

## Dealing with the Patients of Heart Disease

**Dilip Kr Goswami\***

Associate Professor, Government Ayurvedic College, Guwahati, Assam, India

**\*Corresponding Author:** Dilip Kr Goswami, Associate Professor, Government Ayurvedic College, Guwahati, Assam, India.

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Heart is the most important organ of the human body. It maintains and regulates the process of blood purification and supply to each and every part of the body. Oxygen supply to each and every cell of the body is the most important function carried out by the heart.

There is evidence of study and research on the anatomical structure, regulation and function of the heart since long past. It is mentioned as of the shape of an inverted lotus in the Ayurvedic classics written before thousand of years of Christ. It's function is said to be more during the active state of an individual which reduces upto some extent during rest. The blood vessels in communication with the heart is also discussed vividly in the ancient Ayurvedic classics. It is considered as one of the three vital organs that when gets any trauma or intolerable stimulation can cause immediate death of an individual (MARMA). The signs and symptoms of injury to the heart is also elaborated by the ancient Indian authors elaborately.

The heart, as the most important and vital organ of the body, has vulnerability towards the diseases. It can become diseased due to a number of psychological and physical causes. Early diagnosis of the heart diseases is always important to avoid fatal sequences. A discussion on the concept of the aetiology and sign -symptoms of the heart diseases as described by the father of Indian medicine "CHARAKA" can be considered to be important for prevention and timely, effective treatment of the dreadful diseases of this important organ.

The aetiology of heart diseases:

1. Grief/unhappiness (Shoka)
2. Fasting (Upavasa)
3. Excessive physical exercise (Ativyayama)
4. Taking food in less quantity than the need (Alpabhojana)
5. Use of hot, salty, alkaline, pungent foods (Ushna, Lavana, Kshara, Katu ati bhojana)
6. Taking food at a state of indigestion (Ajirna bhojana)
7. Excessive use of alcoholic drinks (Madyapana)
8. Anger (Krodha)
9. Excessive exposure to Sunrays (Atapasevana)
10. Excessive intake of food (Atibhojana)
11. Intake of heavy, oily food (Guru, snigdha dravya sevana)
12. Restraining from mental exercises (Achintana)

13. Restraining from physical exercises (Achestana)
14. Sleeping in excess (Nidrasukha).

### Signs and symptoms:

1. Trembling (Bepathu)
2. Feeling of tightness (of the chest) (Bestana)
3. Feeling of reduction in the function of the heart (Stambha)
4. Delirium (Pramoha)
5. Numbness (of the chest) (Sunyata)
6. Feeling of abnormal sound of the heart (Dara)
7. Burning sensation (of the chest) (Daha)
8. Bitter taste (Baktratiktata)
9. Bitter, sour eructation (Tikta-Amla udgara)
10. Tiredness without labour (Klama)
11. Excessive thirst (Trishna)
12. Fainting (Murcha)
13. False perception (Bhrama)
14. Excessive sweating (Sweda)
15. Drowsiness (Tandra)
16. Loss of appetite (Aruchi)
17. Heavyness (of the chest) (Gauraba).

Analysis of the mentioned aetiology and sign-symptoms of heart diseases (HRIDROGA) reflect that heart disease is related with a number of psychological and physical factors like anger, anxiety, depression, excessive mental/physical labour, excessive exposure to environmental temperature/cold, abstaining from physical and mental exercises/labour, over eating/less intake of diet etc. are responsible for causation of the heart diseases. For diagnosis a sincere effort in history taking and examination in reference to the functions of the heart like rate of heart beat, frequency/regularity etc. are important.

An analytical study of the ayurvedic concepts on heart disease and treatment can open a new field in cardiology for which joining hands of the different disciplines of health science is important.

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