

**A CONCEPTUAL STUDY OF HARITAKYADI GHRITA
(TERMINALIA CHEBULA FORMULATION) IN GERIATRICS
HAVING VATAJ HRIDROGA (HEART DISEASE)**

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Article Received on
21 February 2018,

Revised on 13 March 2018,
Accepted on 04 April 2018,

DOI: 10.20959/wjpr20188-11846

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ABSTRACT

Hridroga (heart disease) is the important disease described in Ayurveda. Vataj Hridroga is one of the type of Hridroga Vyadhi. Hritshunya Bhava, Hrit-Shosha, Bheda and Stambha, Moha-Murccha are the symptoms of Vataj Hridroga. It is mainly due to the vitiation of Vata. Shaman Chikitsa is the best remedy for better management of Vataj Hridroga. As it is Vatapradhan, Shodhan is contraindicated. Acharya Charak mentioned Paan of Haritakyadi Ghrita prepared with the Kalka of Haritaki, Shunthi, Pushkarmula, Vayastha, Kayastha, Saindhav and Hingu in Vataj Hridroga. **Materials** -used to be Classical literature regarding Vataj Hridroga and Haritakyadi Ghritapaan from Charak Samhita. **Methods**- Drugs used for preparation of Haritakyadi

Ghrita from Bhavaprakasha Nighantu. **Observations**- Literature regarding Nidana, Samprapti, Rupa of Vataj Hridroga, Haritakyadi Ghritapaan and drugs. **Conclusion**- Haritakyadi Ghritapaan is effective treatment of Vataj Hridroga. This Yog can be used in the management of Vataj Hridroga.

KEYWORDS: *Vataj Hridroga, Haritakyadi Ghritapaan.*

INTRODUCTION

Hridaya (Heart) is a vital part of all human beings. Its proper functioning is the indicator of overall health and well-being. Hridroga (heart disease) has been mentioned under the “*Trimarmeeya Chikitsa Adhyay*” by Acharya Charaka (Ca.Ch.26/78). There are total 107 *Marmas* mentioned by Acharya Charaka in *Sharirsthan* (Ca.Sh.7/14). These are divided into

Mamsamarma, Siramarma, Snayumarma, Asthimaram and Sandhimaram. Out of these Hridaya is considered as a *Siramarma*. As it is a *Marma*, the disease produced in this region is considered as a “*Prananashak*”. Hence it is very important to take care about the normal functioning of *Hridaya*.

Ativyayam, Teekshna Aahar, Ativirechan or Basti Upakrama, Chinta, Bhaya, Trasa (frightening), Chikitsa Mithyayoga, Atyadhik Chardi, Aamdosha, Dharan of Adharneeya Vega, Krushatajanya Aahar Sevan, Aaghat on Hridaya region are the causative factors for Hridroga Vyadhi (Ch.Su.17/30-40).

Vaivarnya, Murccha, Jwara, Kasa, Hikka, Shwas, Aasyavairasya, Trushna, Moha, Chardi, Kaphotklesha, Hrut-Vedana, Aruchi are the common symptoms of *Hridroga Vyadhi* (Ch.Chi.26/78).

It is mainly due to the vitiation of *Vata Dosha*. According to *Acharya Sushruta*, he considered old age 70 years above whereas *Acharya Charaka*, has considered old age 60 years above. In this age, because of the predominance of *Vata Dosha* and diminished *Kapha*, the symptoms of *Vataj Hridroga* are produced Viz: *Hritshunya Bhava, Hrit-Shosha, Bheda* and *Stambha, Moha-Murccha*. (Ch.Chi.26/78).

Ayurvedic treatment of diseases in general can be broadly divided into *Shodhan* and *Shaman Chikitsa*. *Acharya Charak* has mentioned the *Chikitsa* of *Vataj Hridroga* as *Paan* and *Abhynga* of *Amla Dravya Siddha Tail* or *Punarnavadi Tail* (Ch. Ch.26/81,82).

He also mentions the *Haritakyadi Ghritapaan* in the symptoms of *Vataj Hridroga* (Ch. Ch.26/83). The medicines used in the form of *Kalka* for the preparation of *Grita* are *Haritaki, Shunthi, Pushkarmula, Vayastha (Guduchi), Kayastha (Aamalaki), Saindhav* and *Hingu*.

AIM AND OBJECTIVES

1. Literary study about *Vataj Hridroga Vyadhi* and *Gritapaan in Shaman Matra*.
2. Literary study about *Yoga of Haritakyadi Grita*.
3. Literary study about the effect of *Haritakyadi Gritapaan in Vataj Hridroga*.

MATERIALS AND METHODS

1. Literary Review of *Vataj Hridroga i.e. Nidana*, and *Rupa* was studied from *Charak Samhita*.

2. Review of Drugs used in *Haritakyadi Grita* i.e. Properties and *Karmukta* of each drugs was studied from *Charak Samhita* and *Bhavprakash Nighantu*
3. Collection of all the references was done and correlation between the data was done by using *Yukti Pramana* (logical inferences).

OBSERVATIONS

In Literary Review we observed following observations:

1) *Nidana & Samprapti* of '*Vataj Hridroga*'

Ativyayam, *Teekshna Aahar*, *Atiyog* of *Virechan* and *Basti Upakrama*, *Chinta*, *Bhaya*, *Trasa* (frightening), *Atyadhik Chardi*, *Aamdosha*, *Dharan* of *Adharneeya Vega*, *Krushatajanya Aahar Sevan*, *Aaghat* on *Hridaya* region are the causative factors for *Hridroga Vyadhi* (Ch.Su.17/30-40). Due to these factors *Vata* gets vitiated and accumulate at *Hrit* region.

2) *Rupa* (Symptoms and Signs)

Hritshunya Bhava, *Hrit-Shosha*, *Bheda* and *Stambha*, *Moha-Murccha* are the symptoms of *Vataj Hridroga* (Ch.Chi.26/78).

3) *Gritapaana* (*Snehapaan*) Procedure Review

The process in which *Sneha* is ingested internally is called as *Snehapaan*. When *Sneha* is given for *Rogashamanartha* then it is called as *Shaman Sneha*. It is given before meal. *Ghrita* is one type of *Uttam Sneha*. It acts on *Pitta* and *Vaat Dosha*. It also acts as a *Vayasthapan*. (Ch. Su. 13/41-43). *Sushrutacharya* mentions that *Ghrit* can be given in *Vatapitta Pradhan* disease and as a *Vayasthapan* in old age. (Su. Ch.31/15).

4) Drug Review: *Charak* has mentioned *Haritakyadi Ghritapana* is the best treatment modality for *Vataj Hridroga*. Drugs used in this *Yoga* are *Haritaki*, *Shunthi*, *Pushkarmula*, *Guduchi*, *Aamalaki*, *Saindhav* and *Hingu*.

PROPERTIES OF EACH DRUG

Properties of *Haritaki* (*Terminalia Chebula*)

Haritaki is *Pancharasatmak* having *Madhur*, *Amla*, *Katu*, *Kashay* and *Tikta Rasa*. It acts as *Tridoshashamak*. It is *Agnideepak*, *Medhya*, *Rasayani* and *Anulomak*. It acts on *Shwas*, *Kasa*, *Prameha*, *Arsha*, *Kushtha*, *Shotha*, *Udar*, *Krimi*, *Grahane*, *Vishamjwara*, *Gulma*, *Aadhman*, *Trushna*, *Chardi*, *Hikka*, *Kandu*, ***Hridroga***, *Kamala*, *Shula*, *Aanah*, *Pleeha*, *Yakruta*, *Ashmari*, *Mutrakruccha* and *Mutragehat* (*Bh.P.N.Haritakyadivarg* 1/19-22).

Properties of *Shunthi* (*Gingiber Officinalis*)

Shunthi is *Katu Rasatmak*, *Snigdha*, *Madhur Vipaki* and *Kapha- Vata Shamak*. It acts on *Vibandha*, *Chardi*, *Shwas*, *Shula*, *Kasa*, **Hridroga**, *Shleepad*, *Shotha*, *Arsha* and *Aanah* (*Bh.P.N. Haritakyadivarg 1/44-48*).

Properties of *Pushkarmula* (*Indula Racemosa*)

It is *Katu-Tikta Rasatmak*, *Ushna*, *Anulomak*, *Mutrajanan*, *Shothaghna*, *Vranaropak*, *Virechak* and *Vamak*. It acts on *Shwas*, *Kasa*, *Parshwashula*, *Aruchi*, (*Bh.P.N.Haritakyadivarg 1/174*).

Properties of *Vayastha* (*Guduchi*) (*Tinospora Cordifolia*)

It is *Katu*, *Tikta* and *Kashay Rasatmak*, *Madhur Vipaki*, **Rasayan**, *Sangrahi*, *Balakararak*, *Agnideepak*. It acts on *Tridosh*, *Aamsanchiti*, *Daha*, *Meha*, *Kasa*, *Pandu*, *Kamala*, *Kushtha*, *Vatarakta*, *Jwara*, *Krimi*, *Arsha*, *Mutrakruccha* and **Hridroga** (*Bh.P.N.Guduchyadivarg 8-10*).

Properties of *Kayastha* (*Aamalaki*) (*Emblika Officinalis*)

It is *Amla*, *Madhur* and *Kashay Rasatmak* and *Tridoshashamak*. Dry *Aamalaki* is *Grahee*, *Sheetal*, *Deepan*, and *Raktastravrodhak*, *Smriti-Medha-Kanti Vriddhikar*. It acts on *Shwas*, *Kasa*, *Kshay*, *Pandu* and *Agnimandya*. (*Bh.P.N.Haritakyadivarg 1/39-41*).

Properties of *Saindhav* (Rock Salt)

Saindhav is *Sukshma*, *Laghu* and *Snigdha*. It is *Agnideepak*, *Pachak*, *Ruchivardhak*, *Netrya* and *Tridoshashamak*. (*Bh.P.N.Haritakyadivarg 1/241*).

Properties of *Hingu* (*Ferula Northax*)

It is *Teekshna*, *Pachak* and *Vata- Kapha Shamak*. It acts on *Shula*, *Gulma*, *Aanah*, *Udargata Vyadhi* and *Krimi*. (*Bh.P.N.Haritakyadivarg 1/100-101*).

DISCUSSION

- *Vataprakopakara Aaharaj* and *Viharaja Nidana* like *Ativyayam*, *Teekshna Aahar*, *Virechan* or *Basti Atiyog*, *Chinta*, *Bhaya*, *Trasa* (frightening), *Chikitsa Mithyayoga*, *Atyadhik Chardi*, *Aamdosha*, *Dharan of Adharneeya Vega*, *Krushatajanya Aahar Sevan*, *Aaghat* on *Hridaya* region are responsible factors for *Vataprakopa* and production of

Rukshatwa in Hriday region. These Nidanas are also responsible for Dushti of Rasa Dhatu and Sadhak Pitta which plays major role in pathogenesis of Vataj Hridroga.

- Shaman Sneha (Gritapaan) –In Vataj Hridroga vitiation of Vata dosha is the main criteria. The vitiated Vata merges with Sadhak Pitta and produce Symptoms of Vataj Hridroga. Ghritapaan is beneficial for Vata dosha and also for Pitta Dosha. Ghritapana softens the Rukshatwa of Vata dosha. (Ch.Su.25/40). In Vata Upakrama Snehan (Abhyantar and Bahyya) is advised. (A.H.Su.U.13/1). By Ghritapana, Vata & it's different varieties are gets normalize. (Ch.Su.20/16). As Hridaya is a Sthan of Sadhak Pitta, it also gets normalized by the use of Ghrita. Shaman Sneha can be given in geriatrics which subsides the vitiated Vata.
- Haritakyadi Ghrita Karmuktwa- Charakacharya stated that, in Vataj Hridroga Haritakyadi Ghrita should be used as a Shaman Sneha. The drugs used in this Ghrit are Haritaki, Shunthi, Pushkarmula, Vayastha, Kayastha, Saindhav and Hingu having the properties like Tridosahara, **Hridya**, Sara, Sukshama and Snigdha,. Due to these properties vitiated Doshas gets normalised.
- When Doshas get normalized there is Lakshanopshay in Vataj Hridroga Vyadhi.

CONCLUSION

- 1) *Haritakyadi Ghritpaan* can be safely used in geriatrics.
- 2) The reduction in signs and symptoms of *Vataj Hridroga* can be achieved by *Haritakyadi Ghrit* as a *Shaman Sneha*.

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