



Review Article

A CONCEPTUAL STUDY ON HRIDAYAVARNAKA KARMA OF GAIRIKA W.S.R TO HRIDROGA

T N Pannaga<sup>1\*</sup>, B N Ashok Kumar<sup>2</sup>, P RR Geethesh<sup>2</sup>, A Ravindra<sup>3</sup>, V S Sushmitha<sup>4</sup>

\*1PG Scholar, <sup>2</sup>Associate Professor, <sup>3</sup>Professor & Head, <sup>4</sup>Assistant Professor, Dept. of PG & PhD Studies in Rasashastra & Bhaishajya Kalpana, Sri Dharmasthala Manjunatheshwara College of Ayurveda, Karnataka, India.

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ABSTRACT

Hridaya is the entity in the body which acts as a central beam that supports the framework of the body system. Gairika is a Uparasa Dravya. In twenty-four Vishopakrama, Hridayavarana is said to be done daily. The primary duty of the physician is to protect the heart. Hridayavarana refers to measures used to create a protective covering around the heart. Gairika is a Hridayavarana Dravya. An effort was made to collect references pertaining to Hridaya, Hridroga Hridayavarana and Gairika across Ayurveda texts like Charaka Samhita, Rasaratna Samucchaya etc. Hridaya is an important organ characterized as Siraja Sadhyopranahara Marma as well as one among the Pranayama. Any condition which manifests as a discomfort to heart is termed Hridroga. These terms Hridya conveys the notion of something that is favourable or beneficial for the heart. Gairika is a Parthiva Dravya classified in group of Bhoomadravya, Shonitastapana Deshamani, Uparasa, Suvarnadi and Upadhatu of Loha. Gunas of Gairika include Madhura rasa, Snigdha and Laghu Guna Tapahara, Sheeta veerya, Balya, Ropana, Raktashodhaka, Pittanashaka. It is indicated for Raktapitta, Daha, Chardhi, Vishahara, Hikka, Asungdhara, Netraroga, Udarda, Kandu, Vrana, Jwara. The Subhavita Shuddha Gairika is a Prashasta Bhesaja for Hridayavarana Upakrama on its qualities of being safe, effective and abundance.

INTRODUCTION

Hridaya is the entity in the body which acts as a central beam that supports the framework of the body system. It is also described as one of the sites of Prana. Acharya Sushruta describes Hridaya as the Marma which is located in the Uras (throat) in between the Sthana (breast) and near to that of Amashaya-Dwara (esophageal orifice), where resides the Tamas, Rajas and Sattva guna. Further on context of Marma, is explained as a Siraja Sadyopranaharamarma.<sup>[1]</sup> The term "Hridya" is synonymous with expressions like "Hridayasyapriyamiti" as per Shabdakalpadruma, "Hridayasya priyam Hridyam" found in Kaiyadeva Nighantu, "Hridayayah hitam Hridyam" mentioned by Dalhana, and "Hridaya hitam hridyam" as described by Acharya Charaka. These phrases all convey the notion of something that is favorable or beneficial for the heart.

Acharya Punarvasu Atreya includes Hridaya in Koshtangas. Gairika is a Bhoumaushadha<sup>[2]</sup> as well as one among the Shonithasthapana Dashemani. Rasa granthas place Gairika in Uparasavarga. Being the Upadhatu of Loha, Gairika is considered as the Pratyaniidhi Dravya for Loha.<sup>[3]</sup> In the context of Visha Upakrama Acharya Charaka quotes the therapeutics of Hridayavarana. Here the term Avarana is not pathological but therapeutic. The drugs administered in this type of therapy will create a protective layer around the Hridaya. Gairika is one such Hridayavarana Dravya.<sup>[4]</sup>

MATERIALS AND METHODS

An effort was made to collect references pertaining to Hridaya, Hridroga Hridayavarana & Gairika across Ayurveda texts like Charaka Samhita, Rasaratna Samucchaya etc. Interpretation of the same was done using fundamental principle of Ayurveda.

RESULTS

Hridaya is an important organ characterized as Siraja Sadhyopranahara Marma as well as one among the Pranayama. The shape of Hridaya is said to be like Kamala. Hridaya is Moola for Pranavaha Srotas and Rasavaha Srotas.<sup>[5]</sup> It is the seat of Sadhaka Pitta and

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*Ojas*. *Hridaya* circulates the *Shuddha rakta* all around the body with the help of *Vyana Vata*.<sup>[6]</sup>

Any condition which manifests as a discomfort to heart is termed *Hridroga*. *Vyayama* (exercise), intake of *Guru* (heavy) *Teekshna* (sharp), *Rooksha* (dry) and *Ushna* (hot) in excess *Kashaya* (astringent) and *Tikta* (bitter), *Ativirechana* (excessive administration of purgation), *Atibasti* (excessive administration of *Basti*), *Chinta* (anxiety), *Bhaya* (phobia), *Trasa* (terror), *Gadatichara* (improper management of diseases), *Chardhi Sandharana* (suppression of vomitus urge),

*Aghata* (injury), *Viruddha Ashana* (incompatible food intake), *Ajeernashana* (intake of food before the digestion of previous meal), *Asathmya Ashana* (intake of non-homologous food) *Atiprasanga* (excessive coitus) are the etiological factors for *Hridroga*. Aggravated *Doshas* vitiate the *Rasa dhatu* present in *Hridaya* and precipitate as *Hridroga*. Acharya Vagbhata described the *Poorvaroopo* as *Avyakta*. They are of 5 types – *Vataja*, *Pittaja*, *Kaphaja*, *Sannipataja* and *Krimija*. Complications include fatigue, debility, giddiness and emaciation.<sup>[7-8]</sup>

**Table 1: Samprapti Ghataka of Hridroga**

Dosha	Tridoshaja	Ama	Agnijanya
Upadhoshha	Vyana Prana & Sadhaka, Kledaka, Avalambhaka	Srotas	Rasavaha, Raktavaha, Pranavaha
Dushya	Rasa Rakta	Srotodusthi	Sanga and Vimarga gamana
Upadhatu	Twacha	Sanchara sthana	Rasa and Raktavaha Dhamani
Mala	Purisha	Adhithana	Hridaya
Dhatumala	Kapha and Pitta	Swabhava	Ashukari
Agni	Jatharagni, Dhatvagni and Bhutagni	Rogamarga	Madhyama

The primary duty of the physician is to protect the heart. *Hridayavarana* refers to measures used to create a protective covering around the heart. *Hridayavaraka Dravyas* include *Madhu*, *Gritha*, *Majja*, *Sheetala Jala*, *Dadhi*, *Ksheera*, *Gairika*, *Gomayarasa*, *Ikshurasa*, *Kaakanada*, *Mamsa rasa*, *Ajadi Rakta*, *Bhasma*, *Mruttikajala*, *Gopitta*, *Rajani*, *Manjista*, *Marica*, *Pippali*, *Maduka*, *Kovidara*, *Shireesha*, *Arka Katabhee* and *Ksharagada*. Acharya Sushruta recommends utility of *Hridayavarana* daily.<sup>[9]</sup> *Gairika* is a *Parthiva Dravya* classified in group of *Bhoumadravya*, *Shonitastapana Deshamani*, *Uparasa*, *Suvarnadi* and *Upadhatu* of *Loha*. Chiefly *Gairika* is sub-classified into 3 types - *Suvarna (Hema)*, *Pashana (Rakta)* and *Samanya (Kevala)*. *Suvarnagairika* is best among the types. Chemically it is hydrated form of ferric oxide i.e., haematite ore. The drug is available almost all-around India. *Singh Bhumi* of Bihar is the rich source of *Gairika*. The *Gairika* which is *Snigdha* (unctuous), *Atiyanta shonita* (dark red) and *Masruna* (soft) is to be used for medicinal purpose. *Gunas* of *Gairika* include *Madhura rasa*, *Snigdha* and *Laghu Guna Tapahara*, *Sheeta veerya*, *Balya*, *Ropana*, *Raktashodhaka*, *Pittanashaka*. It is indicated for *Raktapitta*, *Daha*, *Chardhi*, *Vishahara*, *Hikka*, *Asungdhara*, *Netraroga*, *Udarda*, *Kandu*, *Vrana*, *Jwara*. *Shodhana* of *Gairika* is explained in 2 methods – *Bharjana* and *Bhavana*. It is one of the safest naturally occurring mineral explained in *Rasashashtra* such that no *Marana* is indicated in classics.<sup>[10]</sup>



**Figure 1: Gairika**

## DISCUSSION

First line of treatment of any disorder is *Nidanaparivarjana Chikitsa*. Therefore, utility of *Amla Rasa*, *Laghu*, *Snigdha*, and *Sheeta Veerya Pradhanya Dravyas* are highly beneficial in *Hridroga*. The drugs which strengthen the *Hridaya* are termed *Hridhya*. Even though *Amla Rasa* is said to the *Srestha Hrudhya*, *Chakrapanidutta* quoted *Madhura Rasa Dravyas* as *Hrudya*. *Sheeta Guna* is quoted as *Jeevaniya*. *Karma of Snigdha Guna* is *Balavardhaka*, along with *Dhatu Sangrahaka*. As *Poorvaroopo* of *Hridroga* is said to be *Avyakta*, it is a challenge for a physician to prescribe a safe and effective medicine, *Gairika* is one such drug which fits these criteria. Recent studies have shown the cardioprotective activity of nanoparticles of Iron in form of oxide along<sup>[11]</sup> with the study of preparation of NPs using Liquid Spluttering Method.<sup>[12]</sup> *Rasatantrasara Evam Siddha Prayoga Sangraha* quotes the 2 chief formulations available in market of *Gairika* as *Hridya - Laghusoota Shekara Rasa* and *Kamadugdha Rasa*.<sup>[13]</sup>

**Table 2: Ingredients of Laghusoota Shekhara Rasa**

S.No.	Dravyas Ingredients	Name	Classification	Part Used	Swaroopa Process	Anupata Quantity
1	Gairika	Hematite	Loha Uparasa	Ore	Shuddha	1 Part
2	Shunti	Zingiber officinale	Zingiberaceae	Rhizome	Churna	3 Part
3	Nagavalli	Piper betle	Piperaceae	leaf	Swarasa	Bhavanartha

**Table 3: Ingredients of Kamaduga Rasa**

S.No.	Dravyas Ingredients	Name	Classification	Part Used	Swaroopa Process	Anupata Quantity
1	Mukta	Pearl	Ratna Varga	Calcified soft tissue	Pishti	1 Part
2	Pravala	Coral	Ratna Varga	Exoskeleton	Pishti	1 Part
3	Shukti	Oyster Shell	Sudha Varga	Exoskeleton	Bhasma	1 Part
4	Shankha	Conch	Sudha Varga	Exoskeleton	Bhasma	1 Part
5	Gairka	Hematite	Loha Uparasa	Ore	Suddha	1 Part
6	Amruta	Tinospora Cardifolia	Menispermaceae	Panchanga	Satva	1 Part
7	Kaparda	Cowries	Sudha Varga	Exoskeleton	Bhasma	1 Part

**CONCLUSION**

The *Subhavita Shuddha Gairika* is a *Prashasta Bhesaja* for *Hridayavarana Upakrama* on its qualities of being safe, effective and abundance. Further research in terms of clinical trials is required to evaluate the efficacy and standardization of the therapeutic protocol for Prophylaxis in cardiac conditions.

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**\*Address for correspondence**

**Dr. T N Pannaga**

PG Scholar,  
Dept. of PG & PhD Studies in  
Rasashastra & Bhaishajya Kalpana,  
Sri Dharmasthala  
Manjunatheshwara College of  
Ayurveda, Udipi.  
Email: [pannagasamir@gmail.com](mailto:pannagasamir@gmail.com)  
Ph No. 9535630493