

# Ayurvedic Perspective Of Hridayavarana As Protection Of Tripod Of Life

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## Abstract

In Charak Samhita, Acharya Charaka mentioned Chaturvinshnshati Vish Upkrama in Chikitsastahan for general treatment of poisoning. Hridayavarana is one of the most important Chikitsa Upkrama among Chaturvinshnshati Visha Upkrama mentioned by Charaka. In whole Charak Samhita, Acharya Charak never used the term Phuphusa (lungs) and it seems impossible that he has not any ideas about lung that means he has considered both heart & lung as Hridaya. Similarly, when we see Hridaya anatomical aspects we feel that this is an organ of thoracic cavity i.e heart while according to physiological aspect Hridaya functions as both heart & brain. This article will elaborate the concept of Hridayavarana & its role in protection of vital organs like heart, lung & brain in case of poisoning.

**Keywords:** Hridayavarana, Chaturvinshati visha Upkarma, Tripod of life.

## INTRODUCTION

Agada Tantra is one among the 8 branches of Ayurveda, which deals with the poisoning, its symptoms and treatment<sup>[1]</sup>

The general principle of Visha Chikitsa has been explained by Acharya Charaka in Chikitsa Sthana Visha Chikitsa adhyaya as Chaturvinshati Visha Upkrama in which 24 types of modules are told by Acharya Charak to treat case of animal or plant poisoning.<sup>[2]</sup>

Hridayavarana is one among Chaturvinshati Visha Upkrama mentioned by Charaka<sup>[3]</sup> The word Hridayavarna means to protect Hridaya (vital organs) or it acts as a covering membrane over the vital organs. The term Hridaya not only signifies the heart but also consider it as chitta, manas etc. When poison enters body via any administrative method, it goes into the heart through blood circulation. From the heart, it spreads all over the body quickly and becomes detrimental. Hence the prime duty of the doctor is to guard the Hridaya of the poisoned person.

In case of poisoning, protection of the vital organs such as brain, heart and lungs is very important. If these tripod of life are affected by the poison, then death is sure. Hence protection of these vital organs is the aim of treatment. Most of the medicines used in this treatment are Ghee based which are having antitoxic and Ojovardhaka properties and they are capable of even entering into blood brain barrier and able to preserve the higher mental functions along with heart & lungs protection.

## Aims And Objectives

1. To understand Ayurvedic perspective about "Hridaya".
2. To study Hridayavarana Chikitsa through Ayurvedic Samhita.
3. To study the probable actions of various Dravya and Agada described for Hridayavarana Chikitsa in case of poisoning.

## MATERIALS AND METHOD

All the data regarding this article are compiled, analysed, and discussed with the help of Charaka Samhita, Sushruta Samhita, Astang Hridaya & Sharangadhar Samhita. Commonly Madhu(Honey), Ghrita(Ghee), Mazza(Marrow), Dugdha(Milk), Gairika (Red ochre), Expressed juice of cow's dung, Ikshu (Saccharumofficinarum), Kaaka/Kaakaaanda (Diospyrnmalabarica), Blood of goat or other animals are used during Hridayavarana.<sup>[4]</sup> In above drugs, almost are Pittashamak & Ojovardhaka. Ghee, Milk, Honey are acts on Oja in the Hridaya while the Gairika, Ikshu etc acts on Pitta.

Aacharya Sushruta has also described Ajey Ghritapana and Amrit Ghritapana in Hridayavarana Chikitsa.<sup>[5]</sup>

## Ayurvedic Perspective of Hridaya

Hridaya is described as regards its shape, location and relation with surrounding structures in ancient literature. Hridaya is made up of the Prasad Bhaga of Shonit (blood) and Kapha in fourth month of pregnancy.<sup>[6]</sup> The shape of Hridaya is like Kamal (Lotus) i.e. the apex of Hridaya is below while the base of the Hridaya is above.<sup>[7]</sup> Hridaya is the Sthana of Prana Vayu, Sadhaka Pitta and Avalambaka Kapha.<sup>[8]</sup> Also

Hridaya is the site of Para Oja called as Asthbinduoja, the Gunas, Satva, Raja, Tama, Mana and specially Aatma.<sup>[19]</sup>

A careful study reveals that, at least three organs share almost equal claims to put themselves synonymous with the term "Hridaya". At one end of the scale, it is the view that Hridaya is brain and on the other extremity is the notion that Hridaya refers to heart & lungs.

### **Hridaya as Heart & Lungs**

Aacharya Charaka has numbered Hridaya in dash Pranayatana. Hridaya and Pranavaha Srotasa attached to it are produced by the essence of Shonita (blood) & Kapha.<sup>[10]</sup>

While describing the location, Acharya Sushruta says that Hridaya is situated in between the two breasts, in the chest at the mouth of the stomach.<sup>[11]</sup>

Aacharya Sharanghdhar stated that Hridaya is situated in the thorax between breasts. He further cites that; human body is nourished because of pure blood circulated by Hridaya with the help of Vyana Vayu.<sup>[12]</sup>

Aacharya Sushruta mentioned Hridaya as the mool of Pranavaha Srotasa and Rasavaha Srotasa along with Rasavahini dhamni.<sup>[13]</sup>

Acharya Vagbhatta has mentioned Hridaya as moola of siras.<sup>[14]</sup>

This depiction clearly indicates that Hridaya is the muscular heart & lungs. Heart circulates while lungs nourish blood by its oxygenation. Both are found in thoracic region.

### **Hridaya As Brain**

Hridaya is the seat of Chetana (consciousness) in living beings, when this is invaded by Tamoguna, person get sleep.<sup>[15]</sup>

The body with six divisions, intellect, sense organs, five sense objects, self together with qualities and mind along with its objects are inHridaya.<sup>[16]</sup>

While describing pathogenesis of Apasmara (epilepsy), Charaka says that the vitiated Doshas spread over Hridaya in those having mind disturbed by Rajas and Tamas as stay there. While staying there when they get excited by emotions, anger, fear, greed, confusion, anxiety, agitation etc. & fill up the Hridaya and seats of sense organs suddenly the person is attacked by epilepsy.<sup>[17]</sup>

Vayu vitiated by its own aggravating factors moves upwards from its place reaching Hridaya and then head & temples, afflicts them and bends the body like bow, causes convulsions & mental confusions. The patient breathes with difficulty, has stiff and closed eyes, loses consciousness & groans like pigeon. This is known as Apatantraka (hysteria).<sup>[18]</sup>

Madya (wine) when entered the Hridaya, counteracts the ten properties of Ojas with its corresponding ten properties and thus upsets the mind.<sup>[19]</sup>

While describing pathogenesis of Unmad (insane), Charaka says that the vitiated Doshas affects the Hridaya, which is the seat of intellect.<sup>[20]</sup>

The above-mentioned references clearly indicate that consciousness, mind, intellect, memory, knowledge etc., are seated in the Hridaya. It concludes that "HRIDAYA" is a psychosomatic entity that is Brain.

### **Final Concept of Hridaya as Per Ayurveda**

Taking to a compromise two Hridaya have been accepted, namely Urohridaya and Shirohridaya. Urohridaya is to be accepted wherever the references are related to the circulation of Rasa, Rakta etc. It will be considered Shirohridaya wherever the reference is related to the seat of Buddhi, Manas, Chetana & Indriya.<sup>[21]</sup>

### **Need of Protection Hridaya During Poisoning**

Hridaya, which is one of the most important vital organs of our body is also considered as Sthana (site) for both Man and Par Ojas according to ayurveda.<sup>[22]</sup> Our Aaurveda Acharya alredy said that Par Oja is very important for survival of life. Visha Samprapthi highlights that when Visha enters the body, it immediately vitiates Rakta, simultaneously vitiates Tridoshas and finally reaches to Hridaya.<sup>[23]</sup> Teekshna Guna of Visha induces Karshana of Hridaya.<sup>[24]</sup> This pathogenesis occurring by Visha stresses that it is prime importance to protect Hridaya to save the life of the patient.

### **What to do in Hridayavarana Chikitsa**

Hridayavarana Chikitsa refers to the administration of Ghrita, Madhu processed with Agad dravyas.<sup>[25]</sup> Varied opinion regarding its time of administration is witnessed in the literatures. According to Acharya Charaka Hridayavarana measure has to be initiated initially.

According to Acharya Sushrutha administration of Ghrit with the purpose of Hridayavarana is done after Raktamokshana for the duration till the patient attains Vishmukta lakshana.<sup>[26]</sup>

### How Hridayavarana work

In general, poison and Ghee (clarified butter) have diametrically opposed properties. Poisons derange Kapha, Pitta and Vata including their reservoirs and then occupy the Hridaya (vital organs), it spreads all over the body quickly and becomes detrimental. Administration of Ghrit immediately after poisoning or envenomation slows down the spread of poison whereby more time is available for treatment.

Depending upon the availability, Ghee, Ghee, and Madhu or Agadas (Antitoxic drugs) mixed with honey & Ghrit is given to the patient. Because of this process, kapha gets accumulated in the Hridaya (vital organs). Being the first point of vitiation, the poison is also trapped in it.

Ghrit, Madhu & Agad used by Acharya also opposes to cross the blood brain barrier.

Hence, it is proved that the drugs used in the Hridayavarana treatment act not only on Urohridaya (heart & lungs) but also on Shirohridaya (brain).

### DISCUSSION

Hridayavarana is the one of the most important chikitsaupakrama mentioned by Acharya Charak. In ayurveda word "HRIDAYA" is not only for heart, but it is the representative term for vital tripod organs like heart, lungs & brain. The drugs used in Hridayavarana treatment is mostly Ojowardhaka and Pittashamaka. The Ushnaguna of Pitta and poison are same.

Ghee, Dugdh & other Agad drugs like Gairika, Ikshu etc used in Hridayavarna treatment causes Pittashamana and Ojowardhak. These Agada drugs not only slow down & adsorb poison in Urohridaya (heart & lungs) but also in Shirohridaya (brain). In this way Hridayavarana treat the poisoning & envenomation.

### CONCLUSION

All Ayurveda Aacharyas were aware of importance of vital organs and their protection in case of poisoning. Hridayavarana is the most important Chikitsaupakrama as it acts on protection of the vital organs i.e tripod (heart, lungs & brain) in the body in case of poisoning or envenomation.

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