava yogas can also be used for Vamana in Hridroga.<sup>9,10</sup>

Virechana as a Panchakarma modality is indicated by the Ayurveda classics.<sup>11</sup> It is indicated in the management of Pittja, Kaphaja and Krimija Hridroga.<sup>12,13</sup> In Pittaja Hridroga for the purpose of Virechana Draksha (*Vitis vinifera*), Shita (sugar), Kshoudra (Honey) should be mixed with rasa of phalas and should be used for a Virechana yoga.<sup>14</sup> However, prior to the administering Virechana always Vamana should be done as a

Poorvakarma.<sup>15</sup> In Kaphaja Hridroga for the purpose of Virechana Triphala Kashaya with Ghrita processed with Trivruth (*Operculina turpethum*) 3gms is indicated.<sup>16</sup> In case of Krimija Hridrogas it is said that the Virechaka yogas should be mixed with drugs such as Sala (*Shorea robusta*), Ela (*Elettaria cardamomum*), Nagkeshara (*Mesua ferrea*) etc. and used for the purpose of Virechana. The drugs used for the purpose of Virechana should be Sugandhi in nature.<sup>17</sup>

Basti Karma especially Asthapana Basti is generally contraindicated in Hridrogas.<sup>18</sup> However Anuvasana Bastis can be used in the management of Hridrogas. In Vataja Hridrogas Anuvasana Basti with Tailas processed with Bhadrardaruadi Gana kalka and Kwatha or any Vatahara drugs can be used for the purpose of Anuvasana basti.<sup>19</sup> Similarly in Pitttaja Hridroga Taila processed with Kalka and Kwatha of Yatimadhu (*Glycyrrhiza glabra*) can be used for Anuvasana Basti.<sup>20</sup> While administering Anuvasana Basti in Pitttaja Hridroga it should be mixed with honey.<sup>21</sup> In Kaphaja Hridroga Anuvasana Basti with Bala Taila has been indicated.<sup>22</sup>

Nasya karma is also one of the modality of treatment which is generally not used. Nasya karma as a modality of management of Hridroga is also rarely mentioned by Ayurveda classics. However, Navana Nasya with Bilva (*Aegle marmelos*), Rasna (*Pluchea lanceolata*), Yava (*Hordeum vulgare*), Badara (*Ziziphus mauritiana*), Devdaru (*Cedrus deodara*), Punnarnava (*Boerhavia diffusa*), Kulatha (*Dolichos biflorus*), Laghu Panchamoola can be used after Vamana.<sup>23</sup>

In the management of Hridroga post to Sodhana Shamananga Snehapana is very essential. In Vataja Hridroga post Vamana Shamananga Snehapana with Punnarnavadi taila is indicated.<sup>24</sup> Shamananga Snehapana with Haritakyadi Ghrita can also be beneficial.<sup>25</sup> In Pitttaja Hridroga after Sodhana Shamananga Sneha with Drakshadi Ghrita, Sthiradi Ghrita etc should be given.<sup>26</sup>

The Bahya Karmas can also be effective remedy in the management of Hridrogas. The various Bahya Snehanas which may be beneficial are Shirodhara, Shiropichu, Hridbasti, Udvartana as a Purvakarma for the Sodhana can be beneficial. Further, regarding Swedana Karma, Ruksha variety of Sweda such as Valuka Sweda, Choornapinda Sweda can prove effective. Dhoomapana post Vamana can also give added benefits.

#### ROLE OF PANCHAKARMA IN HRIDROGA

Panchakarma is generally not practised as the preferred modality of treatment of Hridroga. However, Panchakarma or Sodhana can be incorporated as a preventive measure taking in consideration of the Bala of the Rogi and after proper assessment of the Avastha of the disease.<sup>27</sup> Vamana is most preferred Sodhana modality in Hridroga. It is due to the fact that Hridroga is a Kapha sthanagata Vyadhi and thus, Vamana can do the Sodhana of the Moolasthan of the Vyadhi ie Hridroga.<sup>28</sup> In relation to Hridroga, Vamana should not be Teekshana Vamana but type of Mridu Vamana or Chardana because the Bala of the patients suffering from Hridroga is less and they can be considered as Sukumaras.<sup>29</sup> Hence Mrdu Vamaka Yogas are mostly preferable. Virechana as a modality of Sodhana in Krimija Hridroga. Krimi in the context of Krimija Hridroga can be taken as to be Raktaja Krimi. In the management of Krimi Apakarshana is told as a line of management. Thus, Virechana can help to do Apakarshana of Krimi in the Krimija Hridroga.<sup>30</sup> The pathogenesis of Krimija Hridroga should also be taken into consideration while planning its Sodhana modality. In Krimija

Hridroga due to indulgence in Nidana Granthis occur in parts of Hridaya causing obstruction to Rasa which remains stagnant in those parts and produces Kleda. This Kledas attract Krimis and as a result Krimija Hridroga manifests.<sup>31</sup> This pathology is a complex phenomenon and as such Vamana cannot be done as it may lead to death of the patient. Thus, Virechana is preferred as a Panchakarma modality for Krimija Hridroga.<sup>32</sup> Virechana can also be done in case of Pitttaja Hridroga after Vamana. Vamana should be done prior to Virechana to reduce the chances of complications that might arise due to Avarana of Kapha in Hridaya sthana.<sup>33</sup>

Niruha basti is not practised in Hridroga as it might vitiate the Prana Vata and Vyana Vata which might result in complications. However, Anuvasana Bastis or Snehabastis are practised to control and check the possible vitiation of Vata Dosh post Vamana and Virechana. Similarly, Shamananga Snehapana is prescribed after Vamana and Virechana in Hridroga to reduce the chances of Vata Prakopa and complications. Nasya may provide Bala to the Hridaya and its muscles and thereby improving the heart functions. Bahya Karmas also can play an effective role in the management of Hridroga. The Bahya Karma such Shirodhara and Shiropichu can be very beneficial. As Hridayais the Sthana of Oja, Prana, Buddhi and Manas.<sup>34</sup> Hence anxiety, stress, depression or mental stress should be avoided preferably. Shirodhara, Shiropichu, Hridbasti, these are very effective for stress management.<sup>35</sup> The others modalities of therapies such as Udvartana and Dhoompana can help to remove obstruction of Kapha from the Hridaya.

#### CONCLUSION

Hridrogas or the cardiovascular disorders are one of the most fatal issues affecting the population of India and world. As these conditions demand immediate critical medical intervention, Ayurveda treatment is generally not considered. However, it is very well observed that Panchakarma with its diverse dimensions of therapies can contribute to the management of Hridrogas. Panchakarma has the ability to clear the body channels of the toxins and act as preventive and curative measures for Hridrogas. The different therapies of Panchakarma also contribute to correction of the lifestyle disorders which may in long run manifest in Hridroga. Thus, Panchakarma has a huge potential to be a potent preventive and curative modality of management of Hridrogas and other medical emergencies.

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