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Review Article

CARDIO PROTECTIVE AND CURATIVE DRUGS RECOMMENDED BY BRUHA TRAYI (BIGGER TRIAD) IN AYURVEDA: A REVIEW

Ketharaju.Venkata Ram SubbaRao*, Ketharaju Aruna Gayathri

Govt. Research Dept (Ayurveda) Erragadda, Hyderabad. Andhra Pradesh, India

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*Email: subbaraoketharaju@ymail.com

ABSTRACT

Ayurveda descended on earth more than three millenniums ago with the great tapas made by seers like Bharadwaja for the welfare of the mankind. The aim of this review is to enlighten the work on cardioprotective&curative drugs recommended in different chapters of Bruhatrayi (Caraka of Caraka Samhitha, Susrutha of Susrutha samhitha & Vagbhata of Astanga Hrudaya & Astanga sangraha). The review explains Monograph of individual drug, also some similar drugs recommended by Bruhatrayi (Caraka, Susrutha & Vagbhata), drugs and procedure's recommended for panchakarma chikitsa in Hrudroga and the drugs recommended for administration in the form of food and food preparations in the form of drugs also mentioned. This work stimulates researchers to evaluate their efficacy by conducting pharmaceutical and clinical research.

Key words: cardio protective, curative, Ayurveda, Monograph, Panchakarma Chikitsa.

INTRODUCTION

Many diseases can be included under Emergency diseases. In that, Hrudroga an important one, which can be prove fatal if ignored. Ayurvedic treatment not only gives quick results or cures chronic diseases like vatavyadies but also cures Emergency diseases along with Hrudroga. Ayurvedic treatment and dietary regimens are very important for prevention of Hrudroga in today's stressful life.

Nowadays as a result of changing lifestyle the older as well as younger generation is seen affected by Hrudroga. According to WHO report (published in September 2011) cardiovascular disease (CVD) is the leading cause of death and disability around the world. In year 2008, 17.3 million people died from CVD. Out of these 7.3 million deaths were due to Coronary Heart Disease alone. The incidence of congestive heart failure (CHF) Coronary artery disease (CAD), Valvular abnormalities, Cardiac arrhythmias, and Hypertension (HTN) increases with age. Heart failure is the leading cause of death in Geriatric age. CHD remains the predominant cause for heart failure in the elderly people. Prevalence of CHD (Coronary Heart Disease) increases in older subjects. Mainly Myocardial Infarctions occurs in those more than sixty five years. Angina Pectoris is common presentation. Hypertension also risk factor and there is a steady rise of blood pressure with advancing age up to seventy years mainly due to atherosclerosis.

The people around the world are getting attracted towards Ayurveda, because of scientific limitations and side effects of modern medicine. Keeping this in mind, Hrudya, Hrudrogahara drugs, Drugs useful to treat Hrudroga with the help of PanchaKarma Chikitsa, Panchakarma Procedures to treat different types of Hrudroga & Similar references of plants & polyhedral formulations recommended for cardio protective curative activity by Bruhatarayi will be explained in this review.

Table 1: Plants, Polyherbal preparations &Minerals recommended for Cardio-protective (Hrudya) activity

Sl.No.	Name of Drug	Botanical Name	Useful part	Monograph
1	Hrudya Varga: Amra	*Mamgifera indica Linn*	Bark, Fruit	Ayurvedic pharmacopeia of India part.I.Vol.III.
	Amraathaka	*SpendiasPinnataKurz*	Stem, its bark	Ayurvedic pharmacopeia o f india part.I.Vol.II.&III.
	Lakucha	*ArtocarpuslokoocaRox*		Not available
	Karamarda	*Cssia Carandes Linn*	Root,stembark	Ayurvedic pharmacopeia o f india part.I.Vol.II.&III.
	Vrukshamla	*GarciniaindicaChois*	Fruit	Not available
	Amlavetasa	*Garcinia Pedunculata Roxb*	Fruit, its bark, root, Bark.	Not available
	Kuvala	*Zizyphus sativa Gaertn*		Not available
	Badara	*Zizuphus Jujuba Lam*	Pulp of fruit, stem bark.	Ayurvedic pharmacopeia o f India part.I.Vol.III.
	Daadima	*Punica granatum Linn*	Fruit	Ayurvedic pharmacopeia o f India part.I.Vol.II.&IV.
	Maatulunga	*Citrus decumana Linn*	Fresh Fruit	Ayurvedic pharmacopeia o f India part.I.Vol.III.
2	Amla Rasa[1]	*Juice of sour taste*	-	Not available
3	Daadima[1]	*Punica granatum Linn*	Fruit	Ayurvedic pharmacopeia o f India part.I.Vol.II.&IV.
4	Karkoora fruit without bark	*Hedychium Spicatum*	Fruit without bark.	Ayurvedic pharmacopeia o f india part.I.Vol.II.
5	Lavali fruit[1]	*Cicca acida Merrill*	Fruit	Ayurvedic pharmacopeia oF india part.I.Vol.VI.
6	Naagaranga[1]	*Filament of Citrus decumana Linn*	--	Ayurvedic pharmacopeia of India part.I.Vol.III.
7	Yavaani[1]	*Trachyspermum ammi sprague*	--	Ayurvedic pharmacopeia oF india part.I.Vol.I.page 2
8	*Arjaka*[1]	Ocimum Gratissimum linn	--	Ayurvedic pharmacopeia of indie part.I.Vol.III&I.

9	Shigru[1]	*Moringa olifera Lam.*	Root Bark	Ayurvedic pharmacopeia o f indie part.I.Vol.IV.
10	Saaleeya[1]	Trigonella Foenum graecum Linn	Whole Thallus	Ayurvedic pharmacopeia of India part.I.Vol.III.
11	Mrustaka[1]	*Brassica nigra Koch*	Seeds	Not available
12	Sarkaraasava[1]			- Not available
13	Pakwarasa Madyam[1]	*Sugarcane juice prepared by heating.*	-	Not available -
14	Dhaatakwaasavam[1]	-	-	Not available -
15	Navodhruta Navaneetam[1]	*Fresh butter*	-	Not available -
16	Vileepi[1]	*Thick Gruel*	-	Not available -
17	Odanam[1]	*Rice prepared with meat,oil, ghee,fat,fruit,marrow,vegitabl*	-	Not available -
18	Curd mixed with sugercandy[1]	_	-	Not available -
19	Rice prepared with Masha, Tila&Mudga[1]	_	-	Not available
20	Raaga,Shaadava[1]	-	-	. Not available
21	Vishwa Bheeshajam[1]	Zinziber officinal Rose	Rhizome	Ayurvedic pharmacopeia of India part.I.Vol.I.
22	Souvarchalavan[1]	*Sonchal salt.*	Whole plant	Indian Meteria Medica.Vo.II. by Nadkarni.
23	Krishna lavan(kaala)[1]	*Only a variety of Sonchal salt*	Whole plant, seeds	Ayurvedic pharmacopeia of India part.I.Vol.IV.
24	Maamsa Rasam[1]	Meat Soup	-	Not available
25	Kanakaarista[2]	-	-	Not available
26	Parooshakaadi Ganam.[3]	-	-	Not available
27	Prasravana Jalam[3]	Water of portable		Ayurvedic pharmacopeia of India part.I.VoVI.
28	Takram[3]	*Butter Milk.*	-	-
29	Madhu[3](Honey)	*Apis.Sps.*	-	Ayurvedic pharmacopeia of India part.I.Vol.VI.
30	Madhya,,KharjuraMadhya,Jagala,Sharkara,seedu,Pakwarasa,Surasava,Ikshurasasava,Puraana Madhya,Tushambu[3]	Alcoholic Preparations	--	Not available
31	All Mutras[3]	Urine of 8 types	-	Not available
32	Loheetaka shaali daanyam[3]		-	Not available
33	MeatofJangala,Eenamruga, Krakara bird[3],		-	Not available
34	Fruit of Daadima[3]	*Punica granatum Linn*	Fruit	Ayurvedic pharmacopeia o f India part.I.Vol.II.&IV.
35	Maathulunga(Maadeephala)[3]	*Citrus decumana Linn*	Fresh Fruit	Ayurvedic pharmacopeia o f India part.I.Vol.III.
36	Mango(Riped)Fruit[3]	*Mamgifera indica Lin*	Fruit	Ayurvedic pharmacopeia o f India part.I.Vol.III.
37	Naarangasya/BhavyaFruit[3]	*Zinziber officinal Rose*	Rhizome	Ayurvedic pharmacopeia of India part.I.Vol.I.
38	Naarikelam[3]	*Cocus nucifera Linn*	Endosperm	Ayurvedic pharmacopeia o f India part.I.Vol.III.
39	Fruit of kaashmarya[3]	*Gnelina arboria Linn*	Stem bark	Ayurvedic pharmacopeia of India part.I.VolV.
40	Fruit of Kharjura[3]	*Phoenix dactilifera*	Fruit(Riped)	Ayurvedic pharmacopeia o f India part.I.Vol.IV.
41	Flower of Madhooka[3]	*Madhuka Indica*	Flowerwithoutc alyx or stalk	Ayurvedic pharmacopeia o f India part.I.Vol.II.
42	Fruit of Lavali[3]	*Phyllonthus Disticus*	Fruit	Ayurvedic pharmacopeia o f India part.I.Vol.V.
43	Lashuna(Rasona)[3]	*Alliam sativam Linn*	Bulb	Ayurvedic pharmacopeia o f india part.I.Vol.III.
44	Naagaram[3]	*Zinziber officinal Rose*	Rhizome	Ayurvedic pharmacopeia of India part.I.Vol.I.
45	Aardraka[3]	*Zinziber officinal Rose*	Rhizome	Ayurvedic pharmacopeia of India part.I.Vol.I.
46	Kusmanda(Riped)[3]	*Benincasa Hispida (Thumb) cogn.*	Fruit	Ayurvedic pharmacopeia of India part.I.VolV.
47	Moolaka(baalam)[3]	*Raphanus Stivus Linn.*	Dried seed	Ayurvedic pharmacopeia o f India part.I.Vol.III.
48	Mandookaparnyadi Ganam[3]	--	--	Not available
49	Shataavari[3]	*Asparagusresimosa Willd.*	Root	Ayurvedic pharmacopeia of India part.I.VolV.
50	Saindavalavan[3]			Indian Meteria Medica.Vo.II. by Nadkarni.
51	Souvarchalavan[3]	*Sonchal Salt*		Indian Meteria Medica.Vo.II. by Nadkarni.
52	Gold[3]			Ayurvedic pharmacopeia of India part.I.Vol.VII.page.34
53	Laaja mandam[3]	-	-	Not available
54	Vilepi[3]	-	-	Not available
55	Gruthasaaditha Meat[3]	-	-	Not available
56	Maamsa Rasam[3]	-	-	Not available
57	Mudga Yoosham[3]	-	-	Not available
58	Daadimaamlaka yoosham[3]	--	-	Not available
59	Khada Kaambalikam[3]	-	-	Not available
60	Rasala made with Jaggary[3]	-	-	Not available
61	Paroosaka&Kolaka drink[3]	-	-	Not available
62	Ksheerakrutha&grutha Poora Bhakshya[3]	-	-	Not available
63	Vishyandanam[3]	-	-	Not available
64	Saamitha(Godhuma) Bhakshyam[3]	-	-	Not available
65	Guggulu[4]	*Commiphora Mukul.*	Olio Gum-Resin	Ayurvedic pharmacopeia of India part.I.Vol.I.
66	Dantyarista[5]	-	-	Ayurvedic Formulary of Indiapart.I, VOI.II.
67	Jalam[5]	*Water of portable*	-	Ayurvedic pharmacopeia of india part.I.VoVI.
68	Draksha(arista)[5]	*Vitus Vinifera Linn*	Fruit	Ayurvedic pharmacopeia of India part.I.VolII.
69	Shuktam[5]	-	-	Not available
70	Dhaanyamlam[5]	-	-	Not available

71	Patola[5]	*Tricosanthes dioica Roxb*	Leaf	Not available
72	Swetha Musali(kutera)[5]	*Chlorophytumtuberosum Baker.*	Rhizome	Not available
74	Surasa(Black Tulasi)[5]	*Ocimum SanctumLinn.*	Whole plant &leaf	Ayurvedic pharmacopeia of India part.I.VolI.
75	Sumukhi(Vanatulasi)[5]	-	Whole plant &leaf	Ayurvedic pharmacopeia of India part.I.VolI.
76	Aasuri(Raayi)[5]	*Brassica juncea Czern&Coss.*	seeds	Not available
77	Bhoosthruna[5]	*Cymbopogo jvarankusa Schult.n*	-	Not available
78	Phanijjaka[5]			Not available
79	Larjaka(pudeena)[5]	*Mentha Viridis Linn*	Arial part	Ayurvedic pharmacopeia of India part.I.Vol.V.
80	Jambeera[5]	*Citrus limon (Linn).burn.f.*	Fresh Fruit	Ayurvedic pharmacopeia of India part.I.VolV.
81	Kaalalavan[5]	*Salt*	-	IndianMeteriaMedica.Vo.II. by Nadkarni.
82	Vidaaryaadi Gana[5]	-	-	Not available
83	Yavaanikhandava Powder[5]	-	-	Not available-
84	Vaarthakam[6]	*Solanum Melangina*		Not available
85	Dhanyakam[6]	*Coriandum sativumLinn*	Fruit, Whole plant	Ayurvedic pharmacopeia of India part.I.Vol.I.
86	Ajaaji(Krishna jeeraka)[6]	*Carum Carvi Linn*	Fruit	Ayurvedic pharmacopeia of India part.I.Vol.I.
87	Jeeraka[6]	*CumininumCyminum*	Fruit	Ayurvedic pharmacopeia of India part.I.Vol.I.
88	Gajapippali[6]	*Scidapsus officinalis schuit*	Fruit	Ayurvedic pharmacopeia of India part.I.VolI.
89	Deepyaka[6](Yavani)	*ApiumLeptophyllum(pre)F.V.Mex Benth*	Fruit	Ayurvedic pharmacopeia of India part.I.Vol.I.
90	Dweepee(Chitramoola)[6]	*Plumbago Zylanica*	Root bark	Ayurvedic pharmacopeia of India part.I.Vol.I.
91	Poogaphala[6]	*Areca Catechu Linn.*	Fruit	Ayurvedic pharmacopeia of India part.I.Vol.I.

Table 2: Plants, polyherbal preparations & minerals recommended for curative (Hrudrogahara) activity

Sl.N0	Plant name	Botanical name	Useful part	Monograph
1	Takra, Abhaya,Triphala[7]	-	Fruit pulp	Ayurvedic pharmacopeia of India part.I.Vol.III.II
2	Santarpana Sevana[7]	-	-	Not available
3	Alcohol prepared with Honey.[7]	-	-	Not available
4	Souveeraka & Tooshodaka Madyam.[7]	-	-	Not available
5	Eranda Tailam[7]	*Ricinus communis Linn*	Seed	Ayurvedic pharmacopeia of India part.I.Vol.III.
6	Yavaksharaam[7]	*Hardeam vulgare*	--	Ayurvedic pharmacopeia oF India part.II.Vol.I.
7	Hareethaki[8]	*Terminalia Chebula Retz*	Fruit pulp	Ayurvedic pharmacopeia of India part.I.Vol.III.
8	Chyanaprasha[8]	-	-	Ayurvedic pharmacopeia of India part.II.Vol.I.pp.13.
9	Shatyadivarga[8]	--	-	Not available
10	Hapusaadya Grutham[8]	-	-	Not available
11	Hingwaadipowder&Guti[8]	-	---	Not available
12	Lashuna Ksheeram[8]	-	-	Not available
13	TraayamaanadyaGrutha[8]			Not available
14	Vaasa Ghrutham[8]	-	-	Ayurvedic pharmacopeia ofIndia part.II.Vol.I.pp.32.
15	Dhanthi Hareethaki[8]	-	-	Not available
16	Patolaadi Kwadam[8]	-	-	Not available
17	Mahaatiktaka Grutham[8]	-	-	AFIpart.I.pp182
18	Yavaani-saadavachoora[8]	-	-	Not available
19	Taalesadyapowder/pill[8]	-	-	Not available
20	CowsGheepreparedwithUrine, Rocksalt&Hingu[8]	-	-	Not available
21	AmruthaPraasha Ghrutha[8]	-	-	Not available
22	Svadamstraadi Ghruta[8]	-	-	Not available
23	Punarvaadyaarista[8]	--	-	Ayurvedic pharmacopeia of India part.II.Vol.II.pp.52.
24	Triphalaadyaarista[8]	--	-	Not available
25	Yavagu(Thick gruel)[8]	-	-	Not available
26	Panchakola Yavagu[8]	-	-	Not available
27	Naaraayana powder[8]	-	-	Not available
28	Pippalyadi Kshaaram[8]	-	-	Not available
29	Pippalyadya Ghrutam[8]	-	-	Not available
30	Abhayarista[8]	-	-	Ayurvedic pharmacopeia of India part.II.Vol.II.
31	Phalaarista[8]	-	-	
32	Kanakarista[8]	-	-	Ayurvedic pharmacopeia of India part.II.Vol.II.pp.31
33	Chaturaamladi powder[9]	-	-	Not available
34	Kiraataadya powder[9]	-	-	Not available
35	Moolaasava[9]	-	-	Not available
36	Madwaarista[9]	-	-	Not available
37	Bhallatakaadya Kshaara[9]	-	-	Not available
38	Kshaara gutica[9]	-		Not available
39	Navaayasa Powder[9]	-	---	Not available
40	Silajatu Vataka[9]	-	--	Not available
41	Dhatryarista[9]	--	--	Not available
42	Tejovatyadi Ghruta[9]	--	-	Not available
43	Pippalyadi Grutham[9]	--	--	Not available
44	Trayusanaadya Ghrutha[9]	--	--	Not available
45	Chitrakaadi Loha[9]	--	--	Not available
46	Agastya Hareethaki[9]	--	--	Not available
47	Twagaadi leha[9]	--	-	Not available
48	Pippalyadi Leha[9]	--	-	Not available

49	Oil prepared with Cows urine,Water&salt[9]	--	---	Not available
50	Oil prepared with decoctionofpunarnavaadi&Hare etakyadi paste[9]	--	--	Not available
51	Puskaramoolaadi kalka with kshaara,ghrutham, lavana.[9]	--	--	Not available
52	PuskaramooladikashayawithNagara,Ajaji,Vacha,yavani,Yavakshara&salt[9]	--	--	Not available
53	Ghrutha&dhadipreparedwithShuntyadi Kalka[9]	--	--	Not available
54	Ghrutha prepared with Drakshadi,Kaserukaadi&saalaparnaadi Paste[9].	--	--	Not available
55	Barly along with Kuluttadi Juice[9]	--	--	Not available
56	Urine boiled with Kulattadi powder[9]	--	--	Not available
57	Krushnadi powder[9]	--	--	Not available
58	Shilajith[9]	*Bitumen*	-	Not available
59	Brahma Rasayana[9]	--	--	Not available
60	Amalaka Rasayana[9]	*Emblica Officinal*	Fruit pulp	Ayurvedic pharmacopeia of India part.I.Vol.I.
61	Souveeraka&tushodaka[10]	--	---	Not available
62	Yavaksharam[10]	*Potassiumcarbonate.prepared fromHardeum Vulgare.*	--	Ayurvedic pharmacopeia of India part.II.Vol.I.
63	Hareethaki[10]	*Terminalia Chebula Retz*	Fruit pulp	Ayurvedic pharmacopeia of India part.I.Vol.I.
64	Amlaki[10]	*Emblica Officinale*	Fruit pulp	Ayurvedic pharmacopeia of India part.I.Vol.I.
65	Vyoshaadi powder[10]	--	--	Not available
66	ShyamaadiGana[10]	--	--	Not available
67	VaasaaGhrutham[10]	--	--	Not available
68	Dashamoola Ghrutha[10]	--	--	Not available
69	Yavaanyadi Peya[10]	--	--	Not available
70	Kantakaari Paste[10]	--	--	Not available
71	Madhu Gutica[10]	--	--	Not available
72	Amruthaprasha Ghruta[10]	--	--	Not available
73	Shwadumstraadi Ghrutha[10]	--	--	Not available
74	AgsthyaHareetaki Rasayana[10]	--	--	Not available
75	Tejovatyaadi Ghrutham[10]	--	--	Not available
76	Mamsa Rasa[10]	--	--	Not available
77	Elaadi powder[10]	--	--	
78	Yavanikhandava powder[10]	--	--	Not available
79	Taaleesaadi powder[10]	--	--	Not available
80	BilvaadiTaila Internally[10]	--	--	Not available
82	Shuntyadi,Souvarchaladi Ghrutha[10]	--	--	Not available
83	Puskaramooladi paste&Decoction[10]	--	--	Not available
84	Yavaanyadi paste with Saindavalavana[10]	--	--	Not available
85	RaasnadiMahaasneham[10]	--	--	Not available
86	Sreyasraadi Ghrutam[10]	--	--	Not available
87	Prapounrekaadi Ghrutha&Taila[10]	--	--	Not available
88	Vachaadi powder[10]	--	--	Not available
89	Abhayaadi decoction[10]	--	--	Not available
90	Roheetakaadi Avaleha[10]	--	--	Not available
91	Shilaajith Rasayana[10]	--	--	Not available
92	BrahmaRasayana[10]	--	---	Not available
93	AmalakavalehyaORAgastyavaleha[10]	--	--	Not available
94	Abhayarista[10]	--	--	Ayurvedic pharmacopeia of India part.II.Vol.II.
05	KalyaanaKsharam[10]	--	--	Not available
96	Trayantyaadi decoction[10]	--	--	Not available
97	Chaturaamlaadi powder[10]	--	--	Not available
98	Taaleesaadi Gutica[10]	--	--	Not available
99	Patolaadi powder[10]	--	--	Not available
100	Kshaaragutica[10]	--	--	Not available
101	Hapushaadi Ghrutham[10]	--	--	Not available
102	Shuntyaadipowder[10]	--	--	Not available
103	DhanthiHareetaki[10]	--	--	Not available
104	Naaraayana powder[10]	--	--	Not available
105	Hingwaadi ksharam[10]	--	--	Not available
106	Navaayasa powder[10]	--	--	Not available
107	Koutajaadi Gutika[10]	--	--	Not available
108	PatolamooladiDecoctin[10]	--	--	Not available
109	Nimbaadi Ghrutham[10]	--	--	Not available

110	Chyavana Prasha[10]	--	--	Ayurvedic pharmacopeia of India part.II.Vol.I.pp.13.
111	Bruhatyaadi Ganam[11]	--	--	Not available
112	Utpalaadi Ganam[11]	--	--	Not available
113	Trapusaadi Ganam[11]	--	--	Not available
114	All types of Milk[11].	--	---	Not available
115	Tushaambu[11]	-	-	Not available
116	Rasona[11]	Allium Sativum	Cloves	Ayurvedic pharmacopeia of India part.I.Vol.III.
117	Bidalavan[11]	-	-	Indian Meteria Medica Vol.II by A.k Nadkarni.
118	PippaliVardhamanam(5thchapter-Vatarakta)[12]	Piper longum linn	Root	Ayurvedic pharmacopeia of India part.I.Vol.IV.
119	Hingwaadi powder[12]	-	-	Not available
120	Dhatryaarista[12]	-	-	Not available
121	MahaatiktakaGrutham[12]	-	-	Ayurvedic pharmacopeia ofIndia.part.II.Vol.II.pp.105, 108.

Table 3: Panchakarma drugs recommended for curative (Hrudrogahara) activity

Sl.No	Name of Preparation	Monograph
1	Dhaamargava Powder with Food[13]	Not available
2	Vatsaka for vamana karma[13]	Not available
3	Aaragwada for purgation[13](Cassia fistula)	Ayurvedic pharmacopeia o f India part.I.Vol.V.&I.
4	Saptala shankhini with prasanna& salt for purgation[13]	Not available
5	purgation with trivruta paste+mishri etc., for purgation[14]	Not available.

Table 4: Vasthi Preparations (Medicated Enema)

Sl. No.	Preparation	Monograph
1.	8th recipe of Candanaai Niruha Basti[15]	Not available
2.	Balaadya- Yaapana Basthi[15]	Not available
3.	Raasnaadi Nirooha Basthi[16]	Not available
4.	Rodraadi Basthi[17]	Not available
5	Bilvaadi Taila Basthi &nasyam[18].	Not available

Table: 5 Panchakarma therapies recommended by Bruhatrayi in Cardiac diseases

	Snehana	Swedana	Vaman	Virechan	Basti	Nasya
Charaka	PittajHrdrog VatajHrudrog	_	KaphajHrudrog	KrumijHrudrog (Shodanchikitsa means virechana Karma.)	_	_
Susrutha	PittajHrudrog	_	Pittaj Hrdroga Vataj Hrudroga KaphajHrudrog	KaphajHrudrog KrumijHrudrog.	Pittaj Hrdroga VatajHrudroga KaphajHrudrog	_
Vagbhata	PittajHrudrog VatajHrudrog	_	KaphajHrudrog	Pittaja Hrdroga	VatajHrudroga Pittaj Hrdroga	Vataj Hrudrog

Table 6: Liquid preparations

S.L No.	Preparation	Monograph
1	Maatulungajuice+Hingu powder+salt[19]	Not available
2	Trunapanchamoola decoction wit Suger[19]	Not available
3	Bruhatpanchamoola kashaya sidda Yavaagu(thick gruel)[19]	Not available
4	Kutaja Fruit[19](Holarrhena antidysentrica)	Ayurvedic pharmacopeia of India part.I.Vol.I.

Table 7: Plants, polyherbal formulations & some preparations recommended for Cardio-protective & curative activity by Bruhatrayi

Sl.No	Name of the drug	Charaka	Susrutha	Vagbhat	Action
1	Vilepi	+	+	-	Hrudya
2	Maamsarasa	+	+	+	Hrudya/Hrutshulahara
3	Madyam	+	+	+	Hrudya
4	Lashuna	+	-	+	Hrudrogahara
5	Takram	+	+	-	Hrudrogahara
6	Sharkaraseedhu	+	+	-	Hrudya
7	Ikshurasasav/Pakwarasamadya	+	+	-	Hrudya
8	Mdhukapuspa/Dhatakyasav	+	+	-	Hrudya
9	Navaneeta(Navodrut	+	+	-	Hrudya
10	Souvarchalavan	+	+	+	Hrudya
11	Naagara	+	+	+	Hrudya
12	Dadima	+	+	+	Hrudya
13	Matulunga	+	+	-	Hrudya
14	Pippali	+	+	-	Hrudrogahara
15	Haretaki	+	-	+	Hrudrogahara
16	Mahatiktaka Ghruta	+	+	-	Hrudrogahara
17	Ragasadava	+	+	-	Hrudya
18	Dhatri	+	+	+	Hrudrogahara
19	Abhayarista	+	+	-	Hrudrogahara
20	Jalam	-	+	+	Hrudya
21	Souveeraka/Tusodak	+	-	+	Hrudrogahara
22	Shigru	+	-	+	Hrudya
23	Saindavalavan	-	+	+	Hrudya
24	Kaalalavan	+	-	+	Hrudya

25	Yavaksharam	-	+	+	Hrudrogahara
26	Triphala	+	-	+	Hrudrogahara
27	Amlarasa	+	-	+	Hrudya
28	Amrutaprasha Ghrutha	+	-	+	Hrudrogahara
29	AgstyaHareetaki	+	-	+	Hrudrogahara
31	Taalisaadi Gutica	+	-	+	Hrudrogahara
32	Yavaanishadava powder	+	-	+	Hrudrogahara
33	Chyavanaprasha	+	-	+	Hrudrogahara
34	Shankini&Saptala for purgation	+	-	+	Hrudrogahara

+ = Recommended. -- = Not recommended.

CONCLUSION

Treatment of cardiovascular diseases (CVD) in elderly is not easy and need prolonged treatment and there is a need for the safer drugs to use them for longer period. Ayurveda offers satisfactory management strategies for CVD through preventive and curative approaches. It provides clinically effective and safe single and compound formulations to control the risk factors like metabolic syndrome X. The drugs & Procedures tabulated from 1 to 7 are also helpful as an adjuvant and supportive therapy along with the conventional treatment. Recent experimental studies on Pushkara guggulu as an Antianginal and Hypolipidaemic drug, Lekhana Vasthi (medicated enema) in Ischemic Disease, *Terminalia arjuna* as an adjuvant in Hypertensive with LVH, Arjuna Vachaadi yoga in Hypertension and Guggulu (*Commmiphora wightii*) as Hypocholesterolimic agent and Anti Arrhythimic activity of Bruhat vaatha chintamani proved the efficacy of drugs. These research activities have succeeded in removing prejudices about Ayurveda to a large extent. Now a day's lot of Ayurveda physicians are successfully treating Heart Diseases on the basis of Ayurveda Concepts. Although wide range of Scientific research at to be left to prove the efficacy of so many varieties of formulations recommended by different classics of Ayurveda on Cardiac diseases.

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