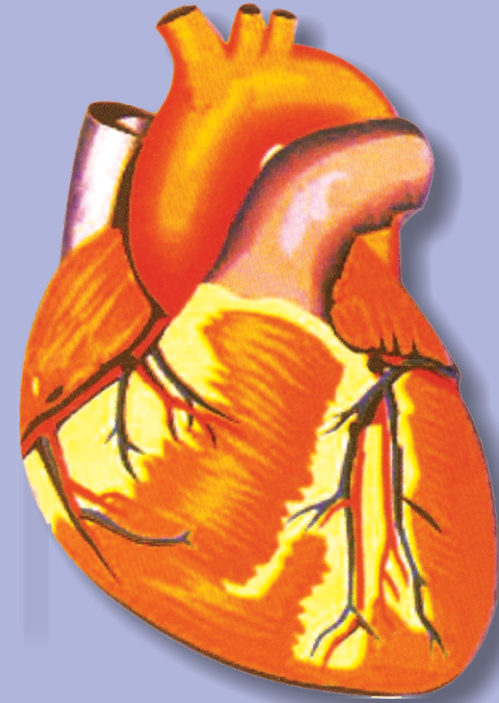


HRIDROGA

CORONARY HEART DISEASE (CHD)



Further information can be obtained from :

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Central Council for Research in Ayurvedic Sciences
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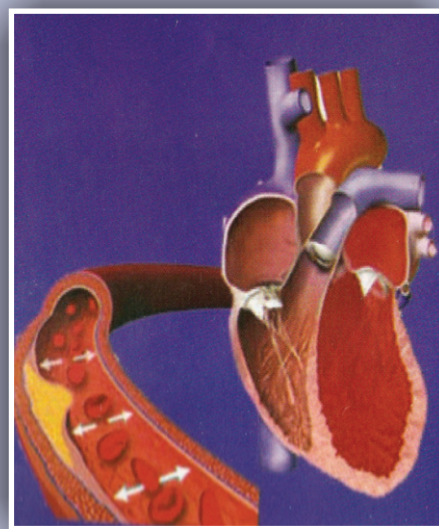


CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
Government of India

What is Hridroga (CHD) ?

Vitiated Doshas in the heart afflict the Rasa Dhatu to produce pain in the Cardiac region.

Coronary Heart disease is a form of Hridroga caused by obstruction of blood supply to heart as a result of vitiation of all the three Doshas (Sannipataja).

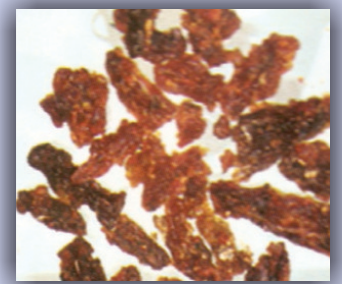


How it is managed though Ayurveda ?

Management depends upon the predominant 'Dosha' In general following therapies are advised

- Langhana (Fasting therapy)
- Panchakarma like Emesis etc.

Symptomatic treatment with established Hypolipidemic and anti-anginal drugs are useful e.g. Pushkaramula (*Inula racemosa*) & Guggulu (*Commiphora wightii*)



What are the causes ?

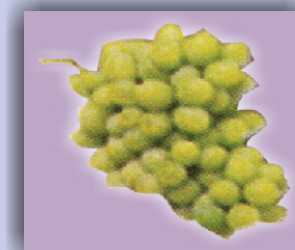
Dietary as well as life style factors have been mentioned as causative agents for Heart diseases (Hridroga) in Ayurveda viz.

- Stress due to Physical & Emotional Factors
- Intake of food before digestion of previous food
- Suppression of Natural urges

What are its manifestations ?

Clinically, CHD can be manifested as one or all of the following

- Severe chest pain/Angina pectoris
- Breathlessness
- Discoloration
- Nausea

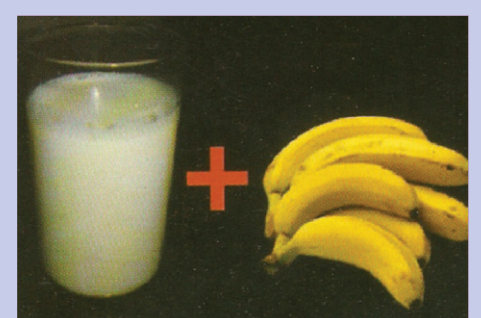


✓ DOs (Pathya)

- Intake of certain food articles like old rice, Green gram, Dolichos Beans (Kulattha), White gourd, Ginger, Garlic, Onion and Guda (Jaggery)
- Fruits like pomegranate and grape fruits, Coconut etc. are specially useful
- Meditation and Yoga

✗ Don'ts (Apathya)

- Incompatible foods like milk & fish,
- Banana and milk are to be avoided
- Anger, worry & fear are to be avoided
- Suppression of natural urges are to be avoided



CCRAS Contribution :

- Development of "Pushkara Guggulu" and clinical study to evaluate its anti-anginal and Hypolipidemic effect
Ref.: JRAS Vol. XII, No. 1-2, pp. 1-18