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Evaluation of *Hridya Mahakashaya* of *Charak Samhita* in CVS :- A Literary Review

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ABSTRACT:

Hridya Mahakashaya denotes group of ten medicines, Which act on cardiovascular diseases . *Hridya Mahakashaya* is the 10th *gana* of the 50 *Mahakashaya gana* described in fourth chapter of *Sutra Sthana* of *Charak Samhita* and includes *Amra*, *Amratak* , *Lakuch* , *Karmarda* , *Virkshamla*, *Amlavetas*, *Kuval*, *Badar*, *Dadim* , *Matulunga* ten ingredients. These 10 plants are work together and give enhanced effect . They are also effective individually . All ten drugs are *Amla Rasa pradhana* { sour in test } and rich source of vitamin c. Vitamin c is proved to be a potent Antioxidant as well as a good stress buster. These plants having *Amla* , *Madhura Ras* , *Guru* , *Ruksha guna* , *Ushana Virya* , *Amla Vipaka* and *Tridoshaghana* properties.

Keywords- *Hridya Mahakashaya* , cardiovascular disease , *Amla Rasa* , Antioxidant.

INTRODUCTION

Hridya mahakashaya is group of 10 dravyas which act on CVS [cardiovascular diseases]. Cardiovascular diseases pose an alarming threat to global health. According to *Ayurveda*, *Hriday* is the best place of *Chetmayata* (consciousness) and *oja*. *Charak* has stated that heart is the seat of *Pranavaha srotas* and *Rasavaha srotas*.¹ *Rasavaha srotas* is responsible for converting the *Aahar Rasa* to *Rasa Dhatu* and providing nourishment to all other body constituents and *Pranvaha srotas* is responsible for uninterrupted supply of the *Ambarapeeyush* (oxygen) through breathing. *Rasa Dhatu* is the first tissue emerging out of the nutritive fluid *Aahar Rasa*. *Rakta* circulates with *Rasa* all over the body and is responsible for *Jeevan Karma*, sustaining the life processes by supplying *Prana* to all body constituents. *Rasa-rakta*

complex is essential for the continuation of life. The human body is nourished by *Shuddha Rakta* circulated by *Hridaya* with the help of *vyana vayu*.² *Acharya Charak*, classified the drugs based on their pharmacological action in fifty *Mahakashaya* (class). One of them is *Hridya mahakashaya* the group of ten drugs which are beneficial for heart.

Table 1:- *Hridya Mahakashaya Dravya*-³ Table 2 :- Properties & action of *Hridya Mahakashaya*⁴

These 10 *dravyas* [drugs] comprising *Hridya Mahakashaya* majorly has *Madhura*, *Amla*, *Kashay rasa* , *Ruksha-Laghu guna*, *Ushana Veerya*, *Madhura-Amla Vipaka* and *Tridosh shamak* Properties responsible in *Sampraptio Vighatana* [break the etiopathogenesis] of CVS. These *Hridya* drugs works by virtue of their '*Rasa*'. *Amla rasa* is also claimed



to nourish the heart . It is proven that certain phytoconstituents present in these herbs help to maintain a healthy state of blood vessels including coronary arteries. These drugs are beneficial to heart as well as mind and helps in reducing the stress. These drugs are useful in maintaining cardiac health. The Critical analysis of these drugs in the treatment of *Hridyoga* indicates they have a crucial role in the management of cardiac as well as CVS.

MATERIAL & METHODS

Conceptual study of *Hridya Mahakashaya* was taken from an *Ayurvedic* texts, *Samhitas* and *Nighantus*, different text books of *Dravyaguna*.

Researchers' studies on these herbs' pharmacological effects have also been compiled.

Aetiology -

The Etiological factors of *Hridroga*, according to *Ayurveda* is the mode of food intake and the way of living one's own life.

1. Dietetic factors – *Usna*(hot), *Guru*(heavy), *Ruksha*, *Kashaya*, *Tikta*, *Madhura*, *Amla rasa sevana* (consuming astringent and bitter food) *Aahar sevana*.

2. Somatic factors - *Srama* (Physical exertion), *Vegadharana* (Suppression of urges), *Abhighata* (Injury), *Ativirechana* (Excessive purgation) *Vihar sevana*.⁵

3. Psychological factors - *Chinta* (Anxiety), *Bhaya* (fear), *Shoka*, *Kroda* (angry), *Mada* (Psychy).

✓ *Vagbhata* states the etiological factors of *Hridroga* are similar to that of *Gulma roga*.⁶

Pathogenesis –

According to Ayurveda – The vitiate of *Agni* followed by the formation of *Ama* cause diseases. The same concept is applicable to *Hridroga*. Due to *ama*, *tridoshas* get vitiated these further vitiate *Rasa vaha srotas*. As *Hridaya* is the seat of *Rasavaha srotas*, *Doshas* reach *Hridaya* by *Rasavaha Srotas* and produce *Hridroga*.

According to Medical Science - Common causes of heart diseases are Food containing a large amount of fat, cigarette smoking, stress, hypertension, diabetes, obesity and sedentary lifestyle. The most important behavioural risk factors of heart disease and stroke are unhealthy diet, physical inactivity, tobacco use and harmful use of alcohol. The effects of behavioural risk factors may show up in individuals as raised blood pressure, raised blood glucose, raised blood lipids, and overweight and obesity. These “intermediate risks factors” can be measured in primary care facilities and indicate an increased risk of heart attack, stroke, heart failure and other complications like

Cardiovascular disease. CVD[cardiovascular disease] generally refers to conditions that involve narrowed or blocked blood vessels that can lead to heart Attack, Angina or stroke. Other conditions , such as those that affect heart muscles, valves or rhythm, are also considered as forms of heart disease.⁷

Sign & Symptoms of CVS-

1) Abnormal heart rhythms may include –

- a) Pounding or racing heart
- b) Chest pain
- c) Sweating
- d) Lightheadedness
- e) Shortness of breath

2) Heart valve disease may include -

- a) Dizziness
- b) Tiredness
- c) Chest pain
- d) Heart murmur
- e) Shortness of breath

3) Heart Pumping difficulties include –

- a) Swelling in your lower body
- b) Exhaustion
- c) Shortness of breath

Table 3 : Shows chemical constituents and pharmacological properties –^{8,9}

DISCUSSION

The medication indicated in the drug review for *HRIDYA MAHAKSHAY* is a known rich source of antioxidants. The results are consistent with the *hridaya* property, which our ancient *acharyas* stated protected and promoted heart health. The necessity of the hour is to conduct research on drugs like these that primarily target organs while having less deleterious side effects. Since oxidative stress is the primary cause of CVDs, the majority of them, including *Amra*, *Dadima*, *Amalvetas* etc., are inexpensive and easily accessible nutritional fruits that can play a significant part in the treatment of *hridaya roga* in a preventive manner. Numerous investigations have shown that the majority of them have hemodynamic, anti-apoptotic, anti-apoptotic, antioxidant, and anti-inflammatory characteristics. Thus, it has been demonstrated that the mechanism of these fruits, which acts as a free radical scavenger in antioxidative stress, prevents and reverses CVD.¹⁰

CONCLUSION

Cardiovascular disease-related mortality and morbidity is now a global problem. Through preventive and curative

measures, *Ayurveda* provides effective management solutions for CVD. Organ targeting research and medications with reduced harmful effects are urgently needed. Vitamin C is abundant in *Hridya Mahakashaya* medicines. Vitamin C reduces artery inflammation, decreases cholesterol, strengthens the immune system, and lowers blood pressure. These drugs contain phytochemicals such as alkaloids, polyphenols, glycosides, triterpenoids, tannins, flavonoids, and beta carotene, which act as potent antioxidants, anti-inflammatory agents, immune-modulatory, antidiabetic, anxiolytic, and anti-microbial agents, reducing oxidative stress and inflammation, which is a major cause of CVDs. According to *Ayurveda* *Amla rasa* perform the function of *deepana*, *Pachana* and *Vatanuloma* and brings the vitiated *doshas* to normal state by breaking the pathophysiology of *hridya roga*.¹¹ Even in today's world, the majority of medications are readily available. After studying the aforesaid facts, the efficacy of *Hridya Mahakashaya* in *hridroga* has been proven on the basis of both *Ayurvedic* and modern fundamentals.

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Table 1:- *Hridya Mahakashaya Dravya*-

S. no.	Name	Botanical name	Family	English name	Useful part
1.	<i>Aam</i>	<i>Mangifera indica</i> Linn.	<i>Anacardiaceae</i>	Mango	Bark , stem , fruit Flower, Beejmajja
2.	<i>Amratak</i>	<i>Spondias mangifera</i> Willd	<i>Anacardiaceae</i>	Wild Mango	Fruit, Beejmajja
3.	<i>Lakoocha</i>	<i>Artocarpus lakoocha</i> Roxb.	<i>Moraceae</i>	Monkey jack	Fruit, flower, stem, Leaves
4.	<i>Karamarda</i> (<i>Karonda</i>)	<i>Carissa carandas</i> Linn.	<i>Apocynaceae</i>	Carandas plum	Fruit
5.	<i>Vrikshamla</i>	<i>Garcinia indica chois</i>	<i>Guttiferae</i>	Kokam butter tree	Fruit, Root bark
6.	<i>Amlavetas</i>	<i>Garcinia pedunculata</i> Roxb.	<i>Guttiferae</i>	Bor- Thekera	Fruit
7.	<i>Kuval</i>	<i>Zizyphus jujuba</i> Lam.	<i>Rhamnaceae</i>	Plum[Chinese Jujube]	Fruit
8.	<i>Badar</i>	<i>Zizyphus Sativa</i> Gaertn	<i>Rhamnaceae</i>	Jujube Red date	Fruit
9.	<i>Dadim(Anar)</i>	<i>Punica granatum</i> Linn.	<i>Lythraceae</i>	Pomegranate	Fruit, Fruit Bark, Root Bark
10.	<i>Matulung(Bijora)</i>	<i>Citrus medica</i> Linn.	<i>Rutaceae</i>	Citron	Fruit

Table 2 :- Properties & action of *Hridya Mahakashaya*

Sr.no.	Sanskrit name	Guna	Rasa	Veerya	Vipaka	Doshkarma	Main karma
1.	<i>Amra</i>	<i>Laghu,Ruksha</i>	<i>Kashay</i>	<i>Sheet</i>	<i>Katu</i>	<i>Kapha-pitta Shamaka</i>	<i>Mutrasangrahiya</i>
2.	<i>Amratak</i>	<i>Guru</i>	<i>Amla, Kashaya</i>	<i>Ushana</i>	<i>Madhura</i>	<i>Vata-shamaka</i>	<i>Tarpana, Vrushya</i>
3.	<i>Lakoocha</i>	<i>Guru, Ruksha</i>	<i>Madhura, Kashay, Amla</i>	<i>Ushana</i>	<i>Amla</i>	<i>Tridoshpropaka</i>	<i>Raktapitta kara</i>
4.	<i>Karamarda</i>	<i>Guru, Ushana</i>	<i>Amla, Tikta</i>	<i>Ushana</i>	<i>Amla</i>	<i>Vata-shamaka</i>	<i>Raktapitta kara</i>
5.	<i>Vrikshamla</i>	<i>Laghu,Ruksha</i>	<i>Amla</i>	<i>Ushana</i>	<i>Amla</i>	<i>Kapha-Vata shamaka</i>	<i>Grahi</i>
6.	<i>Amlavetas</i>	<i>Laghu,Ruksha, Tikshna</i>	<i>Amla</i>	<i>Ushana</i>	<i>Amla</i>	<i>Kapha-Vata shamaka</i>	<i>Rochan</i>
7.	<i>Kuval</i>	<i>Guru</i>	<i>Madhura, Amla</i>	<i>Sheet</i>	<i>Madhura</i>	<i>Pitta-Shamaka</i>	<i>Bhedana, Shukrala</i>
8.	<i>Badar</i>	<i>Guru</i>	<i>Madhura, Amla</i>	<i>Ushana</i>	<i>Madhura</i>	<i>Vata-Shamak</i>	<i>Ruchyam, Shukrala</i>
9.	<i>Dadim</i>	<i>Laghu,Snigdha</i>	<i>Madhura, Amla, Kashay</i>	<i>Anushna</i>	<i>Madhura</i>	<i>Tridosha-shamak</i>	<i>Rochan</i>
10.	<i>Matulung</i>	<i>Laghu,Snigdha</i>	<i>Madhura, Amla</i>	<i>Ushana</i>	<i>Madhura, Amla</i>	<i>Kapha-Vata shamaka</i>	<i>Rochan</i>

Table 3 : Shows chemical constituents and pharmacological properties –

Sr. No.	Dravya name	Chemical constituents	Extract / Active chemicals	Mode of action
1.	<i>Amra</i>	carbohydrates, lipid and fatty acids, protein and amino acids, and organic acids, phenolic compounds, flavonoids, chlorophyll, carotenoids, and volatile compounds	Extract of <i>Mangifera indica</i> leaves have been shown to have a wide range of pharmacological activities	anti-acne properties, antioxidant properties, Anti fungal, analgesic, neuroprotective Immunomodulatory, The ethanolic fractions showed antibacterial activities against <i>Propionibacterium acnes</i> .
2.	<i>Amratak</i>	β -amyryn, oleanolic acid and amino acids—glycine, cystine, serine, alanine and leucine, daucosterol, cycloartanone 24-methylene and lignoceric acid, ellagitannins, galloylgeranin, lignoserinic acid and β -carotein	The ulcer protective activity, antioxidant, Cytotoxic, Hepatoprotective, photoprotective, anti-inflammatory, Antiarthritic, Analgesic & Antipyretic activity of <i>Spondias mangifera</i> methanolic bark extract.	anti-acne properties, antioxidant properties, Anti fungal, analgesic, neuroprotective Immunomodulatory, The ethanolic fractions showed antibacterial activities against <i>Propionibacterium acnes</i> .
3.	<i>Lakoocha</i>	rutin, pyrogallol, gallic acid, resorcinol, quercetin, catechin and caffeic acid	<i>Artocarpus Lakoocha</i> ethanolic extract exhibited anti-inflammatory properties.	Antibacterial, anti-tubercular, anti-viral, anti-fungal, anti-platelets, anti-arthritic, tyrosinase inhibitory, cytotoxicity and H ₂ O ₂ scavenging activity
4.	<i>Karamarda</i>	Ursolic acid, cholest, β -sitosterol, lupeol, oleanolic acid, α -amyryn	The crude extract of the roots has been reported to cure digestive disorders, blood pressure, intestinal worms, stomach ache, itches, ulcer, and also has hepatoprotective properties	anti-cancer, anti-oxidant, analgesic, anti-inflammatory, anti-ulcer, anthelmintic activity, cardiovascular, anti-diabetic, antipyretic, hepatoprotective, neuropharmacological, and diuretic activities, antimicrobial activities and cytotoxic potentials, DNA damage inhibition, constipation and diarrheal activities.
5.	<i>Vrikshamla</i>	D- Leucine, Garcinol, isogarcinol, Xanthochymol, Isoxanthochymol, Anthocyanin, Glucose, xylose, Camboginol, Citric acid, Oxalic acid	Garcinol, Hydroxycitric acid and Anthocyanin pigment respectively. Xanthones, flavonoids, benzophenones, lactones and phenolic acids.	Antioxidant, Anti-Obesity, Anti-Arthritic Anti-Inflammatory, Antidepressant and Anxiolytic, Antibacterial, Hepatoprotective, Cardioprotective Activities

6.	<i>Amlavetas</i>	D- Leucine , Garcinol, isogarcinol , Xanthochymol, Isoxanthochymol, Anthocyanin, Glucose, xylose, Camboginol, Citric acid, Oxalic acid	Garcinol , Hydroxycitric acid and Anthocyanin pigment respectively. Xanthones, flavonoids, benzophenones , lactones and phenolic acids.	Antioxidant, Anti-Obesity, Anti-Arthritic Anti-Inflammatory, Antidepressant and Anxiolytic, Antibacterial, Hepatoprotective , Cardioprotective Activities
7.	<i>Kuval</i>	Linoleic acid, Carvonic acid, Palatinol A, Ethyl palmitate, flavonoids, cerebrosides, alkaloids, glycosides, saponins, terpenoids, phenolic compounds	Ethanol, flavoniods, phenolic compounds present in extract of zizyphus sativa fruits.	Anti-inflammation, antidiarrhoeal, antibacterial, antioxidative, anticancer, immune-modulating hematopoietic function and beneficial effects on cardiovascular systems.
8.	<i>Badar</i>	Linoleic acid, Carvonic acid, Palatinol A, Ethyl palmitate, flavonoids, cerebrosides, alkaloids, glycosides, saponins, terpenoids, phenolic compounds	22 compounds were identified in the ethanol extract of zizyphus jujube fruits. Several type of components including flavonoids, cerebrosides, amino acid, phenolic acids microelements, vitamins.	Anti-inflammation, anti-ulcer, anti-fungal, antibacterial, antioxidative, anticancer, immune-modulating , anti-stress and sedative
9.	<i>Dadim</i>	Flavonoids, ellagitannin,punicalagin, Ellagic acid, minerals, tannins, polyphenols, anthocyanins, lipoic acid	The bark of this plant is an important source of antioxidants, it contains phenolic compounds, ellagic acid, catechins, epicatechins, Luteolin, naringin and punicalagin, quercetin, kaempeferol, hydroxycinnamic acids	Antioxidant, anti-inflammatory, analgesic, anti-fungal, anti-obesity, anti-diarrheal, anti-bacterial, anti-viral, anti-plasmodium, photo-protection, anti-microbial activity
10.	<i>Matulung</i>	Iso-limonene, citral, limonene, phenolics, flavonones, vitamin C, pectin, linalool, decanal and nonanal	Citrus medica fruit methanol extract against carbofuran induced toxicity	anti-bacterial, anti-fungal, anti-microbial, anti- ulcer, diuretic, antioxidant, analgesic, cardioprotective, antihyperglycemic, anti-hypertensive, anti-catarrhal, capillary protector, beneficial effect of CVS