PREVENTIVE CARDIOLOGY IN AYURVEDA W.S.R TO NON-SUPPRESSIBLE URGES

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ABSTRACT

There is a wide range of risk factors which affect cardiovascular conditions. Cardiovascular diseases comprise one of the most serious disorders in developed nations and are rapidly rising in developing countries. Ayurveda explains, cessation of natural urges as one of the major causes of CVD. In due course of time, suppression of non-suppressible urges, may be due to socially unacceptable behavior, work load or lifestyle problems, usually develops in complications related with heart which are frequently ignored. These non-suppressible urges include Vata (flatus), Vit (faeces), Mootra (urine), Kshawathu (sneeze), Trishna (thirst), Kshudha (hunger), Nidra (sleep), Kasa (cough), Shrama Janit Shwas (breathing out of exertion), Ashru (tears), Chhardi (vomit), Retas (semen) and Udgara (burp). The pathogenesis of cardiovascular disorders can be explained on the basis of Vata vitiation due to obstruction in natural course of Vata resulting in its upward or unnatural course of movement. For treating these conditions, Vata Anulomak food and medicines should be used.

INTRODUCTION

Cardiovascular diseases comprise the most prevalent serious disorders in industrialized nations and are a rapidly growing problem in developing nations. Today, CVD accounts for approximately 30% of deaths worldwide, including nearly 40% in high-income countries and about 28% in low- and middle-income countries. In addition, cardiovascular diseases are highly predominant in almost 35% of the adult population. This increasing trend in number of individuals affected depends mainly upon faulty lifestyle. It is estimated that 90% of Cardiovascular diseases are preventable. Suppression of natural urges contribute a lot in the disease pathogenesis. Ayurveda has mentioned it ages ago, but still may be because of ignorance, this is a totally unexplored arena in preventive cardiology. The relationship between suppression of natural urges and cardiovascular disease symptoms is complex and may depend on the time period of urge suppression. There is a direct relationship between suppression of natural urges risk of cardiovascular diseases. This review has attempted to build a bridge between modern lifestyle and Ayurvedic lifestyle recommendations.

Cardiac Symptoms

The common symptoms caused by heart diseases, most frequently manifest as chest discomfort, fatigue, elevated intravascular pressure, abnormal fluid accumulation, with peripheral edema, pulmonary congestion and dyspnea, palpitations, hypotension, pale blue lips, weakness, nausea, vomiting and syncope.

In Ayurveda, general symptomatology of Hridroga has been mentioned only by Acharya Charaka (Ch.Chi.26). The common symptoms of Hridroga are discoloration of the skin, fainting, fever, cough, hiccup, breathlessness, bad taste in the mouth, morbid thirst, unconsciousness, vomiting, nausea, pain and anorexia. Most of symptoms mentioned by Acharya Charaka have similarity with symptomatology of Cardiovascular Disorders.

THE EPIDEMIOLOGIC TRANSITION

The global rise in CVD is the result of an extraordinary epidemiologic transition. This shift is driven by industrialization, urbanization, and associated lifestyle changes and is taking place in...
every part of the world among all races, ethnic groups, and cultures. The transition is divided into four basic stages: pestilence and famine, receding pandemics, degenerative and man-made diseases, and delayed degenerative diseases. A fifth stage, characterized by an epidemic of inactivity and obesity, is also emerging in most of the countries, which are causing CVD.

Hridroga (CVD) have endured the human beings since prehistoric period. Diagnosis of Hrid Roga is mentioned as early as in the Vedic period (2400 B.C). As the name indicates, Hrida Roga is the disease or rather a syndrome associated with Hridaya, which is considered as heart in modern context. Acharya Charak has described the definition etiology, pathogenesis and management of Hrid Roga. According to Sushruta all kind of pathologies that produce disturbances in the heart is called as Hridroga. Sushruta has devoted a separate chapter to describe the disease.

There are two types of etiological factors of CVD – modifiable and non-modifiable. The modifiable etiological factors for CVD are smoking, hypertension, increasing level of serum cholesterol, diabetes mellitus, obesity, sedentary habits and stress. Most of the above modifiable factors may be produced as a result of Vega Vidharana (suppression of non-suppressible urges).

In Ashtanga Hridaya Sutrasthama, chapter 4, Vagbhata has mentioned the following non-suppressible urges- Vata (flatus), Vit (faeces), Mootra (urine), Kshawathu (sneeze), Trishna (thirst), Kshudha (hunger), Nidra (sleep), Kasa (cough), Shramanant Shwas (breathing out of exertion), Jrimbha (Yawning), Ashru (tears), Chhardi (vomit), Retas (semen) and Udgar (burp).

Although Udgar is not mentioned with other Vega but the treatment is mentioned in the chapter. Out of these fourteen Adharaniya Vega (non suppressible urges), cessation of as many as nine natural urges can act as a causative factor in the pathogenesis of Hridrog.

It would be pertinent to reproduce the original references to clarify the entire description.

<table>
<thead>
<tr>
<th>आयुर्विज्ञान (Non suppressible urges)</th>
<th>हृदय (Resultant diseases)</th>
<th>विकाश्यायन (Therapy indicated)</th>
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</thead>
<tbody>
<tr>
<td>1. अमोकत्साह रोग (Flatus)</td>
<td>हृदयविहारिकहरुहुस्यम</td>
<td>विकसितमयायगतात्वम लेनन विरतत्वम च ।</td>
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<td>4/2/10 दर्शना, स्वास्थ्यकारी उदग विभवम्।</td>
<td>रेटिक सुपरिशिक्र, ओयल मैसेज, हिप बाथ, वॉटर बाथ प्रतिकृति वा ।</td>
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<td>2. मलविहारिकहरुहुस्यम (Faeces)</td>
<td>हृदयविहारिकहरुहुस्यम</td>
<td>विकसितमयायगतात्वम लेनन विरतत्वम च ।</td>
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<td>4/3/10 दर्शना, स्वास्थ्यकारी उदग विभवम्।</td>
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<tr>
<td>3. मूत्स्यथारिकहरुहुस्यम (Urine)</td>
<td>हृदयविहारिकहरुहुस्यम</td>
<td>विकसितमयायगतात्वम लेनन विरतत्वम च ।</td>
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<td>4/3/10 दर्शना, स्वास्थ्यकारी उदग विभवम्।</td>
<td>रेटिक सुपरिशिक्र, ओयल मैसेज, हिप बाथ, वॉटर बाथ प्रतिकृति वा ।</td>
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<tr>
<td>4. तृप्तिभविकहरुहुस्यम (Thirst)</td>
<td>महाशातिरिक्तस्मात्म</td>
<td>शीतत: सबी विविधिः।</td>
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<td></td>
<td>7/21/10 दर्शना, स्वास्थ्यकारी उदग विभवम्।</td>
<td>(cold foods, drinks and comforts are indicated)</td>
</tr>
<tr>
<td>5. कालकंठपनिकहरुहुस्यम (Cough)</td>
<td>तुप्तिभविकहरुहुस्यम</td>
<td>कवास्ता सुतरा सियिह।</td>
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<td></td>
<td>7/13/10 दर्शना, स्वास्थ्यकारी उदग विभवम्।</td>
<td>(treatment of cough)</td>
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<tr>
<td>6. अमोककंठपनिकहरुहुस्यम (Breathing after exertion)</td>
<td>अमोककंठपनिकहरुहुस्यम</td>
<td>हित: सेवितमयात्भवत्तिः।</td>
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<td>7/24/10 दर्शना, स्वास्थ्यकारी उदग विभवम्।</td>
<td>(complete rest and treatment which mitigate Vata)</td>
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<tr>
<td>7. अमोकरिकहरुहुस्यम (Tears)</td>
<td>अमोकरिकहरुहुस्यम</td>
<td>स्वास्त्वना मद्य प्रया: कथा।</td>
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<td>7/16/10 दर्शना, स्वास्थ्यकारी उदग विभवम्।</td>
<td>(good sleep, mild alcoholic drinks, company of friends and pleasant stories)</td>
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<tr>
<td>8. अमोककंठपनिकहरुहुस्यम (Semen)</td>
<td>अमोककंठपनिकहरुहुस्यम</td>
<td>तमावृत्त सुप्राधानिकविविधिमयायगतात्वम ।</td>
</tr>
<tr>
<td></td>
<td>7/19/10 दर्शना, स्वास्थ्यकारी उदग विभवम्।</td>
<td>वनिता कुमारीकंक: सिंघासनाभित्तिः।</td>
</tr>
</tbody>
</table>
|                                  | 7/10/10 दर्शना, स्वास्थ्यकारी उदग विभवम्। | (chicken, alcoholic beverages made of rice, enema, oil massage, tub bath with warm water medicated with drugs which clears the bladder, consumption of milk and indulgence in sexual
### 9. उदारर्मणिगः रोग (Belching)

| विचित्रोदयोग्योत्तरविनिर्देश । | अ.ः ४/८ । । 
| विचित्रोदयोग्योत्तरविनिर्देश । च.ः ७/१८ । । 
| (… Feeling of obstruction in the region of heart) | 
| हिमालत्तितं मेधजन । अ.ः ४/८ । । 
| हिक्खायात्तुद्योग्योत्तरविनिर्देश । च.ः ७/१८ । । 
| (treatment of Hiccup) |

From above references, it is clear that cessation of natural urges is one of the major cause of Hridrog /CVD. Some most commonly suppressed urges are of flatus, urination, defecation burping and semen. In due course of time, suppression of non-suppressible urges may be due to socially unacceptable behavior, work pressure eg. people working in MNCs, having being a sedentary job, or lifestyle problems, usually develop in cardiac complications related with heart which is frequently ignored by persons.

On the other hand, looking into the etiological factors for heart diseases mentioned by Acharya Charak, for the sake of cross references are excessive exercise, excessive intake of food having Tikshna (sharp) attributes, excessive administration of purgation and emetic therapies, excessive worry, fear, stress, emesis, emaciation, trauma and suppression of the manifested natural urges have been prominently described. (Ch.ch.26/77). Out of these, Vega Vidharan (cessation of natural urges) is a very common modifiable etiological factor of Cardio Vascular Disorders.

### Pathogenesis of CVDs by suppression of natural urges:

**रोगः सर्वषं जात्यं वेगोद्वद्वयं दर्शनं:**

Emphasizing on the role of forceful production as well as suppression of natural urges, the Ayurved says that any disease can be produced due to cessation and forceful abolition of Non-suppressible urges.

All diseases arise from voluntary suppression or forcible initiation of the urges of the body. The above-mentioned urges are normal activities of the body and intended to eliminate unwanted materials. The process of such elimination is a chain reaction initiated and carried out by nervous system; suppressing it in mid-way of physiology not only stops the elimination of waste product but also brings about strain and disorders leading to production of many diseases, the most prominent among which is CVD. Cessation of these natural urges directly provokes Vata Dosha.

The pathogenesis of above cardiovascular disorders can be explained on the basis of Vata vitiation due to obstruction in natural course of Vata resulting in upward or unnatural course of movement, Charak has mentioned this condition as Udavarta. Hence for the treatment, Vata Anulomak food and medicines should be used.

**General management of complications due to cessation of non-suppressible urges**

**Nidan Parivarjan** - One should avoid the suppression of natural biological urges, which are causative factors for many diseases including CVD as per Ayurvedic classical references.

**Snehen (oleation) includes** - Application of medicated oil and Ghrita on the body and internal consumption of the same according to the requirement of patient.

**Swedan (fomentation)** - includes fomentation which is neither too hot nor too mild, combined with proper drugs and applied with due regard to the disease, the season, the individual patient and affected body organ.

**Basti or medicated enema therapy and mild purgation therapy** - which cleanses Amashaya (stomach including small intestine) is prescribed because the disease is manifested as a result of the obstruction of Vata in this region.

**The preventive measures mentioned in the texts are**-

1. **Exercise (Vyayama):** Ch.Su.7/31
   
   A desirable physical action, which produces lightness, improves the working ability, tone up the body, ignites Agni and alleviate Doshas is termed as exercise. It helps in reducing the level of serum cholesterol, relieves hypertension and improves overall general physiology of the body. It should be done in moderation otherwise, if overdone it may cause over exertion, giddiness, thirst, cough, fever, vomiting etc.

2. **Behavioral Regimen:** Ch.Su. 7/34
   
   One should not practice exercise, laughing, speaking, and travelling on foot, sexual activities and night walking in excess even when one is accustomed to these activities. Excess of these activities may suddenly perish the person.

3. **Proper diet regimen:** Ch.Su 36-37/7
   
   Wholesome practices (Hitahaar) is mentioned in classical texts. If a person is habitual of faulty dietary habits or unwholesome practices, then he should gradually get rid of the unhealthy food and shift to healthy food. By slowly and gradually giving up the unwholesome practices and by increasing the wholesome practice correspondingly the faulty practices are
eradicated forever. A specific module is mentioned as-

<table>
<thead>
<tr>
<th>1st day</th>
<th>2nd and 3rd day</th>
<th>4th, 5th, 6th day</th>
<th>7th day Onwards</th>
</tr>
</thead>
<tbody>
<tr>
<td>⅓ Ahit Aahar</td>
<td>½ part Ahit ahar</td>
<td>¼ Ahit ahar</td>
<td>Only Hitahaar</td>
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<td>(unwholesome practices)</td>
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<tr>
<td>⅔ Hitahaar</td>
<td>½ part Hitahaar</td>
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<td>(wholesome practice)</td>
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4. Diet and Lifestyle according to body constitution (Prakriti)

The body constitution of persons as classified according to the predominance of particular Dosha. A person should try to maintain the equilibrium of Dosha in the body. A person should consume and follow opposite quality of food and life style. Eg. A person of Kapha dominance constitution should have Katu Tiktahar and perform Kapha antagonistic activities. Likewise persons with Sama Prakriti should maintain equilibrium in his diet and lifestyle. Such diets and regimen, as stand in contradistinction with the Dosha responsible for the production of the particular Prakriti are prescribed for the maintenance of positive health. For individuals having equipoised state of Dosha, habitual intake of diet consisting of all Rasa (taste) in proportionate quantity is prescribed.

5. Shodhan Treatment: Also Panchakarma modalities like Snehan (oleation), Swedan (fomentation), Vamana (emetic therapy) Virechana (purgation therapy) Basti (medicated enema therapy) and Nasya (inhalation therapies) are also indicated in proper sequence according to the requirement, so that the alleviated Dosha can be pacified. In the months of March – April, July – August and November – December, one should administer the elimination therapies. But, special care should be taken while administering these Panchakarma therapies to avoid complications.

6. Rasayan and Vajikaran Yogas

Various types of rejuvenating and fertility Yoga (agents) with due regard to the temporal propriety are prescribed after Shodhan (body purification). This helps in maintaining the tissue elements in homeostasis and diseases are prevented.

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