

New dimension to the classification of *Ayurvedokta Hrit-roghna* drugs W. S. R. to modern cardiac pharmacology

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ABSTRACT

The death due to ischemic heart disease is increasing in Indian population at an alarming rate and accounts for around 15-20% of all deaths in India. The statins, platelet inhibitors, antianginals beta blockers and diuretics are the most commonly used drugs in modern cardiology practice. These modern drugs have lot of serious side effects. Long term use of statins to lower the hyperlipidemia may lead to the development of diabetes in an around 30% of the patients. Similarly the long term use of beta blockers may also lead to diabetes. Regular use of platelet inhibitors may cause damage to kidneys and gastric lining. Hence, it is essential to search these types of relatively **safe** drugs in Ayurveda. In Ayurveda, there are lot of drugs which are said to cure the heart disease and these are labeled as

“Hrid Roga-ghna” drugs but their mode of action is not classified on modern lines. The present study aims to bridge this gap by trying to categorise the Ayurvedokta “Hrid Roga-ghna” drugs on modern pharmacological lines. The use of these drugs in these various categories may prove to be beneficial and without side effects.

Key words: *Hrit-roghna*, cardiac pharmacology, ischemic heart disease, Hrudrog,

INTRODUCTION & PURPOSE:

The death due to ischemic heart disease is increasing in Indian population at an alarming rate and accounts for around 15-20% of all deaths in India. The statins, platelet inhibitors, antianginals

beta blockers and diuretics are the most commonly used drugs in modern cardiology practice. These modern drugs have lot of serious side effects. Long term use of statins to lower the hyperlipidemia may lead to the development of diabetes in an around 30% of the patients. Similarly the long term use of beta blockers may also lead to diabetes. Regular use of platelet inhibitors may cause damage to kidneys and gastric lining. Hence, it is essential to search these types of relatively **safe** drugs in Ayurveda. In Ayurveda, there are lot of drugs which are said to cure the heart disease and these are labeled as “Hrid Roga-ghna” drugs but their mode of action is not classified on modern lines. The present study aims to bridge this gap by trying to categorise the Ayurvedokta “Hrid Roga-ghna” drugs on modern pharmacological lines. Some researches have also been done on these *Granthokta* drugs at various institutes but not under the category of “Hrid Roga-ghna” drugs. This classification is helpful for the for modern day practitioners of Ayurveda and also for the understanding of modern scientific medical community which will pave the way for further researches in these newly classified drugs. The use of these drugs in these various categories may prove to be beneficial and without side effects.

KEYWORDS - “Hrid Roga-ghna” drugs, Lipid lowering Agents, Platelet inhibitors, clot lytics

MATERIAL & METHOD :

Literary research method is adopted for the present study. Critical study of Ayurvedic as well as modern literature pertaining to the subject is carried out to come to the logical result and conclusion.

OBSERVATIONS

List of Hrid Rogaghna Drugs In Ayurveda :

1. **Rason** [Allivum sativum]
2. **Hingu** [Ferula assafoetida]
3. **Twak** [Cinnamoum cassia]
4. **Talsish-patra** [Abies webiana]
5. **Jati-patri** [Myristica fragrance]
6. **Bhringaraja** [Eclipta alba]
7. **Apamarga** [Achyranthus aspera]
8. **Bruhati** [Solanum indicum]
9. **Kantakari** [Solanum xanthocarpum]
10. **Rohish-Trun** [Cymbopogon schoenanthus]
11. **Patha** [Cissampelos pariera]
12. **Ajashrunji** [Gymnema Sylvester]
13. **Moorva** [Marsdenia tenacissima]
14. **Arjuna** [Terminilia arjuna]
15. **Punarnawa** [Boerrhavia diffusa]
16. **Gokshura** [Tribulus terrestris]
17. **Vacha** [Acorus calamus]
18. **Yawa-kshara** [Potassi carbonas]
19. **Sajji-Kshara** [Barilla]
20. **Saindhav** [Rock salt]
21. **Pashanbheda** [Saxifraga legulata]
22. **Shilajatu** [Asphaltum punjabinum]

Drugs acting as Lipid lowering agents & Heart Disease Alleviators

Following is the list of Ayurvedokta Hrid Rogaghna drugs which can act as lipid lowering agents. As per Ayurveda, all Kapha-kar (rich in carbohydrate and lipids) aetiology leads to the development of obesity, diabtes and atherosclerosis [S.Su. 15/32]. The ‘Hrid Rogaghna’ drugs in this category acts as lipid lowering and anti-obesity agents on the basis of their Kapha-har or Medo-har action.

Rason [Allivum sativum] – It lowers the Kapha by its pungent and hot

property. It cures the heart diseases, pain and edema. [D.Ni. 4/62-63 & S.Su. 46/ 245]

रसोन (लहसुन) – उष्णः कटुः हृद्रोग शूल शोफान् कफामयान हन्ति । ध.नि. 4/62-63

रसोनः – हृद्रोग शूल विबन्ध शोफ श्वास कफान् च हन्ति । सु.सू. 46/ 245

Hingu [*Ferula aoesfitida*] – It lowers the Kapha by its pungent and hot property. It cures the heart diseases. [D.Ni. 2/37]. It lowers the Kapha and Meda (lipids). [S.Su. 38/23 & 30]

हिङ्गु (हिङ्ग) – उष्णं कटुकं हृद्यं कफौ हन्ति हृदामयान । ध.नि. 2/37

हिङ्गु (हिङ्ग) – पिप्पल्यादिः कफहरः शूलघ्न आमपाचनः । सु.सू. 38/23

हिङ्गु (हिङ्ग) – उषकादि गणो कफं हन्ति मेदोविशेषणः अश्मरीनाशनः । सु.सू. 38/30

Baspika – It lowers the Kapha by its pungent and hot property. It cures the heart diseases. [D.Ni. 2/38]

हिङ्गुपत्री (बाष्पिका) – कटु तिक्त उष्णा हृद्या कफापहा ... हृत्तशूलनुत् । ध.नि. 2/38

Twak [*Cinnamoum cassia*]- – It lowers the Kapha by its pungent and hot property. It cures the heart diseases. [D.Ni. 1/51]

त्वक् (तज/कलमी) – तीक्ष्ण उष्णं कफवातपहम् ... कण्ठवक्त्ररुजो हन्ति हृत्तविशोधनं । ध.नि. 1/5

Talsish-patra [*Abies webiana*] – It lowers the Kapha , cough and dyspnoea by its pungent and hot property. It also acts as appetite stimulant. [D.Ni. 2/54]

तालीसपत्र – तालीसं श्वासकासघ्नं दीपनं श्लेष्मजित् ... हृद्यं । ध.नि. 2/54

Jati-patri [*Myristica fragrance*]- It lowers the Kapha by its pungent and hot property. It cures the heart diseases. [D.Ni. 3/32]

जातीपत्री – कटु उष्णा कफनाशिनी हृत्तविकार हृत् । ध.नि. 3/32

Bhringaraja [*Eclipta alba*] – It lowers the Kapha by its dry, pungent and hot

property. It cures the heart diseases and edema. [D.Ni. 4/11]

भृङ्गराज – तिक्त उष्णो रुक्ष कफ शोफ हृद्रोगनाशनः । ध.नि. 4/11

Apamarga [*Achyranthus aspera*] – It lowers the Kapha by its bitter, pungent and hot property and cures the heart disease. [D.Ni. 1/262]. It lowers the Kapha and meda (lipids) [S.Su. 38-10-11 & S.Su. 38/16-17]

अपामार्ग – तिक्त उष्णः कटुश्च कफनाशनः हृत्तविकारघ्नः । ध.नि. 1/262

वसिर (अपामार्ग) – वरुणादि गणः कफमेदोनिवारणः । सु.सू. 38/10-11

मयूरक (अपामार्ग) – अर्कादिः गणः कफमेदो विषापहः । सु.सू. 38/16-17

Bruhati [*Solanum indicum*]- It lowers the increased coughing and respiratory rate. It cures the heart diseases [D.Ni. 1/94]

Kantakari [*Solanum xanthocarpum*] - It lowers the increased coughing and respiratory rate by its bitter, pungent and hot property. It cures the heart diseases [D.Ni. 1/96]

बृहती (वनभट्टा) – सिंहिका कफघ्नी श्वासपहा ... हृद्रोग नाशयेत् । ध.नि. 1/94

कटकारी (भटकटैया) – कटुतिक्ता उष्णा कासश्वासजित् आमदोष हृदगद विनाशिनी । ध.नि. 1/96

बृहतीद्वयं (कटेरी) – वरुणादि गणः कफमेदोनिवारणः । सु.सू. 38/10-11

बृहतीद्वयं (कटेरी) – बृहत्यादि गणः कफहृद्रोगपहाः । सु.सू. 38/31-32

Rohish-Trun [*Cymbopogon schoenanthus*] – It lowers the increased coughing and respiratory rate. It alleviates the heart diseases. It also brings down the elevated Kapha. [D.Ni. 1/79]

रोहिषतृण – कटुणं कासश्वासघ्नं हृद्रोगशमनं कफनाशनं परं । ध.नि. 1/79

Patha [*Cissampelos pariera*] - It alleviates the heart diseases and

lowers the increased Kapha. [D.Ni. 1/71]

पाठा – हृद्रोगशमनी कफापहा । ध.नि. 1/71

पाठा – बृहत्यादि गणः कफहृद्रोगपहाः । सु.सू. 38/31-32

पाठा – पिप्पल्यादिः कफहरः शूलघ्न आमपाचनः । सु.सू. 38/23

Moorva [Marsdenia tenacissima] – It cures the heart diseases and lowers the increased Kapha and Vata. [D.Ni. 1/14 & S.Su. 38/8-9]

मूर्वा – हृद्रोग कफवातजित् । ध.नि. 1/14

मूर्वा – आरग्वधादि गणः श्लेष्मापहः मेहघ्नः । सु.सू. 38/6-7

मूर्वा – सालसारादि गणः मेहहरः कफमेदो विशेषणः । सु.सू. 38/8-9

Ajashrunji [Gymnema Sylvester] – It alleviates the heart diseases, edema and dyspnoea. [D.Ni. 1/86]. It acts as Kapha and lipid lowering agent [S.Su. 38/11]. It also brings down the elevated blood sugar. [S.Su. 38/9]

अजश्रृंगी (मेढसिंगी) – शोफ .. श्वास हृद्रोगनुत् । ध.नि. 1/86

अजश्रृंगी (मेढसिंगी) – वरुणादि गणः कफमेदोनिवारणः । सु.सू. 38/10-11

मेषश्रृंगी सालसारादि गणः मेहहरः कफमेदो विशेषणः । सु.सू. 38/8-9

Hrid Roga-ghna Drugs acting as thrombolytics & Platelet Inhibitors

Yawa-kshara [Potassi carbonas] – It lowers the Kapha by its pungent and hot property. It is famous for breaking the thrombus (*Shleshma-vibandha*). It cures the pain from toxins. It brings out the lysis of urinary calculus [D.Ni. 2/18 & S.Su. 46/323]. It contains KCl2.

यव क्षारः – हृद्यः । ध.नि. 2/19

यवक्षारः – कटु उष्णश्च कफजित् आमशूल अश्मरी विषहर । ध.नि. 2/18

क्षारौ – ज्ञेयो वह्निसमौ क्षारौ स्वर्जिका यावशूकजौ । श्लेष्मविबंधविनाशनौ । सु.सू. 46/323

Sajji-Kshara [Barilla] – It lowers the Kapha and Vata by its pungent and hot property and lowers the increased fat. It contains H₂CO₃ [D.Ni. 2/21]

सज्जीक्षारः – उष्णा कटुः वातकफौ जयेत् हन्ति मेदो । ध.नि. 2/21

क्षारौ – ज्ञेयो वह्निसमौ क्षारौ स्वर्जिका यावशूकजौ । श्लेष्मविबंधविनाशनौ । सु.सू. 46/323

Saindhav [Rock salt] – It liquefies the Kapha. It cures the heart diseases. [D.Ni. 2/26]

सैन्धवं – हृद्रोगघ्नं । ध.नि. 2/26

सैन्धवं – उषकादि गणो कफं हन्ति मेदोविशेषणः अश्मरीनाशनः । सु.सू. 38/30

Vidalavana [Vid salt]- It liquefies the Kapha by its hot and pungent properties. It cures the heart diseases. [D.Ni. 2/29]

विडलवणं – हृद्रोगनाशनं । ध.नि. 2/29

विड लवणं – हृद्यं सक्षारं तीक्ष्णं उष्णं सूक्ष्मं हृद्रोगनाशनं । सु.सू. 46/316

Pashanbheda [Saxifraga legulata] – It cures the dysuria and heart diseases, brings out the lysis of urinary calculi and thereby clears the bladder. As it is able to break the rigid calculus, it should also break the thrombus. [D.Ni. 1/158]

पाषाणभेदः – कृच्छ्रमेह त्रिदोषजित् हृद्रोग बस्तिशुद्धिकरः परः अश्मभेदो । ध.नि. 1/158

Shilajatu (Asphaltum punjabinum) – It lowers the Kapha and meda (lipids) and breaks the calculus. [S.Su.38/30]

शिलाजीत – उषकादि गणो कफं हन्ति मेदोविशेषणः अश्मरीनाशनः । सु.सू. 38/30

Hrid Roga-ghna Drugs acting as Hypoglycemic & Anti lipid agents

Patha [Cissampelos pariera] – It alleviates the heart diseases and lowers the increased Kapha [D.Ni. 1/71 & S.Su.38/6-7]. It also brings

down the elevated blood sugar [S.Su. 38/7].

पाठा – हृद्रोगशमनी कफापहा । ध.नि. 1/71

पाठा – आरग्वधादि गणः श्लेष्मापहः मेहघ्नः । सु.सू. 38/6-7

पाठा – बृहत्यादि गणः कफहृद्रोगपहाः । सु.सू. 38/31-32

Moorva [Marsdenia tenacissima] – It cures the heart diseases and lowers the increased Kapha and Vata. [D.Ni. 1/14]. It also brings down the elevated blood sugar. [S.Su. 38/7]

मूर्वा – हृद्रोग कफवातजित् । ध.नि. 1/14

मूर्वा – आरग्वधादि गणः श्लेष्मापहः मेहघ्नः । सु.सू. 38/6-7

मूर्वा – सालसारादि गणः मेहहरः कफमेदो विशेषणः । सु.सू. 38/8-9

Ajashrunji [Gymnema Sylvester] - It alleviates the heart diseases, edema and breathlessness. [D.Ni. 1/86]. It acts as Kapha and lipid lowering agent [S.Su. 38/11]. It also brings down the elevated blood sugar. [S.Su. 38/9]

अजश्रुंगी (मेढसिंगी) – शोफ .. श्वास हृद्रोगनुत् । ध. नि. 1/86

अजश्रुंगी (मेढसिंगी) – वरुणादि गणः कफमेदोनिवारणः । सु.सू. 38/10-11

मेषश्रुंगी सालसारादि गणः मेहहरः कफमेदो विशेषणः । सु.सू. 38/8-9

Arjuna [Terminilia arjuna] – It lowers the elevated blood sugar [S.Su. 38/8-9]. It also brings down the elevated kapha and lipids.

अर्जुनःजयेत् ..मेदो प्रमेहाः हृद्रोग भग्न क्षत क्षयान् । [K.N.]

अर्जुन – सालसारादि गणः मेहहरः कफमेदो विशेषणः । सु.सू. 38/8-9

Vijaysara [Pterocarpous marsupium] – It relieves polyuria by bringing down the elevated blood sugar. It also lowers the Kapha. [D.Ni. 5/115]

विजयसार (असन/बीजक) – कफनाशनः प्रमेहहरः । ध.नि. 5/115

Devadaru [Cedrus deodara] – It lowers the Kapha by its bitter and hot

property. It also cures the polyuria by lowering the elevated blood sugar. [D.Ni. 1/76]

देवदारु – तिक्तं उष्णं श्लेष्मजित्.....प्रमेह निवर्तकम् । ध.नि. 1/76

Trifala [Haritaki+Bibhtaka+ Amalaki] – It lowers the elevated lipid and blood sugar level. [S.Su. 38/20]

त्रिफला – मेदोघ्नःमेहनाशनः । सु.सू. 38/20

त्रिफला – हृद्यः । सु.सू. 38/44

त्रिफला – हरीतकयामलकबिभितकानि इति त्रिफला कफपित्तघ्नी मेहकुष्ठविनाशनी चक्षुष्या । सु.सू. 38/57

Hrid Roga-ghna Drugs acting as Diuretics & Heart Disease Alleviators

Punarnawa [Boerrhavia diffusa] – It lowers the Kapha by its bitter, pungent and hot property and cures the heart disease, edema feet, cough, chest lesions and chest pain. [D.Ni. 1/262]

पुनर्नवा – उष्णा तिक्ता रुक्षा कफापहा । सशोफ पाण्डु हृद्रोग कास उरःक्षत उरःशूलनुत् । ध.नि. 1/262

Gokshura [Tribulus terrestris] It cures the heart diseases, cures the dysuria and polyuria. [D.Ni. 1/104-05]. It reduces the edema and brings down the raised sugar. [S.Su. 38/74]

गोक्षुरो – हृद्रोगघ्नः मूत्रकृच्छ्रघ्नो प्रमेह निवर्तकः । ध. नि. 1/104-05

त्रिकण्टक (गोक्षुरो)– ..शोफत्रयविनाशनौ सर्वमेहहरौ चैव शुक्रदोषविनाशनौ । 174 । सु.सू. 38/74

Vacha [Acorus calamus]- - It lowers the Kapha by its bitter, pungent and hot property and also acts as diuretic. [D.Ni. 2/8]

वचा – कटुकं रुक्ष उष्णं मूत्रलं दीपनं पाचनं कफवातघ्नं । ध.नि. 2/8

वचा – पिप्पल्यादिः कफहरः शूलघ्न आमपाचनः । सु. सू. 38/23

वचा – विशेषात् कफकासनुत् हृत्विशोधिनी । भा.प्र.

RESULT :

The Ayurvedokta “Hrid Roga-ghna” drugs can very well be classified on

modern pharmacological lines so as to make their use easy for modern day practitioners of Ayurveda. Also this classification is helpful for the understanding of modern scientific medical community which will pave the way for further researches in these newly classified drugs.

CONCLUSION :

The use of these drugs in these various categories may prove to be beneficial and without side effects.

ABBREVIATIONS:

S.Su.- Sushrut Sutrasthan

K.N. – Kaidev Nighantu

D.Ni – Dhanwantari Nighantu

A.S.Su. – Ashtang Sangraha Sutrasthan

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