



Review Article

MANAGEMENT OF HRIDROGA (CVD'S)

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ABSTRACT

Hridraya is an epitome of sustenance and co-ordination to maintain Ayu. It is considered as one of the three *Marma sthana*, and is the seat of *Sarira, Buddhi, Indriya, Indriyarth, Saguna atma, Mana*, etc so, any deviation in its functioning can be tremendously bereaving. *Acharya Charaka, Sushruta, Vagbhata* and *Bhela* have been unanimous regarding *Hridaya* being the seat of *Manas* and *Buddhi*. *Hridroga* is an ocean full of disease entities. In contemporary medical system, it is known as CVD i.e., Cardio-Vascular Disease. CVDs are the leading cause of death taking an estimated 17.9 million lives in 2019 accounting for whooping 32% of all the global deaths. Most cardiovascular diseases can be prevented by addressing behavioural risk factors such as tobacco use, unhealthy diet and obesity, physical inactivity and harmful use of alcohol. These risk factors can be effectively tackled by the judicious adherence to *Dinacharya, Ratricharya, Ritucharya, Sadvritta niyamas*, etc. Even in the state of disease, compliance with *Sodhana* procedures and *Oushadhas* can lead to alleviation of disease and qualitative improvement in the state of Ayu. This article gives 360° view of *Shaman oushadhas* related to *Hridroga*, which is explained by the *Apta* in various ancient texts.

INTRODUCTION

Ayurveda is considered as science of life, which targets physical, mental, spiritual and social well-being to enhance the quality of life. *Hridaya*, literally translates from its root words as *Hri*, which means "to give," *Da*, which means "to take," and *Ya* from *yam*, which means "balance." So, it is a perfect example for the balance or sustenance. *Hridaya* is formed from the combination of essence part of the *Rakta* and *Kapha*. The contractions, conductivity, rhythm, tonicity and blood supply depends on the equilibrium of *Doshas*. *Vegadharana, Ruksha, Ushna, Snigdha* and *Athi matra ahara* and also *Avyayama* leads to the aggravation of *Doshas*, which inturn vitiates the *Rasa* present in the

heart and gives rise to pain in the heart, which is known as *Hridroga*. *Charaka* classifies *Hridroga* under 5 types on the basis of *Doshas* such as *Vataja, Pittaja, Kaphaja, Sannipataja* and *Krimija* whereas *Susrutha* says *Hridroga* is of 4 types- *Vataja, Pittaja, Kaphaja* and *Krimija*. Symptomatically *Hridroga's* are correlated to Cardio Vascular Diseases (CVDs) and treatment is adopted accordingly. CVDs are group of disorders of the heart and blood vessels and include coronary heart disease, cerebrovascular disease, rheumatic heart disease, aortic atherosclerosis and peripheral arterial disease. The industrialization of the economy with a resultant shift from physically demanding to sedentary jobs, along with the current consumerism and technology-driven culture that is related to longer work hours, longer commutes, and less leisure time for recreational activities, may explain the significant and steady increase in the rates of CVD during the last few decades. To reduce the incidence of *Hridroga*, this article focuses on the treatment aspect briefing the formulations from important Ayurvedic texts.

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Table 1: Single Drugs

S. N.	Name	Latin Name	References	Monograph
1	Akasavalli	<i>Cuscuta reflexa</i>	B.P. Chap.3/262-263, p.126	Not available
2	Amlavetasa	<i>Garcinia pedunculata</i>	B.P. Chap.6, p.204	Not available
3	Apamarga	<i>Achyranthes aspera</i>	B.P. Chap.3/217-218, p.117	Not available
4	Aklari	<i>Lodoicea maldivica</i>	A.P.I., Part 1, Vol. 4, p.1	A.P.I., Vol. 4 p.17
5	Arjuna	<i>Terminalia arjuna</i>	B.P. p.126	A.P.I., Vol. 2, p.34
6	Aragvadha	<i>Cassia fistula</i>	BP, <i>Chikitsa</i> 26/53	A.P.I., Vol. 5 p.22
7	Ardaka	<i>Zingiber officinale</i>	B.P. Chap.1/49-52, p.7	A.P.I., Vol. 2, p.12
8	Bijapuraka	<i>Citrus medica</i>	B.P. p.523	A.P.I., Vol. 3, p.51
9	Bhringaraja	<i>Eclipta alba</i>	A.P.I., Vol. 2 p.40	A.P.I., Vol. 2 p.40
10	Bhrihati	<i>Solanum indicum</i>	A.P.I., Vol. 2 p.47	A.P.I., Vol. 2 p.47
11	Chandana	<i>Santalum album</i>	Y. R., p.227	Not available
12	Cukara	<i>Rumex crispus</i>	B.P. Chap.1/ 238-239, p.49	Not available
13	Dadima	<i>Punica granatum</i>	B.P. Chap.6, p.195	A.P.I., Vol. 2, p.31
14	Dravanti	<i>Jatropha glandulifera</i>	A.P.I., Vol. 5, p.48	A.P.I., Vol. 5 p.48
15	Elavaluka	<i>Prunus cerasus</i>	B.P. Chap.2/105-106, p.71	A.P.I., Vol. 5, p.55
16	Guduchi	<i>Tinospora cardifolia</i>	B.P. Chap.3/1-9, p.75	Not available
17	Gokshura	<i>Tribulus terrestris</i>	B.P. Chap.3/44	A.P.I., Vol.1, P.67
18	Gambhari	<i>Gmelina arborea</i>	A.P.I., Vol. 2, p.69	A.P.I., Vol. 2, p.69
19	Gandhasipha	<i>Pavonia odorataa</i>	A.P.I., Vol. 6, p.90	A.P.I., Vol. 6 p.90
20	Haritaki	<i>Terminalia chebula</i>	B.P. <i>Haritakyadi varga</i> , 30-33, p.6	A.P.I., Vol. 1, p.80.
21	Hingu	<i>Ferula foetida</i>	A.P.I. Vol. 1, p.83	A.P.I., Vol. 1, p.83
22	Himsra	<i>Capparis epiaria</i>	B.P. p.513	A.P.I., Vol. 5, p.70
23	Hingupatri	<i>Ferula jaeschkeanavatke</i>	B.P. Chap.3/267-268, p.127	A.P.I., Vol. 5 p.73
24	Hrtipatri	<i>Digitalis purpurea</i>	B.P. p.576	Not available
25	Jatiphala	<i>Myristica officinale</i>	B.P. Chap.2/51-52, p.58	Not available
26	Jambira	<i>Citrus limon</i>	B.P. Chap.6, p.202	Not available
27	Karpura	<i>Cinnamomum comphora</i>	B.P. p.600	A.P.I., Vol.6, p.244
28	Kamala	<i>Nelumbo nucifera</i>	A.P.I. Vol. 3, p.126	A.P.I., Vol.3, p.126
29	Karavira	<i>Nerium indicum</i>	A.P.I., Vol. 1, p.109	A.P.I., Vol.1, p.109
30	Kattnam	<i>Cymbopogon schoenanthus</i>	B.P. Chap. 3/159-160, p.107	Not available
31	Kesaraja	<i>Wedelia chinesis</i>	A.P.I., Vol. 6, p.120	A.P.I., Vol. 6 p.120
32	Ksirakakoli	<i>Fritillaria roylei</i>	A.P.I., Vol. 5, p.136	A.P.I., Vol. 5, p.136
33	Kumudu	<i>Nymphaea alba</i>	A.P.I., Vol. 3, p.154	A.P.I., Vol. 3, p.154
34	Lasuna	<i>Allium sativum</i>	B.P. Chap.1/204-210, p.41	A.P.I., Vol.3, p.163
35	Laghu patra varsabhu	<i>Trianthema decandra</i>	A.P.I., Vol. 6, p.137	A.P.I. Vol. 6, p.137
36	Makoya	<i>Solanum nigrum</i>	B.P. Chap.3/251-252, p.123	Not available
37	Mesarngi	<i>Gymnema sylvestra</i>	A.P.I., Vol. 5, p.170	A.P.I., Vol. 5 p.170
38	Murva	<i>Marsdenia tenacissima</i>	B.P. Chap.3/249-250, p.123	A.P.I., Vol.2, p.177

39	<i>Nala</i>	<i>Lobelia cardifolia</i>	B.P. Chap.3/149, p.104	Not available
40	<i>Nagavalli</i>	<i>Piper betle</i>	A.P.I., Vol. 3 p.195	A.P.I., Vol. 3 p.195
41	<i>Nimba</i>	<i>Azadiracta indica</i>	A.P.I., Vol. 5 p.182	A.P.I., Vol. 5 p.182
42	<i>Rakta punarnava</i>	<i>Boerhaavia diffusa</i>	A.P.I., Vol. 3 p.230	A.P.I., Vol. 3 p.230
43	<i>Pashanabheda</i>	<i>Bergenia ligulata</i>	B.P. Chap.1/175-176, p.35	Not available
44	<i>Patha</i>	<i>Cissampelos pareira</i>	B.P. Chap.3/182-183, p.111	Not available
45	<i>Pippali</i>	<i>Piper longum</i>	B.P. Chap.1/53-57, p.9	A.P.I., VOL.4, P.142
46	<i>Rudraksha</i>	<i>Elaeocarpus sphaericus</i>	A.P.I., Vol. 4, p.161	A.P.I., Vol. 4 p.161
47	<i>Sugandhabala</i>	<i>Pavonia odorata</i>	B.P. Chap.2/74, p.64	Not available
48	<i>Saileya</i>	<i>Parmelia perlata</i>	A.P.I., Vol. 3, p.249	A.P.I., Vol.3, p.249
49	<i>Saliparni</i>	<i>Desmodium gangeticum</i>	Ca. chi. chap 28/ 96	A.P.I., Vol.3, p.258
50	<i>Sana</i>	<i>Crotolaria juncea</i>	A.P.I., Vol. 3 p.267	A.P.I., Vol. 3 p.267
51	<i>Swetha punarnava</i>	<i>Boerhaavia verticillata</i>	A.P.I., Vol. 5, p.253	A.P.I., Vol. 5, p.253
52	<i>Sitivaraka</i>	<i>Celosia argenta</i>	A.P.I., Vol. 6, p.181	A.P.I. Vol. 6 p.181
53	<i>Sunthi</i>	<i>Zingiber officinale</i>	B.P. Chap.1/44-47, p.7	Not available
54	<i>Tamalpatra</i>	<i>Cinnamomum tamala</i>	B.P. Chap.2/62, p.61	Not available
55	<i>Tailaparna</i>	<i>Eucalyptus globus</i>	A.P.I., Vol. 5, p.256	A.P.I., Vol. 5, p.256
56	<i>Trayamana</i>	<i>Gentiana kurroa</i>	B.P. Chap.3/247-248, p.122	Not available
57	<i>Tumburu</i>	<i>Zanthoxylum armatum</i>	A.P.I., Vol. 4, p.200	A.P.I., Vol. 4 p.200
58	<i>Tvakpatra</i>	<i>Cinnamomum cassia</i>	B.P. Chap.2/60, p.60	Not available
59	<i>Utpala</i>	<i>Nymphaea stellata</i>	A.P.I., Vol. 3, p.321	A.P.I., Vol. 3 p.321
60	<i>Varsabhu</i>	<i>Trianthema portulacastrum</i>	A.P.I., Vol. 4, p.209	A.P.I., Vol. 4 p.209
61	<i>Vanapalandu</i>	<i>Urginea indica</i>	B.P. p.607	Not available
62	<i>Vvntamlaphala</i>	<i>Garcinia pedunculata</i>	A.P.I., Vol. 6, p.231	A.P.I., Vol. 6 p.230
63	<i>Vrksmla (ripen fruit)</i>	<i>Garcinia indica</i>	B.P. Chap.6, p.205	Not available
64	<i>Vrscikakanda</i>	<i>Doronicum hookeri</i>	A.P.I., Vol. 6 p.232	A.P.I., Vol. 6 p.232
65	<i>Yamana</i>	<i>Gentiana kurroo</i>	A.P.I., Vol. 6 p.209	A.P.I., Vol. 6 p.209

Table 2: Mineral Drugs

S. No	Name of the Drug	Reference	Monograph
1.	<i>Ena shringi bhasma yoga</i>	Y. R. (U), p.48	Not available
2.	<i>Harina shringa yoga</i>	G. N. Vol. (II), <i>Sloka</i> /148, p.581	Not available
3.	<i>Mrigasrunji bhasma</i>	B.R., Vol. II, Chap.29, p.341; B.B.R.(Vol. IV) 5630, p.242; R. R. Amavata; C.D. Chap.26, p.247	Not available
4.	<i>Ratna vijaya parpati</i>	R.T.S.V.S.P.S, Chap.6, p.123	Not available
5.	<i>Tamra bhasma</i>	R. R. S. 5/65-67	A.P.I. Part 1, Vol.7, p.40
6.	<i>Yavakshara</i>	R. T 13/3-5	Not available

Table 3: Churna

S. No	Name of the Yoga	Reference	Monograph
1.	<i>Arjuna churna</i>	C.D. Chap.31, p.279	Not available
2.	<i>Arjuna twaka Churna</i>	B.R., Vol. II, Chap.33/12, p.437	Not available
3.	<i>Arjunadi churna</i>	Y. R., p.46	Not available
4.	<i>Ashwagandadi Churna</i>	S.Y. p.205	Not available
5.	<i>Bala sulari Churna</i>	S.Y. p.211	Not available
6.	<i>Beeja purakadya Churna</i>	G.N. Vol. (I), <i>Sloka/111-113</i> , p.20	Not available
7.	<i>Bhaskara lavana Churna</i>	Y. R. (U), p.35	A.F.I.(Part 2) Vol. 2, p.196
8.	<i>Chandra prabha Churna</i>	R.T.S.V.S.P.S, Chap.17, p.273	Not available
9.	<i>Dadimadi churna</i>	B.B.R.(Vol. III)2952, p.27; B.N.R. <i>Aruchi</i> , B.B.R.(Vol. III)2953, V. M. <i>Hridroga</i> , G. N. <i>Churna</i> , V. S. <i>Aruchi</i>	Not available
10.	<i>Dadimastaka Churna</i>	G.N. Vol. (I), <i>Sloka/37-38</i> , p.155	Not available
11.	<i>Drakshadichurna</i>	Y. R., p.46	Not available
12.	<i>Eladi churna</i>	B. B. R Vol. (V) 9151, p.674, Y. R- <i>Hridroga</i> , p.46	Not available
13.	<i>Eladya Churna</i>	G.N. Vol. (I), <i>Sloka (43)</i> p.156	Not available
14.	<i>Godhumadi churna</i>	B.B.R. (Vol. II) 1279, p.29; V.S. <i>Visha</i> , B.B.R. (Vol. II) 1290, p.31; V. M., B.N.R. <i>Hridroga</i>	Not available
15.	<i>Godhumarjunachurna</i>	B.R., Vol. II, Chap.33/18, p.439	Not available
16.	<i>Grahanyam patyadya Churna</i>	G. N. Vol. (II), <i>Sloka/56</i> , p.196	Not available
17.	<i>Guduchyadichurna</i>	B.B.R. (Vol. II) 1269, p.28; RRS (U) 28 th Chap.	Not available
18.	<i>Haritakyadi Churna</i>	B.R., Vol. II, Chap.33/4, p.435; G. N. Vol. (II), p.622	Not available
19.	<i>Hima ratna kara Churna</i>	R.T.S.V.S.P.S, Chap.86, p.86	Not available
20.	<i>Hingu sauvarchaladi Churna</i>	C.D. Chap.26, p.246	Not available
21.	<i>Hinguvachadi Churna</i>	S.Y. p.191	Not available
22.	<i>Hingvadi churna</i>	B.R., Vol. II, Chap.29/9, p.326; Y. R. (U), p.519, B. S. Chap.26/12-13, p.463	Not available
23.	<i>Hingwadya Churna</i>	G.N. Vol. (I), <i>Sloka/294-307</i> , p.147; C.D. Chap.30, p.270	Not available
24.	<i>Hingwastaka Churna</i>	G.N. Vol. (I), <i>Sloka/272</i> , p.186	A. F. I Part 2, Vol. 1, p.89
25.	<i>Hridaya poushtika Churna</i>	R.T.S.V.S.P.S, Chap.24, p.344	Not available
26.	<i>Hridaya churna</i>	R.T.S.V.S.P.S, Chap.224, p.349	Not available
27.	<i>Kakubadyachurna</i>	Y. R., p.48	Not available
28.	<i>Kakubhadichurna</i>	B.B.R. Vol. (I) <i>Sloka/67</i> , p.210; B.R. <i>Hridroga</i>	Not available
29.	<i>KA.P.I. Ttastaka Churna</i>	G.N. Vol. (I), <i>Sloka/35-36</i> , p.155	Not available
30.	<i>Karpooradi Churna</i>	S.Y. p.208	Not available
31.	<i>Katukadi churna</i>	B.B.R. Vol. (I) <i>Sloka/674</i> , p.218; B.N.R. <i>Jwara</i> , Y. C. 7	Not available

32.	<i>Khandava churna</i>	B.B.R. Vol. (I), <i>Sloka/1065</i> , p.323; Y. R., p.443	Not available
33.	<i>Kiratiktadichurna</i>	B.B.R. Vol. (I), <i>Sloka/707</i> , p.215; Ca. Chi. 19	Not available
34.	<i>Kumkumadichurna</i>	B.R., Vol. II, Chap.33/22-23, p.440	Not available
35.	<i>Kuterakadya Churna</i>	G.N. Vol. (I), <i>Sloka/406-410</i> , p.213	Not available
36.	<i>Lavana bhasakaraChurna</i>	G.N. Vol. (I), <i>Sloka/ 230-237</i> , p.184	Not available
37.	<i>Lavangadi Churna</i>	S.Y. p.168	Not available
38.	<i>Maha khandava Churna</i>	S.Y. p.168	Not available
39.	<i>Nagabala churna</i>	B.B.R. (Vol. III) 3416, p.167; V. M., C.D. <i>Hridroga</i>	Not available
40.	<i>Naracha Churna</i>	S.Y. p.173	Not available
41.	<i>Narayana churna</i>	Y. R. (U), p.117, C.D. Chap.37, p.317	Not available
42.	<i>Navayasa churna</i>	Y. R., p.340, C.D. Chap.8, p.107	A. F. I. Part 2, Vol. 1 p.49
43.	<i>Patadi churna</i>	B.B.R.(Vol. III)3920, p.296; G.N. Vol. (II), p.623; B.N.R. <i>Hridroga</i> , C.D. Chap.31, p.280	Not available
44.	<i>Pathyadi churna</i>	B.R., Vol. II, Chap.29/62, 63 p.297; B.S., Chap.19/7-9, p.420	Not available
45.	<i>Patoladi Churna</i>	S.Y. p.176	Not available
46.	<i>Pippalyadichurna</i>	B.B.R.(Vol. III) 3967; B.N.R. <i>Aruchi</i> , Y. R. (U) p.45, C.D. Chap.31, p.278, B.R., Vol. II, p.434; B.B.R.(Vol. III) 3969, p.307, V.S. - <i>Hridroga,Ayurveda</i> <i>Vaidyachintamani-16</i>	Not available
47.	<i>Pushkara mula Churna</i>	B.B.R.(Vol. III) 3982, p.311, V. S, G. N., B. M., B.R. Vol. II, Y.R. p.45, <i>Hridroga</i> ; C.D. Chap.31, p.279	Not available
48.	<i>Pravala makshikamishram</i>	R.T.S.V.S.P.S, Chap.10, p.180	Not available
49.	<i>Sama sarakara Churna</i>	G.N. Vol. (I), <i>Sloka/427-428</i> , p.216	Not available
50.	<i>Shahi churna</i>	R.T.S.V.S.P.S, Chap.14, p.264	Not available
51.	<i>Shuntyadya Churna</i>	G. N. Vol. (II), p.624	Not available
52.	<i>Sudarshanachurna</i>	Y. R., p.239	Not available
53.	<i>Sukshmailadi Churna</i>	B.R., Vol. II, Chap. 33/15, p.438	Not available
54.	<i>Sunthyadi churna</i>	Y. R., p.433	Not available
55.	<i>Surasadya Churna</i>	G.N. Vol. (I), <i>Sloka/167-168</i> , p.175	Not available
56.	<i>Suvarnasamakam Churna</i>	G.N. Vol. (I), <i>Sloka/99-105</i> , p.165	Not available
57.	<i>Swadamstra Churna</i>	G.N. Vol. (I), <i>Sloka/150-153</i> , p.25	Not available
58.	<i>Talisadi churna</i>	C.D. Chap.10, p.127	Not available
59.	<i>Talisadya churna</i>	Y. R., p.299	Not available
60.	<i>Talisapatra Churna</i>	S.Y. p.177	Not available
61.	<i>Tiktaka Churna</i>	G.N. Vol. (I), <i>Sloka/348-349</i> , p.203	Not available
62.	<i>Tiktakya churna</i>	B.B.R.(Vol. II)2314, p.335; V. S. <i>Hridroga</i> ,	Not available
63.	<i>Trilavana</i>	S.Y. p.189	Not available

	<i>pasugandha Churna</i>		
64.	<i>Trivruthadichurna</i>	B.B.R.(Vol. II) 2375, p.346; B.N.R. <i>Hridroga</i> ; Y. R. p.46	Not available
65.	<i>Tugadi Churna</i>	S.Y. p.170	Not available
66.	<i>Usheeradi churna</i>	B.B.R. Vol. (I) <i>Sloka</i> /491, p.167; B.N.R. <i>Sula</i>	Not available
67.	<i>Vachadi churna</i>	C.D. Chap.31, p.279	Not available
68.	<i>Vachadya churna</i>	B.B.R. (Vol. IV) 6585, p.587; G.N. Vol. (I), <i>Sloka</i> /276-279, p.191	Not available
69.	<i>Vaisvanara churna</i>	Y. R., p.569	Not available
70.	<i>Vidangadi churna</i>	B.B.R.(Vol. IV) 6615, p.595, Y.R- <i>Krimi</i>	Not available
71.	<i>Vidangadya Churna</i>	G.N. Vol. (I), <i>Sloka</i> /121, p.168	Not available
72.	<i>Vijaya Churna</i>	G.N. Vol. (I), <i>Sloka</i> /14-20, p.152; C.D. Chap.5, p.80	Not available
73.	<i>Vyoshadhi Churna</i>	G.N. Vol. (I), <i>Sloka</i> /271-274, p.190; S.Y. p.195	Not available
74.	<i>Yashtyadi churna</i>	C.D. Chap.31, p.279	Not available
75.	<i>Yavani churna</i>	H. S, Chap.6, <i>Sloka</i> /27-28, p.242	Not available
76.	<i>Yavani khanda Churna</i>	Y. R., p.443	Not available
77.	<i>Yavanyadi Churna</i>	S.Y. p.176	Not available
78.	<i>Panchasaram Mishra</i>	B.B.R. (Vol. III) 4496, p.533; B. N. R., G. N. <i>Jwara</i>	Not available

Table 4: *Kashaya's*

S.N.	Name of the Yoga	Reference	Monograph
1.	<i>Arjunadi ksheera Kashaya</i>	B.B.R. Vol. (I) <i>Sloka</i> /79, p.24; Y. R. <i>Hridroga</i>	Not available
2.	<i>Beejapurakadi Kashaya</i>	B.B.R. (Vol. III) 4591, p.558; G. N. <i>Jwara</i> , B.N.R. <i>Sannipataja</i>	Not available
3.	<i>Bharangadi Kashaya</i>	C.D. Chap.1, p.28	Not available
4.	<i>Bhargyadi Kashaya</i>	B.B.R. (Vol. III) 4794, p.618; C. D., G. N. Vol. (II), p.111 <i>Sloka</i> /450-451,	Not available
5.	<i>Bhrihatyadi Kashaya</i>	G. N. Vol. (II), <i>Sloka</i> /421-422,,p.107	Not available
6.	<i>Bhrihat visvadi Kashaya</i>	C.D. Chap.26, p.245	Not available
7.	<i>Dasamuladi Kashaya</i>	B.B.R.(Vol. III)2840, p.6; Y. R., p.48; V. M., V. S. <i>Hridroga</i>	Not available
8.	<i>Dasamuladyaa dwithiya astanga Kashaya</i>	G. N. Vol. (II), <i>Sloka</i> /419-420, p.106	Not available
9.	<i>Dasamuladyastadasanga Kashaya</i>	C.D. Chap.1, p.26	Not available
10.	<i>Dasamuli Kashaya</i>	C.D. Chap.12, p.146	Not available
11.	<i>Dashamula Kashaya</i>	B.R., Vol. II, Chap.29/38, p.335; C.D. Chap.31, p.280	Not available
12.	<i>Eranda saptaka Kashaya</i>	B.R., Vol. II, Chap.29/55, p.340; C.D. Chap.26, p.246	Not available
13.	<i>Erandadi Kashaya</i>	Y. R. (U), p.7; H. S, Chap.7/51, p.251	Not available
14.	<i>Erandamuladi Kashaya</i>	B.B.R. Vol. (I) <i>Sloka</i> /543, p.185; B.N.R. <i>Shula</i> ; Y. R., p.48	Not available

15.	<i>Errand bilwadi Kashaya</i>	S.Y. P.387	Not available
16.	<i>Guduchi Kashaya</i>	G.N. Vol. (III), p.643	Not available
17.	<i>Guduchi panchamula Kashaya</i>	C.D. Chap.1, p.30	Not available
18.	<i>Hingwadi Kashaya</i>	Y. R., p.47	Not available
19.	<i>Kaserukadi Kashaya</i>	B.B.R. Vol. (I) <i>Sloka</i> /629, p.204; B.N.R. and H. S.	Not available
20.	<i>Katphaladi Kashaya</i>	B.B.R. Vol. (I) <i>Sloka</i> /601, p.200, Ca. Chi. 26	Not available
21.	<i>Ksudradi Kashaya</i>	G. N. Vol. (II), <i>Sloka</i> /82-84, p.571	Not available
22.	<i>Maatulungarasa shigra Kashaya</i>	C.D. Chap.26, p.243	Not available
23.	<i>Maharasanadi Kashaya</i>	Y. R., p.516	Not available
24.	<i>MatulungamuladiKashaya</i>	B.R., Vol. II, Chap.29/53, p.340	Not available
25.	<i>Nagara Kashaya</i>	B.B.R. (Vol. III) 3351, p.253, B.N.R. <i>Hridroga</i> ; C.D. Chap.31, p.278	Not available
26.	<i>Nimbadi Kashaya</i>	H. S. Chap.4/25, p.231	Not available
27.	<i>Patoladi Kashaya</i>	G. N. Vol. (II), <i>Sloka</i> /518-519, p.125	Not available
28.	<i>Pushkaradi Kashaya</i>	B.B.R. (Vol. III) 3861, p.27; G. N. Vol. (II), <i>Sloka</i> /42, p.344; S.Y. P.375; C.D. Chap.11, p.138; Y. R., p.48; B.R., Vol. II, p., C. Chi. 26; B.N.R.; V. S. <i>Hridroga</i>	Not available
29.	<i>Rasanadi Kashaya</i>	R.T.S.V.S.P.S, Chap.13, p.233	Not available
30.	<i>Rodhradi Kashaya</i>	B.B.R. (Vol. IV) 5895, p.334; H. S Chap.29	Not available
31.	<i>Ruchakadi Kashaya</i>	C.D. Chap.26, p.246	Not available
32.	<i>Satyadi Kashaya</i>	C.D. Chap.1, p.27	Not available
33.	<i>Shunti kwatha</i>	B.R., Vol. II, Chap.33/6, p.435,	Not available
34.	<i>Shuntyadi Kashaya</i>	H. S, Chap.2/119, p.194; G. N. Vol. (II), <i>Sloka</i> /224-225, p.107	Not available
35.	<i>Sriparnya Kashaya</i>	C.D. Chap.31, p.278	Not available
36.	<i>Trayantyadi Kashaya</i>	S.Y. P.404	Not available
37.	<i>Trivrthadhi Kashaya</i>	Y. R., p.46	Not available
38.	<i>Vishwadi Kashaya</i>	B.B.R.(Vol. IV) 6542, p.577, V. M- <i>Sula</i> , C. D., R. R <i>Sula</i>	Not available
39.	<i>Bhargyadi Gana</i>	B.B.R.(Vol. III)4796 p.618; V. S. <i>Jwara</i>	Not available

Table 5: Taila's

S. N.	Name of the Yoga	Reference	Monograph
1.	<i>Maharudra taila</i>	B.R., Vol. II, <i>Sloka</i> /180-185, p.270	Not available
2.	<i>Prasarini taila</i>	B.B.R.(Vol. III) 4141, p.376; Y. C. 6 th Chap., B.N.R.	Not available
3.	<i>Punarnavadi taila</i>	Y. R., p.48	Not available
4.	<i>Punarnavadya taila</i>	B.B.R. (Vol. III) 4131, p.371; V. S., B.N.R. <i>Hridroga</i>	Not available
5.	<i>Sukumara Taila</i>	G.N. Vol. (I), <i>Sloka</i> /115-127, p.112	Not available
6.	<i>Syonaka Taila</i>	G.N. Vol. (I), <i>Sloka</i> /115-127, p.88	Not available
7.	<i>Vishnu taila</i>	B.R.,Vol.II, Chap.26/307-314, p.184	Not available

Table 6: Guggulu

S. N.	Name of the Yoga	Reference	Monograph
1.	<i>Astadashanga guggulu</i>	C.D. Chap.26, p.242	Not available
2.	<i>Pancha tikta ghrita Guggulu</i>	C.D. Chap.50, p.404	A.P.I. (2) Vol. 2, p.201
3.	<i>Trayodasanga guggulu</i>	B.R.,Vol.II,Chap.26/98-101,p.148; R.T.S.V.S.P.S, Chap.18, p.301; C.D. Chap.22, p.192	A.P.I. Part 2 Vol.2 p.203

Table 7: Asava

S. N.	Name of the Yoga	Reference	Monograph
1.	<i>Drakshasava</i>	Y. R., p.304	A.P.I.,Part 2, Vol.2 p.187
2.	<i>Khadirasava</i>	B.B.R. Vol. (I) <i>Sloka/1096</i> , p.333; G. N. <i>Asava</i>	Not available
3.	<i>Kharjurasava</i>	B.B.R. Vol. (I) <i>Sloka/1099</i> , p.334; G.N. Vol. (I), <i>Sloka/115-127Asava</i> , p.388	Not available
4.	<i>Kumarasava</i>	G.N. Vol. (I), <i>Sloka/115-127</i> , p.346	Not available
5.	<i>Lohasava</i>	R.T.S.V.S.P.S, Chap.10, p.191	A.P.I. Part 2 VOL.2, P.191
6.	<i>Mrigamadasava</i>	R.T.S.V.S.P.S, Chap.3, p.92	Not available
7.	<i>Mulasava</i>	G.N. Vol. (I), <i>Sloka/115-127</i> , p.379	Not available
8.	<i>Phalasava</i>	R.T.S.V.S.P.S, Chap.54, p.604	Not available
9.	<i>Punarnavasava</i>	Y. R. (U), p.131	Not available
10.	<i>Sarkarasava</i>	G.N. Vol. (I), <i>Sloka/115-127</i> , p.374	Not available
11.	<i>Trayamanasava</i>	G.N. Vol. (I), <i>Sloka/115-127</i> , p.377	Not available

Table 8: Arista

S.N.	Name Of The Yoga	Reference	Monograph
1.	<i>Abhayarista</i>	G.N. Vol. (I), <i>Sloka/115-127</i> , p.363	Not available
2.	<i>Dantyarista</i>	S.Y. P.237	Not available
3.	<i>Dhatryarista</i>	S.Y. P.242; C.D. Chap.8, p.111	Not available
4.	<i>Duralabharista</i>	S.Y. P.237	Not available
5.	<i>Kanakarista</i>	B.B.R.Vol. (I) <i>Sloka/888</i> , p.269; C. Ci. 14	Not available
6.	<i>Khadirarista</i>	S.Y. P.234	A.P.I. - 2 Vol. 2 p.189
7.	<i>Loharista</i>	B.B.R. (Vol. IV) 6299, p.497; Su. Chi. Chap. 12, R. K. D, V. S <i>Medoroga</i>	Not available
8.	<i>Padardyarista</i>	B.B.R.(Vol. III) 4150, p.381, B.R. <i>Hridroga</i>	Not available
9.	<i>Pathyadyarista</i>	B.R., Vol. II, Chap.33/75-77, p.451	A.P.I., Part 2, Vol. 2, p.191

Table 9: Ghrita

S.N.	Name of the Yoga	Reference	Monograph
1.	<i>Abhayadi ghrita</i>	B. B.R., Vol. 3, <i>Sloka/8845-8846</i> , p.582; G. N. <i>Hicca swasa</i>	Not available
2.	<i>Agatsya ghrita</i>	B. B.R., Vol. 3, <i>Sloka/8843</i> p.572; H.S. Vol. 3 Chap.6	Not available
3.	<i>Amrita prasahan ghrita</i>	R.T.S.V.S.P.S Vol. (II), p.256; S.Y.-p.419; B.R. Vol. (I) p.820	Not available
4.	<i>Arujna ghrita</i>	B.R., VOL. 2, Chap.33/74, p.451; C.D. Chap.31, p.282; B. B.R., Vol. (I), <i>Sloka/169</i> , p.61; <i>Rasa prakara sudhakar Chap.8;</i>	Not available

		<i>Bala roga jwara chikitsa</i>	
5.	<i>Baladya ghrita</i>	B.R., Vol. 2, Chap.33/63, p.451;C. D., p.134 and 282; R.T.S.V.S.P.S Vol. (II),p.345, B.R., Vol. (I), p.814	Not available
6.	<i>Beeja purodya ghrita</i>	B.R. 29/254-259, p.375	Not available
7.	<i>Bilwadi ghrita</i>	K.S., p.711	Not available
8.	<i>B.R. ihat manakadi ghrita</i>	B.R., Vol. 2, Chap.41/99 -104, p.617	Not available
9.	<i>Chitrakadi ghrita</i>	B.R., Vol. 2, Chap.42/146-147, p.673	Not available
10.	<i>Chitrakyadi ghrita</i>	G. N. Vol. (I)	Not available
11.	<i>Dadhika ghrita</i>	C.D. Chap.26, p.248,	Not available
12.	<i>Dadidadi ghrita</i>	B.R., Vol. 2, p.376, Chap.29Sloka/254-259	Not available
13.	<i>Dadikam ghrita</i>	B. B.R., Vol. 3 Sloka/3058, p.60; C.D. -Shula	Not available
14.	<i>Dadima ghrita</i>	K.S. p.711	Not available
15.	<i>Dadimadika ghrita</i>	B.B.R. Vol. 3 Sloka/59, p.60; <i>Vruha yoga Tarangini</i> 98, G. N. Ghrita, Y. R. -Gulma; V. S. -Gulma; Su. Chi. Gulma	Not available
16.	<i>Dadimadya ghrita</i>	B. B.R., Vol 3, Sloka/3055, p.57; G. N. Ghrita; Ca. Chi-Chap.20	A.P.I., Part2 Vol. 2, p.198
17.	<i>Devadarvadiya ghrita</i>	B.B.R. Vol. 3, Sloka/3067, p.63; V. S. Pandu	Not available
18.	<i>Guggulu panchatikta ghrita</i>	R.T.S.V.S.P.S, Chap.34, p.406	Not available
19.	<i>Guggulu tikta ghrita</i>	G. N. Vol. (I), pp33, 34	Not available
20.	<i>Haritakyakanta ghrita</i>	G. N. Vol. (I), p.6	Not available
21.	<i>Jivakadi ghrita</i>	B. S. Chap.19/16-17, p.421	Not available
22.	<i>Kakadanyadi ghrita</i>	B. S. Chap.26/20-23, p.464	Not available
23.	<i>Kamadeva ghrita</i>	Sa. Sa. p.119	Not available
24.	<i>Kaserukadi ghrita</i>	Y. R. (U), p.46	Not available
25.	<i>Kaserukadi sarpi ghrita</i>	B. B.R., Vol. (I), Sloka/827, p.253; Y. R.; <i>Vangasena</i>	Not available
26.	<i>Kuluthadhi ghrita</i>	B. B.R., Vol. (I), Sloka/841, p.257	Not available
27.	<i>Lasuna ghrita</i>	G. N. Vol. (I), p.39	Not available
28.	<i>Mahatikta ghrita</i>	G. N. Vol. (I), p.27; Sa. Sa., p.120;C.D. P.405	Not available
29.	<i>Pancha tikta ghrita</i>	G. N. Vol. (I), p.39	Not available
30.	<i>Panchatikta ghrita</i>	Y. R., (P), <i>Vata vyadhi chikitsa</i> , pp.542	A.P.I.Part2 Vol.2, p.80
31.	<i>Pathyadi ghrita</i>	Y. R. (U), p.48	Not available
32.	<i>Saptaprasatha ghrita</i>	C.D. Chap.9, p.120	Not available
33.	<i>Satavari ghrita</i>	B.R. Vol. (I), p.764, Chap.14	Not available
34.	<i>Sauvesara ghrita</i>	C.D. Chap.42, p.354	Not available
35.	<i>Sukanashadi ghrita</i>	B. S. Chap.26/17-19, p.463	Not available
36.	<i>Swadamstradi yoga</i>	S.Y., p.420	Not available
37.	<i>Swadamstradya ghrita</i>	Y. R. (P), <i>Rajyakshma chikitsa</i> , p.399; B.R. Vol. 2 Chap.33/69-72, p.450	Not available
38.	<i>Swasadwishabhayadi ghrita</i>	G. N. Vol. (II), p.368	Not available

39.	<i>Tejovartyadi ghrita</i>	C. D., p.148, Chap.12	Not available
40.	<i>Trayamanadi ghrita</i>	Y. R., (U) <i>Gulma chikitsa</i> , p.36;B.R. VOL. 2	Not available
41.	<i>Trayushana ghrita</i>	G. N. Vol. (I), p.32	Not available
42.	<i>Trayushnadi ghrita</i>	Y. R. (P), <i>Kasa chikitsa</i> , p.415	Not available
43.	<i>Vallabha ghrita</i>	B. S. Chap.19/11-12, p.421;G. N. Vol. (II), p.622; C.D. Chap.31, p.281; Y. R. (U), p.48, G. N. Vol. (II) p.622	Not available
44.	<i>Vasa ghrita</i>	B.R. -Vol. (I) p.761	Not available
45.	<i>Vidangadi ghrita</i>	S.Y., p.103	Not available
46.	<i>Vrihacchyamadi ghrita</i>	B.R., Vl. 2, 38/16-21, p.549	Not available
47.	<i>Vrisha ghrita</i>	S.Y., p.68	Not available

Table 10: Herbomineral Drugs

S.N.	Name of the Yoga	Reference	Monograph
1.	<i>Bhasmeshwara rasa</i>	B.B.R. (Vol. III) 4930, p.660; R. K. D. 1 st Chap.	Not available
2.	<i>Bhrihat kasturi bhairav rasa</i>	R.T.S.V.S.P.S, Chap.3, p.49	Not available
3.	<i>Bhrihat sringaarabhra rasa</i>	R.T.S.V.S.P.S, Chap.12, p.207	Not available
4.	<i>Brihat Brahmi vati kanjanikar rasa</i>	R.T.S.V.S.P.S, Chap.18, p.292	Not available
5.	<i>Chandeswara ras</i>	R. T 11/167-170	Not available
6.	<i>Chandrakanta rasa</i>	B.B.R. (Vol. II) 1961, p.240; Y. R.	Not available
7.	<i>Chiatanyadaya rasa</i>	R.T.S.V.S.P.S, Chap.52, p.557	Not available
8.	<i>Chintamani rasa</i>	B.B.R. (Vol. II) 1927, p.239, B.N.R. <i>Hridroga</i> ; B.R., Vol. II;R.T.S.V.S.P.S, Chap.24, p.343	Not available
9.	<i>Gulma kuthara rasa</i>	B.R., Vol. II, Chap.32/114, p.419; Y. R. (U), p.42	Not available
10.	<i>Hridyavarana rasa</i>	B.R., Vol. II, Chap.33/39-40, p.444; RC; Y. R., p.49	Not available
11.	<i>Kalyana sindoora rasa</i>	B.B.R. Vol. (I) <i>Sloka</i> /970, p.291; B.R. <i>Hridroga</i>	Not available
12.	<i>Kapha kujjar rasa</i>	Y. R., p.421	Not available
13.	<i>Kapha kunjara rasa</i>	R.T.S.V.S.P.S, Chap.12, p.206	Not available
14.	<i>Khanda kusmanda rasa</i>	Y. R., p.359	Not available
15.	<i>Ksayakulantaka rasa</i>	R.T.S.V.S.P.S, Chap.14, p.239	Not available
16.	<i>Lilavilasa rasa</i>	B.B.R.(Vol. IV) 6369, p.528;R. C. 9, B.R., R. C., R. K. D., B. Y. T. 122	Not available
17.	<i>Loha mrutyunjaya rasa</i>	B.R., Vol. II, Chap.41/112-116, p.619	Not available
18.	<i>Maha kalyana rasa</i>	R.T.S.V.S.P.S, Chap.54, p.594	Not available
19.	<i>Mritotthapana rasa</i>	B.B.R. (Vol. IV) 5651, p.254, R. R. S Chap.18	Not available
20.	<i>Nagarjunabhra rasa</i>	B.B.R. (Vol. III) 3634, p.236, R. K. D. 58; B.R., Vol. II, <i>Sloka</i> /65-67,p.17	Not available
21.	<i>Nava jeevan rasa</i>	R.T.S.V.S.P.S, Chap.54, p.576	Not available
22.	<i>Panchana rasa</i>	B.R., Vol. II, Chap.33/41, p.444	Not available
23.	<i>Panchasara rasa</i>	B.B.R. (Vol. III) 4268, p.412; R. C., R. R. <i>Hridroga</i> ; R.T.S.V.S.P.S,Chap.24, p.344	Not available
24.	<i>Pleehasardula rasa</i>	B.R., Vol. II, Chap.41/99-104, p.617	Not available
25.	<i>Pravalapanchamruta rasa</i>	Y. R. (U), p.43	Not available

26.	<i>Ratnakara rasa</i>	B.R., Vol. II, Chap.33/60-67, p.448	Not available
27.	<i>Sukra sanjeevan rasa</i>	R.T.S.V.S.P.S, Chap.14, p.246	Not available
28.	<i>Swasakasa chintamani rasa</i>	R.T.S.V.S.P.S, Chap.13, p.218	Not available
29.	<i>Tarakeshwar rasa</i>	R.T.S.V.S.P.S, Chap.25, p.351	Not available
30.	<i>Trinetra rasa</i>	B.B.R.(Vol. II)2726, p.482; Y. R. <i>Hridroga</i> ; B.R., Vol. II, R.K.D.; Y. R., p.49	Not available
31.	<i>Trivishtapa rasa</i>	B.B.R. (Vol. II) 2760, p.494; R. M. 3 rd Chap.	Not available
32.	<i>Vasanthatilaka rasa</i>	B.B.R. (Vol. IV) 6969, p.733; B. R- <i>Kasa</i> , R.R- <i>mishra</i> , R.R.S- <i>Rasayana</i> , <i>Dhanvantari- Vajikara</i> ,	Not available
33.	<i>Vishweshara rasa</i>	B.B.R. (Vol. IV) 7070, p.780; B. R Vol. II, Chap.33/49-51, p.446	Not available
34.	<i>Nagarjunabhram</i>	B.R., Vol. II, Chap.33/36-38, p.443	Not available
35.	<i>Satavari Mandura</i>	B.R., Vol. II, Chap.29/191-194, p.365	Not available
36.	<i>Rohitaka Lauha</i>	B.R., Vol. II, <i>Sloka</i> /117, p.620	Not available

Table 11: *Gutika/Vati*

S.N.	Name of the yoga	Reference	Monograph
1.	<i>Aarogya lavana</i>	G.N. Vol. (I), <i>Sloka</i> /115-127, p.277	Not available
2.	<i>Abhaya vataka</i>	G.N. Vol. (I), <i>Sloka</i> /115-127, p.223	Not available
3.	<i>Abhayadhya gutika</i>	G.N. Vol. (I), p.218	Not available
4.	<i>Ajamodadi vati</i>	B.R., Vol. II, Chap.29/122-126, p.307	Not available
5.	<i>Drakshadi gutika</i>	B.B.R. (Vol. III) 3007, p.40, B.N.R. <i>Grahani</i>	Not available
6.	<i>Hingu karpura vati</i>	R.T.S.V.S.P.S, Chap.3, p.65	Not available
7.	<i>Hingvadi gutika</i>	H. S, Chap.7, <i>Sloka</i> /65-67, p.253	Not available
8.	<i>Hingvadya Gutika</i>	C.D. Chap.30, p.270	Not available
9.	<i>Kalyanaka gutika</i>	G.N. Vol. (I), <i>Sloka</i> /115-127, p.249	Not available
10.	<i>Kankayana vati</i>	Y. R. (U), p.36; G.N Vol. (I), p.222,	Not available
11.	<i>Kesharadi vati</i>	R.T.S.V.S.P.S, Chap.51, p.541	Not available
12.	<i>Laghu shiva gutika</i>	G.N. Vol. (I), <i>Sloka</i> /115-127, p.255	Not available
13.	<i>Nikumbadya gutika</i>	G.N. Vol. (I), <i>Sloka</i> /115-127, p.222	Not available
14.	<i>Nirvishadi vati</i>	R.T.S.V.S.P.S, Chap.54, p.572	Not available
15.	<i>Prabhakara vati</i>	B.B.R. (Vol. III) 4452, p.512; R.S.S., R.K.D., B.R. <i>Hridroga</i>	A.P.I., Part2 Vol.3,P121
16.	<i>Pranada Gutika</i>	C.D. Chap.5, p.77	Not available
17.	<i>Sankara vati</i>	B.R., Vol. II, Chap.33/52-56, p.447	Not available
18.	<i>Sapta chatwari satika guggulu gutika</i>	G.N. Vol. (I), <i>Sloka</i> /115-127, p.273	Not available
19.	<i>Shambukadya gutika</i>	G.N. Vol. (I), <i>Sloka</i> /115-127, p.225	Not available
20.	<i>Shanka vati</i>	R.T.S.V.S.P.S, Chap.24, p.342	A.P.I.,Part 2 Vol.3 p.129
21.	<i>Shankarasa gutika</i>	B.R., Vol. II, Chap.29/89-94, p.348	Not available
22.	<i>Shiva gutika</i>	Y. R., p.375	Not available
23.	<i>Surya Chandra prabha gutika</i>	G.N. Vol. (I), <i>Sloka</i> /115-127, p.281	Not available
24.	<i>Vajra vati</i>	R.T.S.V.S.P.S, Chap.6, p.156	Not available
25.	<i>Vartaku gutika</i>	C.D. Chap.2, p.65	Not available

26.	<i>Vyosantika Gutika</i>	C.D. Chap.11, p.140	Not available
27.	<i>Chitrakadi Modaka</i>	B.B.R.(Vol. II)1746, p.157; B.N.R.Shula	Not available
28.	<i>Pathya bhallataka modaka</i>	R.T.S.V.S.P.S, Chap.40, p.467	Not available
29.	<i>Abhaya modaka</i>	S.Y. p.299	Not available
30.	<i>Talisadi modaka</i>	C.D. Chap.10, p.127, R.T.S.V.S.P.S, Chap.12, p.216	Not available
31.	<i>Tilasarpini modak</i>	B. S., p.310	Not available
32.	<i>Shuntyadi mishraka louha</i>	H. S, Chap.8/16-18, p.257	Not available

Table 12: Leha/Avaleha

S. N.	Name of the Yoga	Reference	Monograph
1.	<i>Abhayadi leha</i>	B.B.R. Vol. (I), <i>Sloka/142</i> p.46, Y. R Amlapitta Chap.	Not available
2.	<i>Amrutha prasaha avaleha</i>	G.N. Vol. (I), <i>Sloka/115-127</i> p.336	Not available
3.	<i>Agastyaharitaki paka</i>	Y. R., p.414, H. S, Chap.9/63-64, p.269	Not available
4.	<i>Bhargyabaya avaleha</i>	G. N. Vol. (II), <i>Sloka/ 81-84</i> , p.343	Not available
5.	<i>Bilwadi lehya</i>	<i>Basava rajeeyam</i> , p.341	Not available
6.	<i>Chandana avaleha</i>	G.N. Vol. (I), <i>Sloka/115-127</i> , p.345	Not available
7.	<i>Chandravalehya</i>	B.B.R. (Vol. II) 1751, p.159, G. N. <i>Leha</i>	Not available
8.	<i>Chyavanprasha avaleha</i>	H. S, Chap.9 <i>Sloka/47-48</i> , p.267; S.Y. P.271	A.P.I.,Part2,Vol p.58
9.	<i>Danti haritakya avaleha</i>	G.N. Vol. (I), p.311 <i>Sloka/115-127</i>	Not available
10.	<i>Kameswari leha</i>	S.Y. P.294	Not available
11.	<i>Kanta karya avaleha</i>	G.N. Vol. (I), <i>Sloka/115-127</i> , p.322	Not available
12.	<i>Kantakari leha</i>	B.B.R.Vol. (I) <i>Sloka/783</i> , p.236: Y. R, <i>Vanga sena-kasadhikara</i>	Not available
13.	<i>Kantakarya avaleha</i>	G.N. Vol. (I), p.322 <i>Sloka/115-127</i>	Not available
14.	<i>Koutajadi guda</i>	S.Y. P.268	Not available
15.	<i>Kushmanda avaleha</i>	H. S, Chap.10, p.288 <i>Sloka/54-63</i>	Not available
16.	<i>Kushmandaguda kalyanaka</i>	C.D. Chap.2, p.70	Not available
17.	<i>Laghu chyavanprasaha Avaleha</i>	G.N. Vol. (I), <i>Sloka/115-127</i> , p.337	Not available
18.	<i>Pippaladhya avaleha</i>	G.N. Vol. (I), <i>Sloka/115-127</i> , p.338; Y.R.p.407	Not available
19.	<i>Pippaliguda avaleha</i>	G.N. Vol. (I), <i>Sloka/115-127</i> , p.330	Not available
20.	<i>Pippali paka</i>	Y. R., p.236	Not available
21.	<i>Salama Paka</i>	Y. R. (U), p.89	Not available
22.	<i>Purana guda</i>	Y. R., p.111	Not available
23.	<i>Rajaparavar avaleha</i>	B.B.R.(Vol. IV) 6144, p.447, R.R.S.Prameha	Not available
24.	<i>Vasa haritakya avaleha</i>	G.N. Vol. (I) <i>Sloka/115-127</i> , p.311	Not available
25.	<i>Vyaghriyadi leha</i>	S.Y. P.281	Not available
26.	<i>Vasantodaya paka</i>	R.T.S.V.S.P.S, Chap.54, p.586	Not available
27.	<i>Vyosadya avalehya</i>	<i>Basava rajeeyam</i> p.393	Not available

Table 13: Yoga's/Prayoga

S. N.	Name of the Yoga	Reference	Monograph
1.	<i>Arjuna swayoga</i>	G. N. Vol. (II), <i>Sloka/16</i> , p.620	Not available
2.	<i>Arjuna yoga</i>	G. N. Vol. (II), <i>Sloka/21</i> , p.621	Not available

3.	<i>Arjunaadi kseera yoga</i>	C.D. Chap.31, p.279	Not available
4.	<i>Beejaapura Rasayoga</i>	G. N. Vol. (II), <i>Sloka/71</i> , p.569	Not available
5.	<i>Dasamula yoga</i>	G. N. Vol. (II), p.621	Not available
6.	<i>Drakshadi yoga</i>	Y. R. (U), p.9	Not available
7.	<i>Hingwadi yoga</i>	G. N. Vol. (II), p.621	Not available
8.	<i>Kapittha yoga</i>	G. N. Vol. (II), p.624	Not available
9.	<i>Katukadi yoga</i>	Y. R., p.48	Not available
10.	<i>Khanda pippali yoga</i>	Y. R. (U), p.10	Not available
11.	<i>Madhusarpiradi yoga</i>	B.B.R.(Vol. IV) 5692, p.271; V. M- <i>Jwara</i> Chap.	Not available
12.	<i>Matulungadi yoga</i>	B.B.R.(Vol. IV)5024, p.12; V. M- <i>Sula</i> , Y. R- (U), p.8, <i>Shula</i> ; B. N. R <i>shula</i>	Not available
13.	<i>Mrgashringa bhasma prayoga</i>	C.D. Chap.31, p.281	Not available
14.	<i>Nagabala arjuna prayoga</i>	C.D. Chap.31, p.280	Not available
15.	<i>Parswashula hara yoga</i>	R.T.S.V.S.P.S, Chap.22, p.335	Not available
16.	<i>Pippalayadya yoga</i>	B.B.R. (Vol. III) 3971, p.308, G. N. <i>Hridroga</i> , Vol. (II), p.624	Not available
17.	<i>Pushkaramula yoga</i>	G. N. Vol. (II), p.620 <i>Sloka/20</i>	Not available
18.	<i>Sauvarchaladi yoga</i>	G. N. Vol. (II), p.623	Not available

DISCUSSION

Life is possible only with the coordination of all the three *Doshas*, *Dhatu*s, and *Malas*. According to *Charaka* and *Susrutha*, *Hridaya* is the *Moola* of *Pranavaha srotas* and *Rasa vaha srotas*, it can be correlated to the functioning of pulmonary and circulatory systems. The most important behavioural risk factors of heart disease and stroke are unhealthy diet, physical inactivity, tobacco use and harmful use of alcohol. Other determinants of CVDs include poverty, stress and hereditary factors. *Hridroga nidana* itself is complex, this *Nidana* leads to the formation of *Ama* which can be understood as atherosclerotic plaque or thrombo-embolism. This build-up of plaque causes *Sanga* type of *Srotodushti* of *Rasavaha*, *Rakta vaha* and *Prana vaha srotas*. This *Srotodushti* manifests in the malfunctioning of *Hridaya* which untimely deteriorates the quality of lifestyle and takes away the *Prana* (life). Role of all the *Doshas* i.e., *Tridosha* is vital in the pathogenesis of *Hridroga*; among them too *Vata* is predominantly responsible. The dominancy of *Dosha* also depends upon the type of *Hridroga*. So, drugs having *Hridya* property like *Arjuna*, *Karpura*, *Hritpatri*, *Vana palandu*, *Tambula*, *Karavira*, *Pita Karavira*, *Taruni*, etc are used in it. *Arjuna* is having *Kapha-pitta samana* property due to its *Kashaya rasa*, *Laghu*, *Ruksha guna* it suppresses *Kapha dosha* while because of *Shita virya*, the *Pitta dosha* is suppressed. Also, due to the *Kashaya rasa* and *Ruksha guna* the suppression of *Medo dhatu* takes place which remains the main culprit in the formation of plaque. Prevention of *Hridroga* is by addressing behavioural risk factors such as tobacco use, unhealthy diet and obesity, physical inactivity and

harmful use of alcohol which can be easily obtained by compliance with the life style modification *Niyamas* like *Dinacharya*, *Ratricharya*, *Ritucharya* and *Sadvritta palana*. By these pathways, world can march towards the *Swasthya hridaya*. Treatment of *Hridroga* by the use of correct formulation not only targets the *Samprapthi* of the disease, but it also targets the underlying cause such as hypertension, diabetes and high blood lipids which further reduces cardiovascular risk and prevents heart attacks and strokes among people.

CONCLUSION

Hridroga is complicated in terms of diagnosis and management, identifying those at highest risk of *Hridroga* and ensuring they receive appropriate treatment can prevent premature deaths. It is evident that Ayurveda possesses vast number of formulations for *Hridroga*, This ancient treasure should be put through various trials for the generation of evidence to provide benefit to *Hridrogis* all around the globe. This article is a small effort in the classification of mentioned drugs into single drugs, mineral drugs, *Churnas*, *Ghrita*, *Vati*, *Tailas*, *Asava*, *Arista* and *Guggulu*. Access to these formulations compiled from the *Apthas* can reduce the burden for researchers who are going to contribute in the field of *Hridroga*.

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