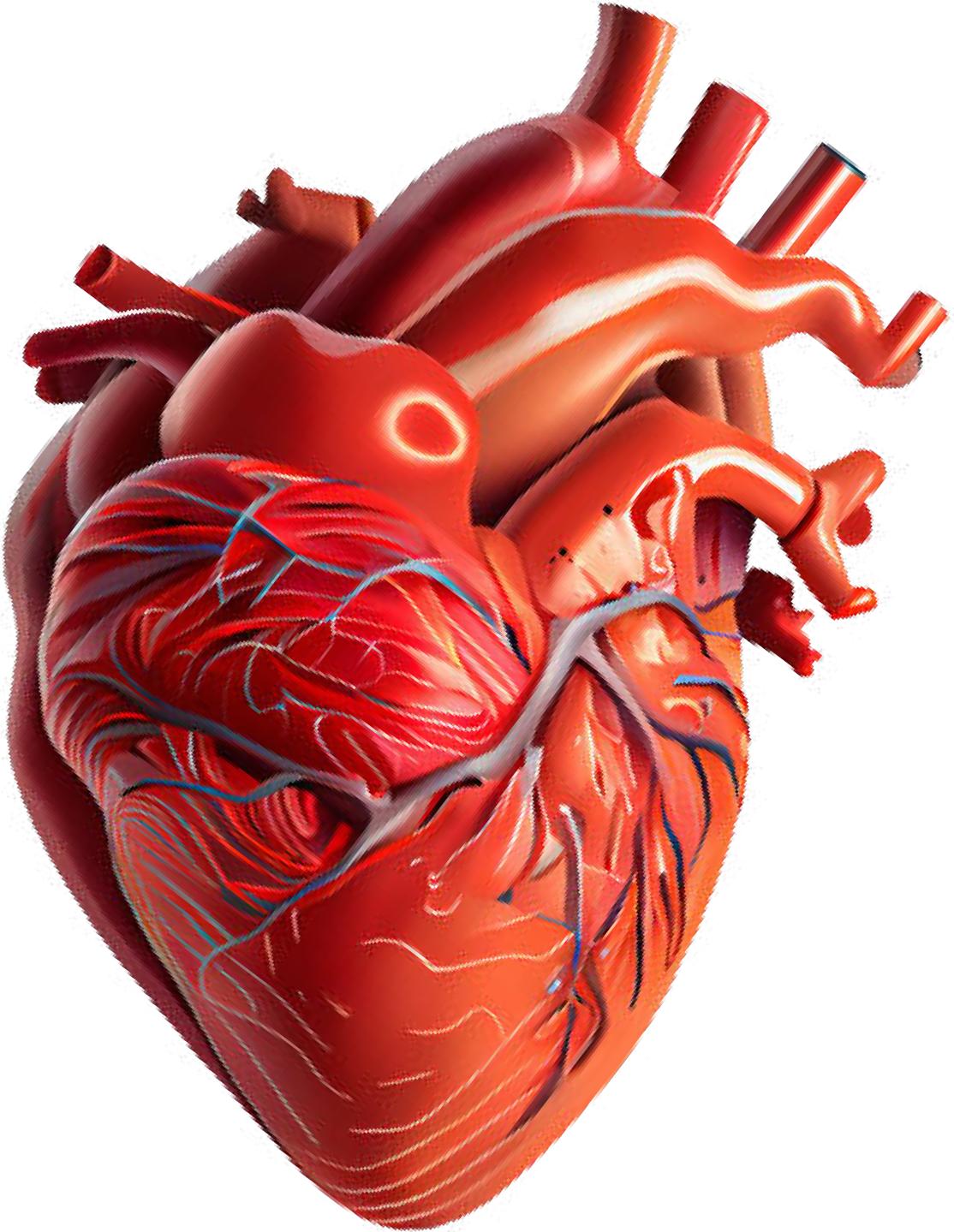


LIVAYUR
Simplifying Ayurveda

हृदय रोगों की रोकथाम

ON PREVENTION OF CARDIAC DISORDERS



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More than
50% of the deaths and disability from heart disease and strokes, which together kill more than 12 million people each year, can be cut down by a combination of simple and cost effective national efforts and individual attention to reduce major risk factors.

80% of all CVD deaths worldwide occur in developing, low and middle income countries. CVD has become one of the major leading causes of deaths in developing countries. It is estimated that 90% of CVD is preventable. Prevention of CVD involves improving risk factors through: healthy eating, exercise, avoidance of tobacco smoke and limiting alcohol intake.



HRIDAYA

The word '**Hridaya**' in Ayurveda is a synonym for **heart** in Modern medicine. The name itself indicates the function of this vital organ. Hridroga embodies a significant part of cardiovascular disease.

Cardiovascular disease is one which is tremendously increasing in this era.

Life style modifications that are a risk factors for cardiovascular disease :



High Caloric Intake



Alcohol Consumption

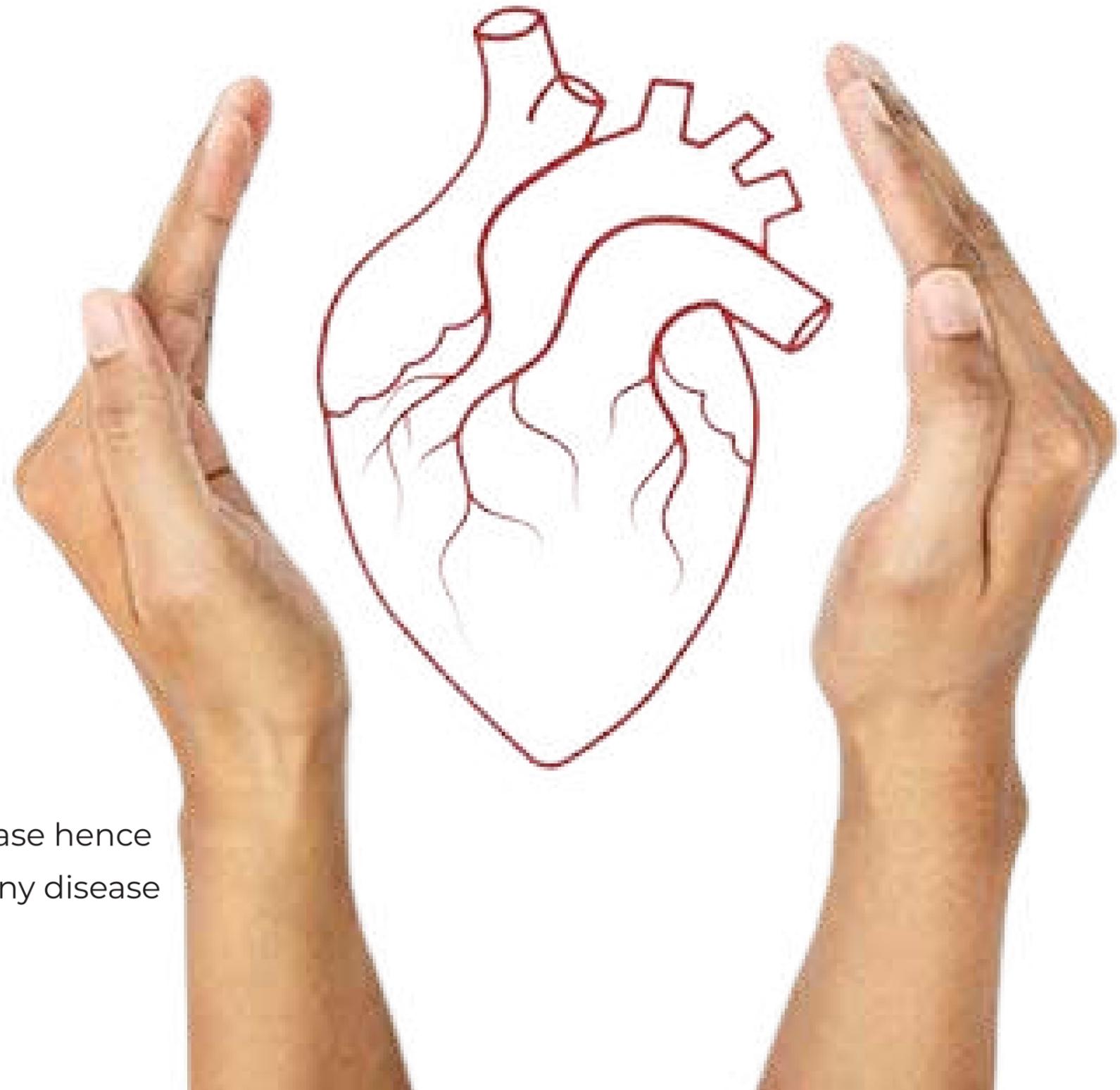


Smoking



Stress

Nidana plays important role in manifestation of disease hence **Nidanaparivarjana** is the first line of treatment for any disease



COMMON SYMPTOMS OF HRIDROGA



Anorexia (*Aruchi*)



Dis-taste of Mouth (*Mukhavairasya*)



Nausea (*Kaphotklesh*)



Increased Thirst (*Trishna*)



Dyspnoea (*Shwas*)



Fainting (*Murchha*)



Hiccups (*Hikka*)



Cough (*Kasa*)



Vomiting (*Chhardi*)



Chest Pain (*UrahShool*)



Stupor (*Pramoh*)



Coating Inside Throat (*Galoplepa*)



Fever (*Jwar*)

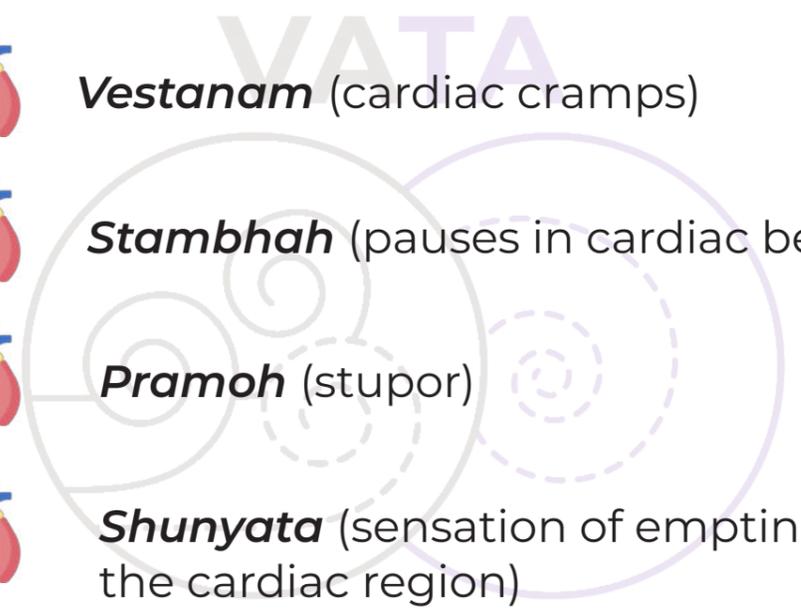


Productive Cough (*KaphaShthivan*)

TYPES OF HRIDROGA

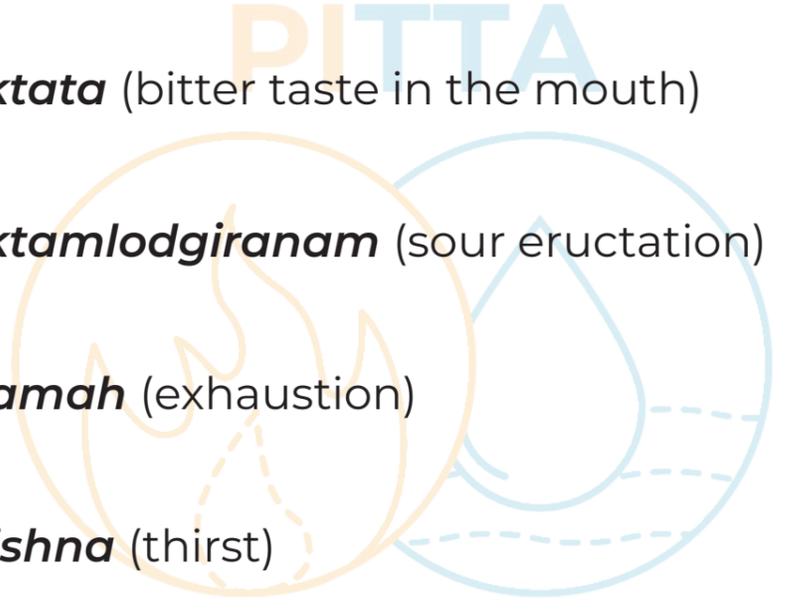
VATTAJA - Vata Dominant Disease of Heart

The symptoms are:

- 
- A diagram for Vata disease showing two overlapping circles. The left circle is labeled 'Air' and contains a spiral pattern. The right circle is labeled 'Ether' and contains a dashed spiral pattern. The word 'VATA' is written in large, light purple letters across the top of the circles.
-  **Vepathu** (fibrillation/ extrasystole)
 -  **Vestanam** (cardiac cramps)
 -  **Stambhah** (pauses in cardiac beats)
 -  **Pramoh** (stupor)
 -  **Shunyata** (sensation of emptiness in the cardiac region)
 -  **Darah** (murmur)

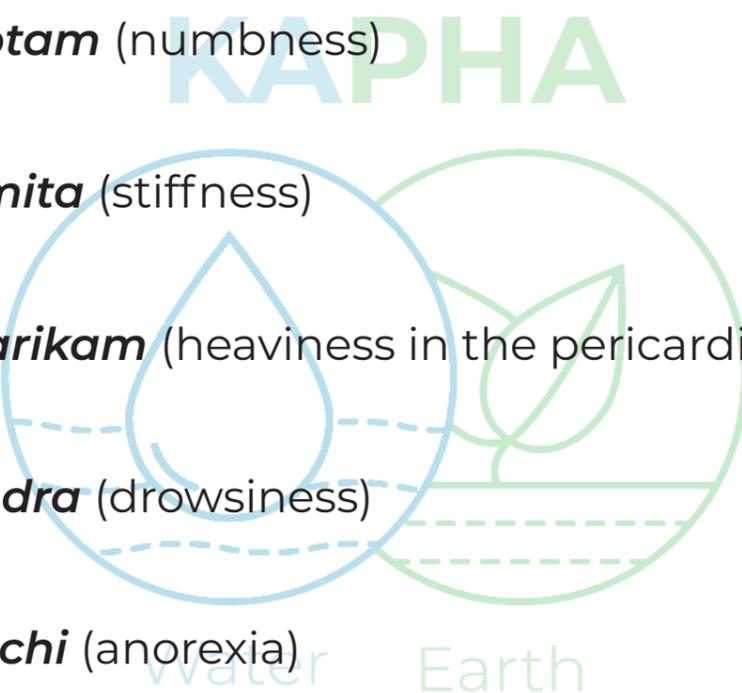
PITTAJA - Pitta Dominant Disease of Heart

The symptoms are:

- 
- A diagram for Pitta disease showing two overlapping circles. The left circle is labeled 'Fire' and contains a flame pattern. The right circle is labeled 'Water' and contains a water drop pattern. The word 'PITTA' is written in large, light blue letters across the top of the circles.
-  **Hriddaha** (burning sensation in the pericardial region)
 -  **Tiktata** (bitter taste in the mouth)
 -  **Tiktamlodgiranam** (sour eructation)
 -  **Klamah** (exhaustion)
 -  **Trishna** (thirst)
 -  **Murccha** (fainting)
 -  **Sweda** (perspiration)

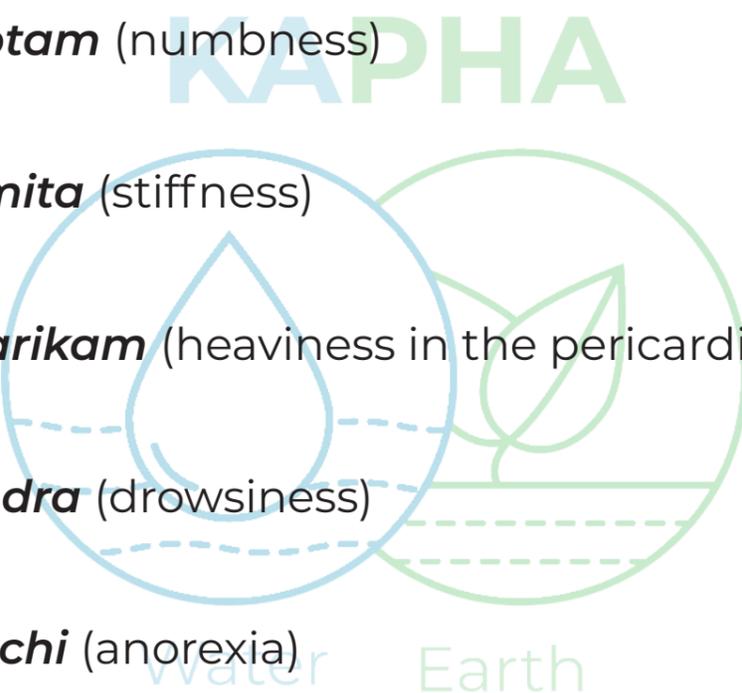
KAPHAJA -Kapha Dominant Disease of Heart

The symptoms are:

- 
- Suptam** (numbness)
- Stimita** (stiffness)
- Bharikam** (heaviness in the pericardial area)
- Tandra** (drowsiness)
- Aruchi** (anorexia)
- Asmaavartam** (a stony sensation in the heart region)

KRIMIJA -Krimija dominant disease of heart

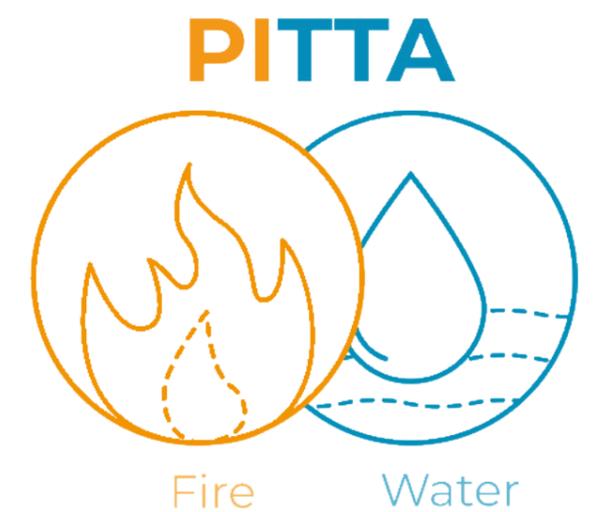
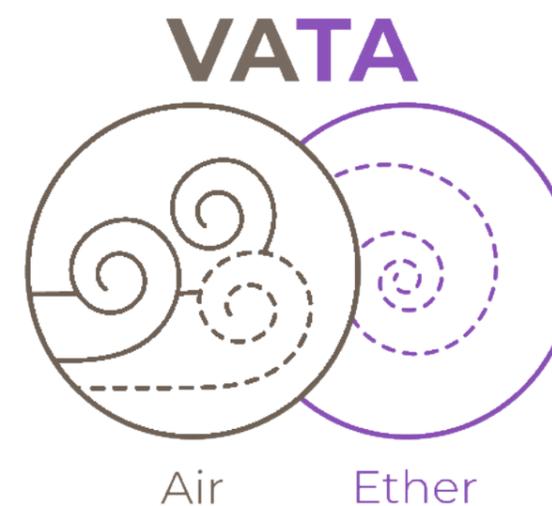
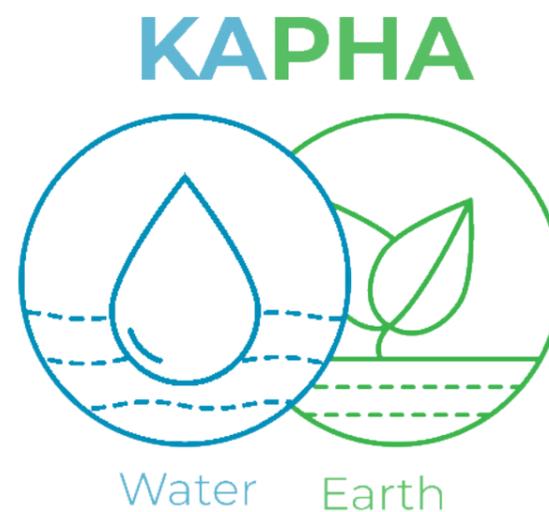
The symptoms are:

- 
- Tudyaman** (pricking pain)
- Suchibhiriv** (piercing pain)
- Chidyamanam Yatha Sastrairjatak** (cut open)

The patient of Krimija Hridroga **feels severe pain** in the pericardial region Krimija Hridroga is a very grave heart condition and may lead to **immediate death**.

TRIDOSHAJA -

In Tridoshaja Hridroga, the etiological factors & symptoms of all 3 Doshas are present.



PREDISPOSING FACTORS

 The common causative/predisposing factors for hridrogas as described in authoritative texts of Ayurveda are enumerated below so that these can be prevented for a healthy heart:

Excessive use of

- Hot (Ushna)
- Irritant (Tikshna)
- Fried Food Items
- Astringent (Kashaya Rasa)
- Oily (Snigdha)
- Spicy (Tikta)

 Use of incompatible diet (viruddhaahara)

 Excessive exercise or lack of exercise, excessive stress, fear & anger

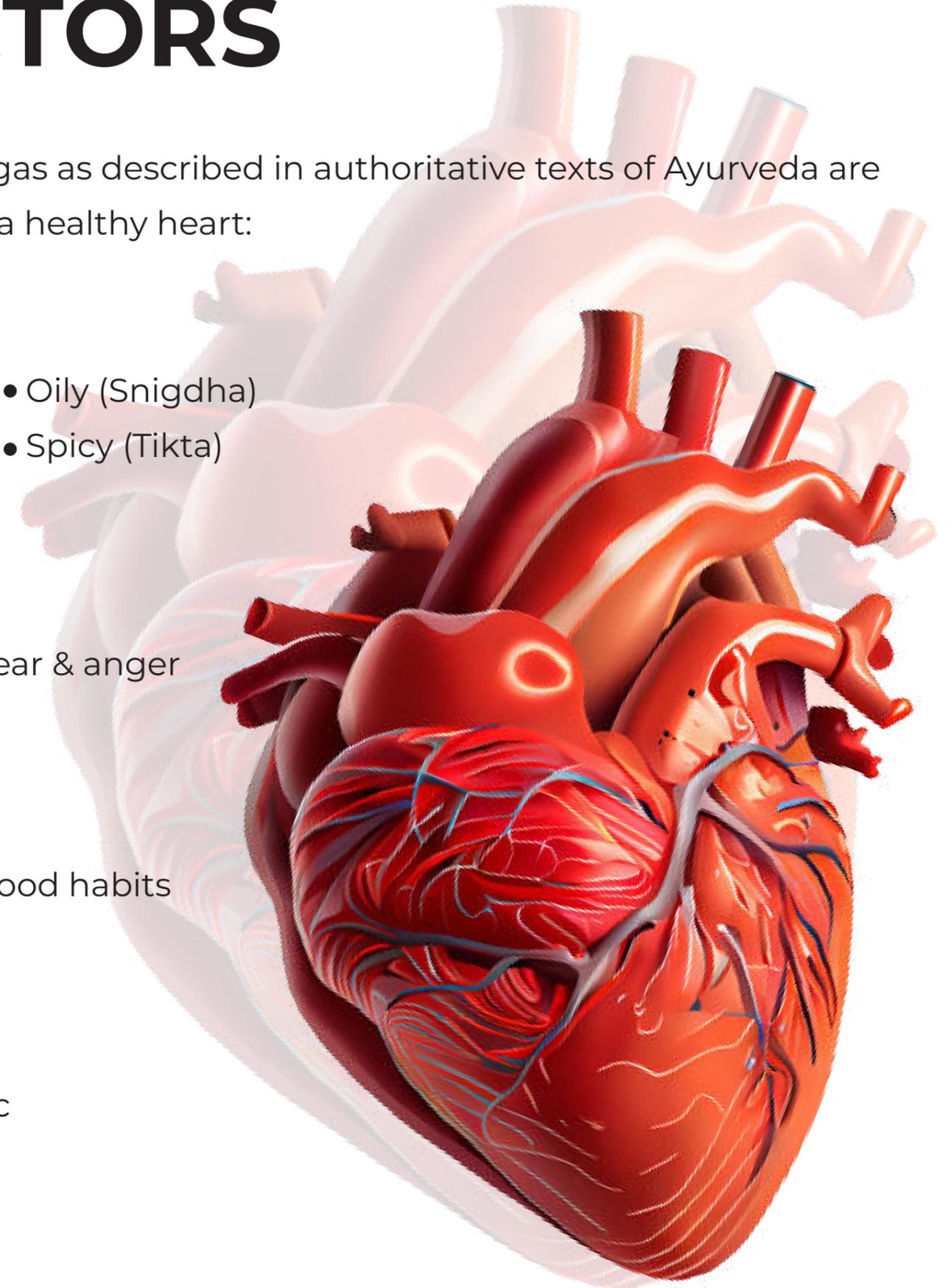
 Supression of natural urges (Adharniya Vega)

 Excessive fasting (Ati-karshari), over eating & irregular food habits

 Improper application of vasti & drastic purgatives

 Excessive consumption of alcohol/tobacco/cigarette etc

 Injury over chest (Vaksha pradesh)



ASSOCIATED RISK FACTORS

NON MODIFIABLE RISK FACTORS

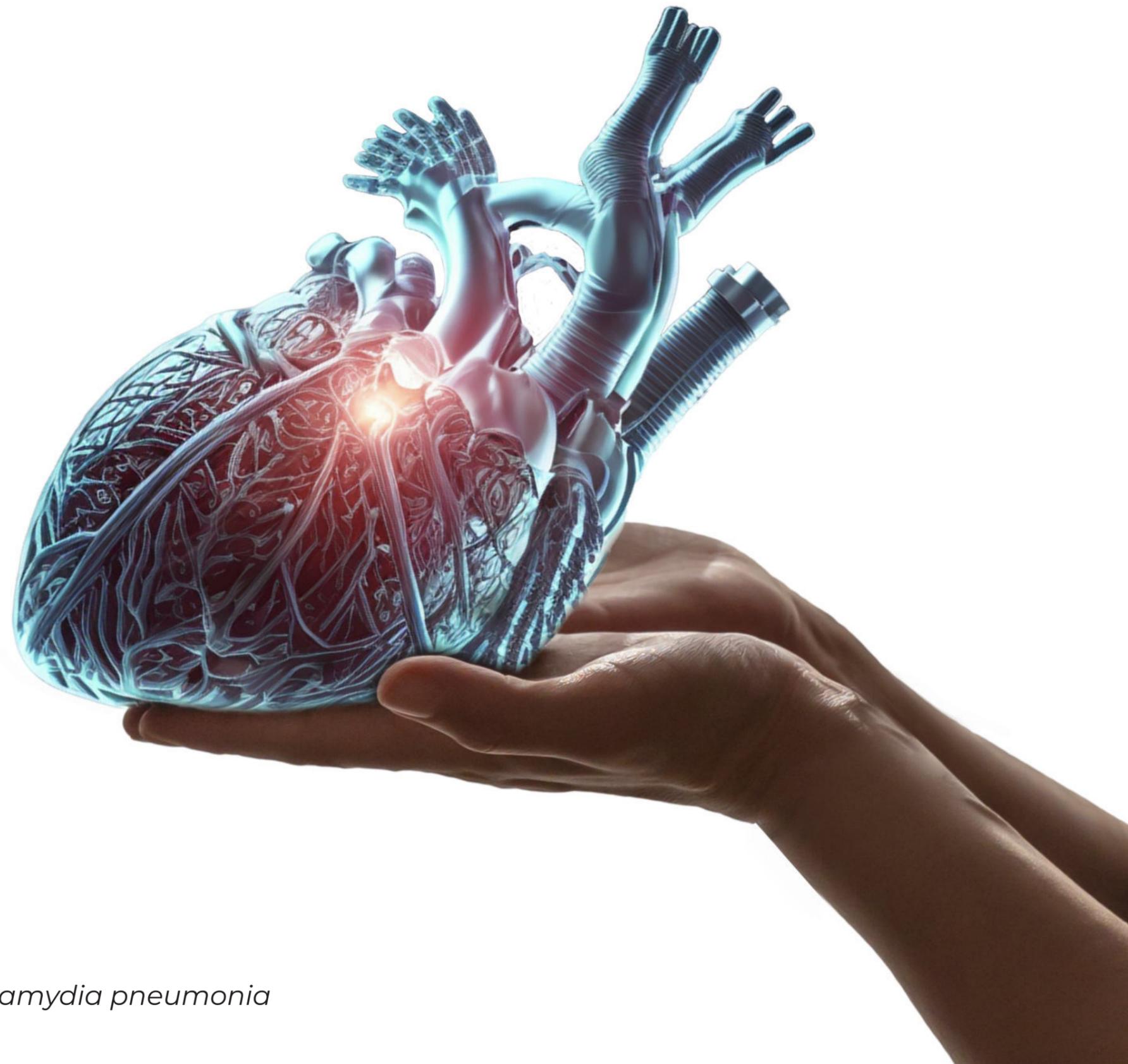
- 🫀 Advancing age
- 🫀 Genetic predisposition

MODIFIABLE RISK FACTORS

- 🫀 Sedentary life style
- 🫀 Hypertension
- 🫀 Type-II Diabetes mellitus
- 🫀 Dyslipidemia / Lipid disorders
- 🫀 Overweight/Obesity
- 🫀 Metabolic syndrome
- 🫀 Smoking/alcohol consumption

EMERGING RISK FACTORS

- 🫀 Calcium supplementation
- 🫀 Vitamin D deficiency
- 🫀 Anti-phospholipids Syndrome
- 🫀 Premature Births/Low Birth weight
- 🫀 Infections due to *Helicobacter pylori* & *Chlamydia pneumonia*



RITHUCHARYA (SEASONAL REGIMEN)

SPRING

Bitter, hot & astringent diet is advised while salty, sour & sweet food should be avoided.

Wheat, barley, honey syrup, fruits like mango, jack fruit-etc. and meat of forest animals is advised.

SUMMER

Pitta pacifying cold, liquid, sweet & oily diet is advised.

Excessive hot, spicy, sour salty diets should be avoided.

Intake of rice, milk, ghee, sugar, grapes, coconut water, meat of forest animals are advised.

MONSOON

Vata shamaka sweet, sour & salty food & drinks are preferred.

The food should be hot, dry, fatty & easily digestible.

Preserved rice, wheat, barley & mutton soups are advised.



WINTER

Vataghna, pittavardhaka diet is recommended.

Hot, sweet, sour & salty food, milk, sugarcane, rice are advised

AUTUMN

Pita pacifying diet is advised.

It is ideal to take ghee.

Purgation, bloodletting & light diet are advised.

Bitter, sweet, pungent diets are advised.

DIETARY RECOMMENDATIONS

F
R
U
I
T
S



Wood Apple



Stone Apple



Lemon



Indian Plum



Falsa



Pomogranate



Amla



Pomelo

DAIRY



Haldi Doodh



Butter Milk

PULSES



Red Gram



Green Gram



Horse Gram



Tuar Dal



Chana Dal

OILS



Flax Seed Oil



Mustard Oil

DINACHARYA (DAILY REGIMEN)



It is advisable to wake up during Brahma Muhurta
(preferably between 4.00 a.m. to 5.30 a.m.)



One should attend nature's calls



Use toothbrushes made out of twigs of Khadira, Karanja, Apamarga etc



Tongue should be cleaned by a long flexible strip of metal or plant twig
It not only cleanses the tongue but also stimulates digestion



Chewing of betel leaves with small pieces of Areca nut (**Khadira**), cardamom, cloves
Refreshes the mouth & enhance digestion



Whole body massage with dry powders of yava,kola & kulath (Udvartana)



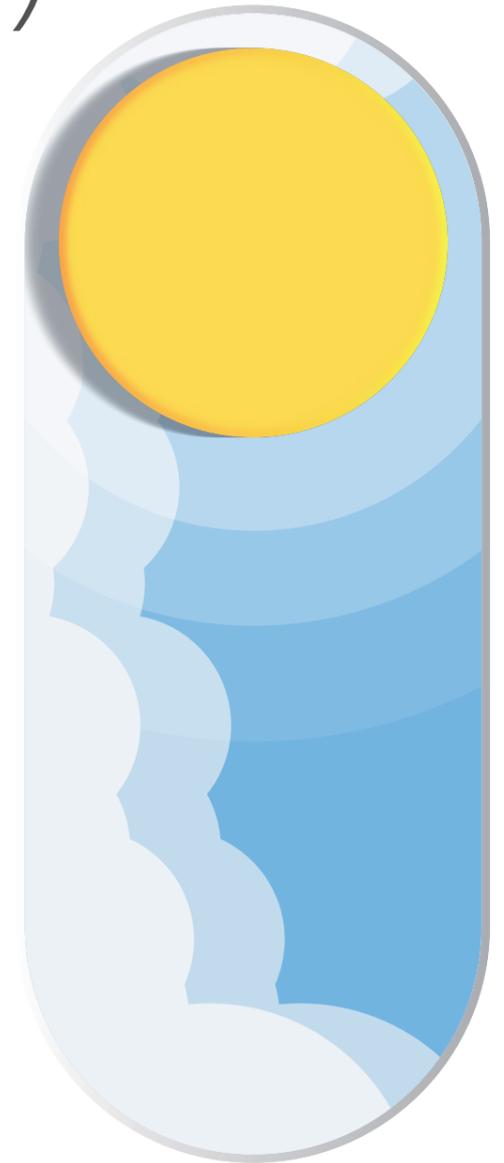
It is necessary to massage (**Abhyanga**) whole body with oil every day.
Oil massage ensures soft skin, free movement of joints & muscles, peripheral circulation & elimination of metabolic wastes



Regular exercise (**Vyayama**) is essential for perfect health.
It builds up stamina , clears the channels of body (Srotas) & increases the blood circulation



Bathing (**Snana**)
Improves enthusiasm, strength, sexual vigour, appetite, span of life & removes sweat and other impurities from the body



RECOMMENDED YOGA ASANAS



TADASANA - *The Mountain Pose*

Helps strengthen the vertebral column & the heart
The deep breathing involved also expands the lungs

VRIKSHASANA - *The Tree Pose*

Helps in developing a firm & balanced posture
It broadens the shoulders & opens the heart



UTTHITA HASTAPADASANA - *Standing Big Toe Hold*

This posture requires focus & strength to balance
It also increases stamina



VEERABHADRASANA - *Warrior Pose*

Improves balance in the body and increases stamina

It also improves blood circulation and relieves stress

It keeps the heart rate in check

BHUJANGASANA - *cobra Pose*

Strengthens the chest muscles

Expands the lung region, increasing its capacity



UTKATASANA - *Chair Pose*

One can feel the heart and respiration rate increase

This posture stretches the chest and stimulates the heart



