



Review Article

EVALUATION OF HRIDROGA CHIKITSA IN CHIKITSAMANJARI WITH SPECIAL REFERENCE TO  
DHAANYAKASHUNTYADI KSHEERAPAKA

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ABSTRACT

A well-known Malayalam book that is frequently used by Kerala Ayurveda physicians is *Chikitsa Manjari* by D. Sreeman Namboothiri. For all types of people, this book offers a wide range of easily understood and acceptable formulations for all aspects of disease. Globally, cardiovascular diseases are the primary cause of mortality. The review of modern pharmacology reveals that the initial cardiovascular medicines were developed from medicinal plants. Clinical practitioners frequently employ these medications. But there is a necessity for documentation of these formulations for the revalidation. **Materials and Methods:** The literary review of formulations present in *Hridroga chikitsa* of *Chikitsa Manjari* was carried out. The different formulations with dosage form and indications are done with special reference to *Dhaanyakashuntyadi ksheerapaka* in this context. **Conclusion:** Around 13 formulations are explained in *Hridroga chikitsa* context. Majority of the preparations are either *Ksheerapaka* or *Kashaya kalpana*. The preparations such *Ghritha*, *Taila* and *Churna* are in few numbers. *Dhaanyakashuntyadi ksheerapaka* has two references in this context with difference in ingredients. The focus of this textbook in *Hridroga Chikitsa* is on the *Snigdha* and *Ushna prayoga*. Hence most of the drugs possess *Madhura rasa*, *Madhura vipaka* with *Hridya* and *Balya* in action. Having *Madhura pradhana rasa- Vipaka* and *Ushna virya* in action, *Dhaanyakashuntyadi ksheerapaka* have *Dipana*, *Pachana* and *Vatanulomana*. The utilisation of Ayurvedic drugs in the present scenario is very few. This study may pave for the discovery of new cardiac drugs shortly.

INTRODUCTION

Man has always been fascinated by how the heart works and the slightest alteration in the heart's functionality concerned him excessively. The classification of heart diseases has changed over a period and will keep on changing. The primary cause of death globally is cardiovascular diseases or CVDs. Among the etiologies of CVDs, oxidative stress plays a vital role in cell damage<sup>[1]</sup>. The significance of antioxidants for scavenging free radicals in this life-threatening disease is bliss for Ayurveda. The review of modern pharmacology reveals that the initial cardiovascular medicines were developed from medicinal plants.

Clinical practitioners typically use these medications as per the signs and symptoms. However, the documentation of the formulations that are practiced and yet to be discovered from our works of literature is still pending.

*Chikitsa Manjari* by D. Sreeman Namboothiri is a famous Malayalam book widely used among physicians in Kerala. For every facet of illness, this book offers a range of easily understood and suitable formulations suitable for all kinds of individuals. Different formulations are explained in *Hridroga chikitsa*<sup>[2]</sup>. *Dhaanyakashuntyadi ksheerapaka* (milk decoction) is one among them with 8 drugs indicated in *Hridroga*, *Vaksho ruja*, and *Angabhaga*. The nutritional value of *Goksheera* and the individual studies of drugs such as *Gokshura*, *Prsniparni* etc on *Hridroga* are already proven<sup>[3,4,5]</sup>. Moreover, certain randomised control trials have demonstrated a negative correlation between the risk of cardiovascular diseases and milk consumption in the diet<sup>[6]</sup>.

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The disorders of the heart and blood vessels collectively are known as cardiovascular diseases or CVDs. Patients with cardiovascular diseases may present with a wide range of symptoms and signs, each of which may be caused by non-cardiovascular conditions. In contrast, people who have severe cardiovascular disease might not even exhibit any symptoms. The patients must be evaluated carefully to detect early CVDs and appropriate therapies should be started. Improvements in diagnosis, therapy and prevention have contributed to a decline in age-related CVDs. In the evaluation of a patient with known or suspected heart disease, the physician must determine the life-threatening situation and focus on a specific issue accompanied by rapid intervention [7].

Cardinal symptoms of cardiovascular disease are.

- Chest pain or discomfort
- Dyspnoea, orthopnoea, paroxysmal nocturnal dyspnoea, wheezing
- Palpitation, dizziness, syncope
- Cough, haemoptysis
- Fatigue, weakness
- Pain in extremities with exertion [8]

Vitamins A, E, and C and zinc are antioxidant vitamins and minerals that may help prevent or delay the onset of cardiovascular disease. Not only vitamins but also flavonoids reportedly have actions as an antioxidant [9].

*Hridaya* is considered one of the vital organs which abide by *Ojas* as per Ayurveda [10]. The primary organ of the *Rasavaha* and *Pranavaha srothas* is *Hridaya*. There is a mention of *Hridroga* in the Vedic era. *Hridroga* is described as one of the complications in the context of *Rajayakshma chikitsa* in the *Charaka Samhita*. [11] *Susrutha Samhita* explained it in detail in a separate chapter [12]. *Madhava Nidana*, *Chakradatta*

and *Yoga Ratnakara* likely indicated the rise in disease prevalence with people's age [13-15]. The *Vishesha linga* of *Hridroga* concerning *Dosha* is mentioned in our classics [16].

In the *Samanya linga*, *Hrit sula* or chest pain is considered the cardinal symptom of heart disease. As per *Gayadas*, tearing pain is mentioned in *Hridroga*. *Susruthacharya* specifically mentioned *Hritsula* in *Gulma prathisheda* [17]. The aggravated *Vata* gets obstructed by *Kapha-pitta* will combine with *Rasa dhatu* and reaches the heart, thereby causing difficulty in inspiration. Also, *Marmabhighata* (mild injury) to the heart will cause *Murcha* and *Marana*. *Kasa*, *Swasa*, *Balakshaya*, *Kanta talu mukha sosha*, *Unmada*, *Apasmara* and *Pralepa* are among the symptoms that arise from any *Abhighata* to the heart. The treatment plan comprises *Sodhana* (purification) and *Samana* (alleviating) lines of treatment. In addition, it highlights *Gulma udavartahara chikitsa*, *Amlarasa pradhana*, *Lekhana*, *Hrdyam*, and *Agni deepana* [19-21].

## MATERIALS AND METHOD

The literary review of the formulations present in *Hridroga chikitsa* in *Chikitsa Manjari* was carried out in this present study. The *Hridroga chikitsa* enumerated five types of *Hridroga* like *Vataja*, *Pittaja*, *Kaphaja*, *Sannipathaja* and *Janthuja*. There are various formulations in different dosage forms with their indications explained. *Dhaanyakashuntyaadi ksheerapaka* is one among them which comprises *Dhaanyaka*, *Shunti*, *Bala* and *Laghupanchamoola*. Most of the formulations are either *Ksheerapaka* (milk decoction) or *Kashaya* (decoction) dosage forms. The preparations such as *Ghrita* (ghee) and *Churna* (powder) are very few. The details of the formulations and their dosage form with indications are tabulated as follows.

**Table 1: Preparation, dosage, and indication of *Hridroga chikitsa***

| S.no | Preparation name            | Dosage form                         | Indication   |
|------|-----------------------------|-------------------------------------|--|
| 1    | <i>Bala</i>                 | <i>Ksheerapaka</i>                  | <i>Hridroga</i> , <i>Marmaghata</i> , <i>Vaksha kshatha</i> , <i>Siroruja</i> , <i>Angamarda</i> |
| 2    | <i>Dasamoola</i>            | <i>Kashaya</i>                      | <i>Hridroga</i> , <i>Marmaghata</i> , <i>Angamarda</i> , <i>Vaksha kshatha</i>                   |
| 3    | <i>Dhaanyakashuntyadi</i>   | <i>Kashaya</i> , <i>Ksheerapaka</i> | <i>Hridroga</i> , <i>Marmabhighatha</i> , <i>Angabhanga</i> , <i>Vakshoruja</i>                  |
| 4    | <i>Mashabaladarvadi</i>     | <i>Kashaya</i>                      | <i>Vatika hridroga</i>   |
| 5    | <i>Dasamoola</i>            | <i>Ksheerapaka</i>                  | <i>Vatika hridroga</i>   |
| 6    | <i>Panchamoola</i>          | <i>Ksheerapaka</i>                  | <i>Vatika hridroga</i>   |
| 7    | <i>Sphotabhujanga</i>       | <i>Kashaya</i> , <i>ksheerapaka</i> | <i>Vatika hridroga</i>   |
| 8    | <i>Vilwaswagandhadhi</i>    | <i>Kashaya</i>                      | <i>Vatika hridroga</i>   |
| 9    | <i>Sthirasiddha</i> (twice) | <i>Ksheerapaka</i>                  | <i>Vatika hridroga</i>   |
| 10   | <i>Dhaanyakashuntyadi</i>   | <i>Kashaya</i>                      | <i>Hridroga</i> , <i>Kostavata</i> , <i>Gulma pleeha parswavedana</i>                            |

|     |                        |                                |  |
|-----|------------------------|--------------------------------|--|
| 11  | <i>Rasnajeevakadhi</i> | <i>Taila, Ghrita</i>           | <i>As Vasti for Tarpana, Brahmana, Balyam, Vatika hridroga</i> |
| 12  | <i>Uzhinja</i>         | <i>Kashaya along with curd</i> | <i>Vaksho ruja, Pakvashaya ruja</i>                            |
| 13. | <i>Vidanga</i>         | <i>Churna</i>                  | <i>Krimija hridroga</i>  |

There are 13 formulations enumerated with their ingredients, dosage, and indications. In some preparations, *Anupana* is also explained. The author mentioned the *Samprapti* of *Hridroga* is due to *Pratilomana gati* of *Vata* which reaches the *Amasaya*. So, treatment may include *Langana*, *Pachana* and *Vatanulomana*. Specifically, in *Vatika hridroga*, *Vasti prayoga* at *Hrit pradasha* is mentioned. *Dhanwantara taila*, *Balataila* along with *Ghrita* are indicated. If the patient has having burning sensation in the abdomen, *Satavari gulam* can be administered. Also *Balataila*, *Sukumara ghrita* are indicated in *Vatika hridroga* as *Paana*. It is mentioned to use *Avipathi churna* along with *Ghrita* for *Paithika hridroga* as *Virechana* (purgation). Also, the administration of *Draksha*, *Ikshu sahita Oushada* is specifically indicated.

In *Krimija hridroga*, *Krimihara oushada* can be administered. The line of treatment mentioned is the intake of *Snigdha mamasabhojana* (fatty meat) and *Pisita dadhi odana* (rice prepared with meat, curd) for 3 days and do the *Virechana*. The intake of *Vidangadhi churna* in *Dhaanyamla* helps to get rid of *Hridayastha krimi* easily. *Churnas* such as *Eladi churna*, *Thaleesadi churna* are mentioned in *Kaphavatika hridroga*. Additionally, *Astachurna* mentioned in *Gulmachikitsa* is indicated.

*Dhaanyakashuntyadi* preparation is mentioned twice in this context with differences in ingredients and indication. The details of *Dhaanyakashuntyadi ksheerapaka* are tabulated below.

**Table 2: Ingredients of Dhaanyakashuntyadi ksheerapaka**

| S.No | Name of Drug      | Botanical Name                               | English Name                 | Malayalam Name   | Useful Part |
|------|-------------------|--|------------------------------|------------------|-------------|
| 1    | <i>Dhaanyaka</i>  | <i>Coriandrum sativum</i> Linn               | Coriander                    | Kothampalayari   | Seeds       |
| 2    | <i>Shunti</i>     | <i>Zingiber officinale</i> Roxb              | Dry ginger                   | Chukku           | Rhizome     |
| 3    | <i>Brihati</i>    | <i>Solanum indicum</i> Linn                  | Large eggplant               | Cheru vazhuthina | Root        |
| 4    | <i>Kantakari</i>  | <i>Solanum xanthocarpum</i> Schrad. & Wendl. | Yellow buried night shade    | Kantakari chunda | Root        |
| 5    | <i>Prsniparni</i> | <i>Desmodium gangeticum</i> DC               | Sal leaved desmodium         | Orila            | Root        |
| 6    | <i>Salaparni</i>  | <i>Pseudarthria viscida</i> Linn             | Sticky desmodium             | Moovila          | Root        |
| 7    | <i>Gokshura</i>   | <i>Tribulus terrestris</i> Linn              | Land-Caltrops, Puncture Vine | Njerinjil        | Root        |
| 8    | <i>Bala</i>       | <i>Sida cordifolia</i> Linn                  | Country mallow               | Kurunthotty      | Root        |

The above-mentioned formulation comprises 8 drugs in either *Kashaya* or *Ksheerapaka* form. It is indicated in *Hridroga*, *Marma abhighatha*, *Anga bhanga*, and *Vaksho ruja*. Another preparation which is in *Kashaya kalpana* form has 7 ingredients and is tabulated as.

**Table 3: Ingredients of Dhaanyakashuntyadi kashaya**

| S.No | Name of Drug     | Botanical Name               | English Name   | Malayalam Name | Useful Part |
|------|------------------|------------------------------|----------------|----------------|-------------|
| 1    | <i>Dhaanyaka</i> | <i>Coriandrum sativum</i>    | Coriander      | Kothampalayari | Seeds       |
| 2    | <i>Shunti</i>    | <i>Zingiber officinale</i>   | Dry ginger     | Chukku         | Rhizome     |
| 3    | <i>Suradaru</i>  | <i>Cedrus deodara</i>        | Cedar          | Devadaru       | Heartwood   |
| 4    | <i>Chitra</i>    | <i>Plumbago zeylanica</i>    | Leadwort       | Koduveli       | Tuber       |
| 5    | <i>Bala</i>      | <i>Sida cordifolia</i>       | Country mallow | Kurunthotty    | Root        |
| 6    | <i>Ikshu</i>     | <i>Saccharum officinarum</i> | Sugarcane      | Karimb         | Stem        |
| 7    | <i>Vilwa</i>     | <i>Aegle marmelos</i>        | Wood apple     | Koovalam       | Root        |

This formulation is explained as *Kashaya* (decoction) dosage along with *Saindava* in *Hridroga*, *Koshatgatavata*, *Gulma*, *Pleeha* and *Parswa vedana*.

**DISCUSSION**

The usage of *Hridroga oushada* is limited in number in Ayurveda. The formulations present in *Chikitsa Manjari hridroga* are with minimal drugs that are easily available. The method of administration is mostly of *Ksheerapaka* or *Kashaya* form i.e., user friendly. There are 7 *Kashayas*, 6 *Ksheerapakas*, 1 *Ghrita*, *Taila* and *Churna* each are mentioned. *Dhaanyakashuntyadi ksheerapaka* is a milk decoction form with readily available drugs. The medication is easily absorbed in colloid form by the heart because it is a lipophilic organ. The cardinal symptom of *Hridroga* is *Hrit ruja*, to which most of the formulations are applicable. The *Snigdha ushna prayogas* for *Hridroga chikitsa* are highlighted in this textbook. Most of the drugs are having *Madhura rasa vipaka* with *Hridya* and *Balya* in action. The *Dhaanyakashuntyadi ksheerapaka* possess *Madhura* as *Pradhana rasa* and *Vipaka*. The presence of *Singdha* and *Guru guna* nullifies the *Rookshatha* of *Vata* and it is *Balya*. It possesses *Dipana*, *Pachana*, *Vibandhahara*, and *Vatanulomana* which helps in *Samprapti vighatana*. The *Soolahara*, *Vedana sthapana* and *Sothahara* properties show *Vatapradhana tridoshahara* in nature. The list of preparations is primarily for *Vata pradhana hridroga* since *Vata* is thought to be the primary cause of this illness. The medications are widely accessible throughout Kerala.

**CONCLUSION**

Beyond all racial or geographic barriers, cardiovascular diseases are thought to be the leading cause of death in many nations. Considering, the huge burden of cardiovascular management, there has been a continuous attempt to develop drugs that delay the development and halt the progress of the disease. Regarding this, exploring the potential Ayurvedic drugs that provide maximum benefit with cost-effectiveness and minimum side effects is necessary. *Chikitsa Manjari* is a renowned book of Kerala physicians with a variety of formulations that are easily available. The present literary work reveals the usage of milk-containing formulations in *Hridroga chikitsa*. This can be advisable as a medication and nutrient supplement. The health authorities are now prescribing low-fat dietary supplements to patients. The medications in *Dhaanyakashuntyadi ksheerapaka* have antioxidant, hypolipidemic, and cardiogenic properties. Further studies involving clinical trials must be done for scientific validation. Investigating these formulations could be useful for managing *Hridroga*.

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