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A CONCEPTUAL REVIEW OF HRIDAYARNAVA RASA

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ABSTRACT

Rasashastra and Bhaishajya Kalpana is the branch of Ayurved commonly termed as paraclinical branch which deals with production and standardization of Ayurvedic formulations. Rasaushadhis have always been considered a boon to these formulations due to their quick action, low dose, higher palatability and action even in dreadful conditions. Kharaliya Rasayan is the first type of Rasaushadhi which is comparatively easier to prepare and hence most extensively used by Ayurved practitioners in clinical practice. Hridayarnava Rasa is one such Kharaliya Rasayan which is found to be effective in ailments related to Heart. It has been extensively studied through various aspects. This paper aims to put forth its conceptual review in a critical format. As much as 9 books give reference of Hridayarnava Rasa, however the contents are more or less identical. Some texts opine to use it in all types of Heart diseases while some advice it in only Kapha Pradhan Heart disease. The design of Hridayarnava Rasa is comparatively easier to understand due to less number of contents and will definitely be helpful to understand larger formulations used in our day to day Ayurved clinical practice.

Keywords: Hridayarnava Rasa, Rasaushadhis, Kharaliya Rasayan, Heart diseases

INTRODUCTION –

Ayurved is termed as the science of Life. Moreover it is the way of leading a healthy life. As clearly depicted in its aims, the primary motto is always to keep the healthy in balanced state and then treat him if at all needed. But as days passed, the secondary motto has gained more significance as we today are less aware of being healthy all the time. The ignorance towards the basic considerations regarding our Prakruti, Kala, Bala, Dosha, Dushya, Mala, Agni, Vaya etc. which have to be remembered each and every time have led to diseases now-a-days termed as Life Style Disorders. Diabetes, Hypertension, Obesity, Heart diseases, Stroke, Cancer etc. are some of the leading examples. According to the WHO, non-communicable diseases (NCD's) kill 41 million people each year, equivalent to 71% of all deaths globally¹. Cardiovascular diseases account for most NCD

deaths i.e. 17.9 million people die annually due to heart diseases worldwide². As Ayurved is the science of life, we can come forward with solution to this ever increasing problem. This may come in the form of life style changes and also medicines. Hridayarnava Rasa is one such medicine which can be extensively used in management of Heart diseases i.e. Hridroga. It is an example of Kharaliya Rasayan and has few contents which are easily available. Kapha dosha according to Ayurved or obstructive pathology according to modern science is considered a prime pathological entity in Heart diseases.

METHOD

As much as 9 texts give reference of Hridayarnava Rasa with the same contents with changes in proportions or anupana in some instances. All the references have 3 main ingredients and 2 bhavana dravyas.

Table 1: List of ingredients of Hridayarnava Rasa

Sr. No.	Sanskrit Name	English Name	Part used	Parts taken
1.	Shuddha Parada	Mercury	Purified form	1
2.	Shuddha Gandhak	Sulphur	Purified form	1
3.	Tamra Bhasma	Copper	Incinerated form	1
4.	Triphala	3 Myrobalans	Fruits Decoction	Q.S.
5.	Kakmachi	Solanum nigrum	Leaves juice	Q.S.

Preparation

The ingredients as shown in **Table 1** are to be collected and authenticated. Parada and Gandhak should be purified. Tamra should be purified and incinerated by the process and Marana and has to be used only after it passes all the bhasma pariksha especially Amla pariksha. The herbal drugs viz. Triphala and Kakmachi should also be authenticated before use. Contents no. 1 to 3 are to be mixed properly using a Khalwa yantra. Triphala kwatha should be prepared for 1 bhavna to be given to the mixture. Kakmachi swaras should be prepared for the final bhavna process. The final product will have blackish color and should be stored in air tight container.

Dose

2 doses are found related to Hridayarnava Rasa in texts. One is “Chana matra”³ which is translated to “Rakti matra” i.e. 120 to 125 mg dose. While Rasatarangini, the latest book on Rasashastra indicates “Gunjapada”⁴ i.e 1/4th Gunja or Rakti dose which comes to 30 to 31.25 mg. However dose fixation should always be done after proper examination of all the Dashavidha parikshas i.e. Dushya, Desha etc⁵.

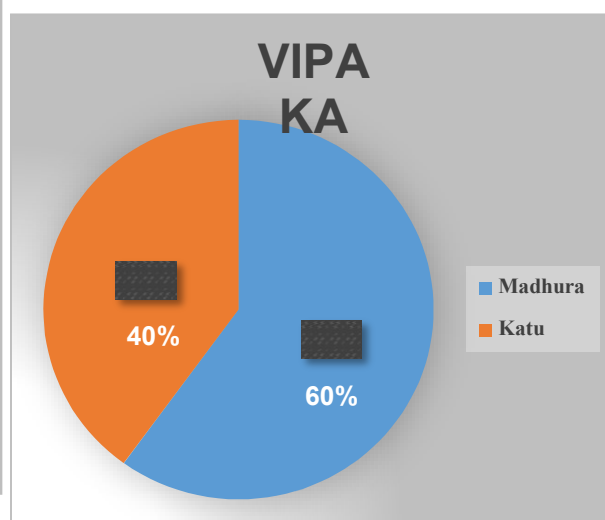
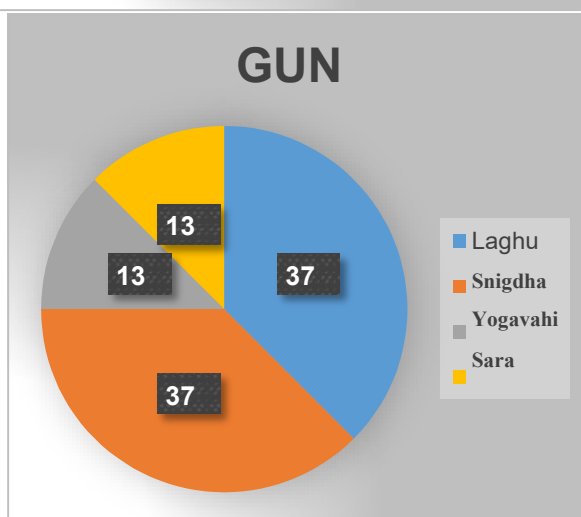
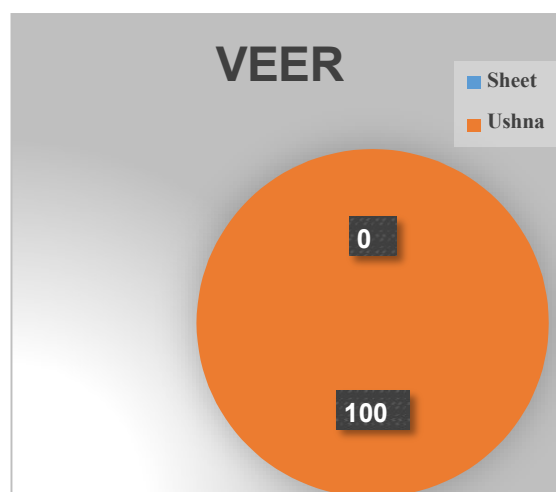
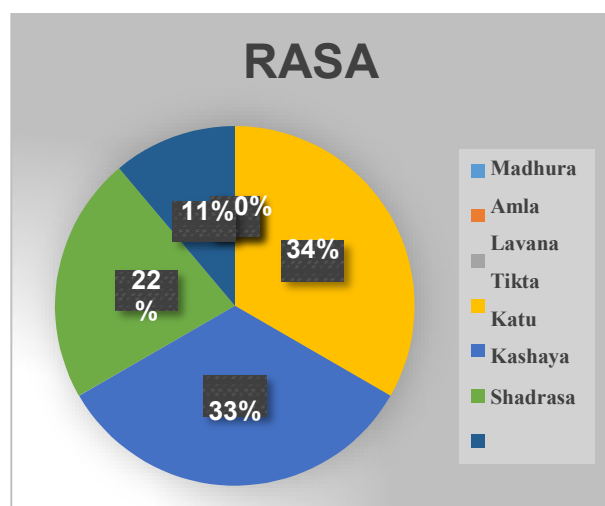
Anupana

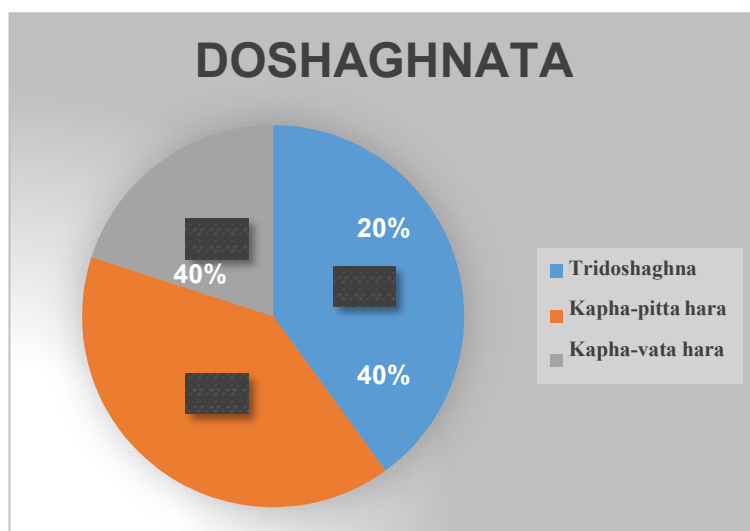
Out of 3 different references, 2 do not give

any specific anupana. However, reference from **Rasachandanshu** gives a special kwatha as anupana for Hridayarnava Rasa. 1 karsha of Kakmachi is to be added to 1 pala of Triphala. 32 tolak water is to be added to this mixture and it should be reduced to 1/8th proportion by mild heating. This 4 tolak (48 ml) dose is to be used as anupana for Hridyarnava Rasa.

Table 2: Rasapanchak of ingredients of Hridayarnava Rasa

Sr. No.	Content	Rasa	Guna	Veerya	Vipaka	Karma
1.	Shuddha Parada	Shadrasa ⁶	Yogavahi, Snigdha	Ushna	Madhura	Tridoshaghna, Rasayan, Vrishya, Balya, Sarvamayahar
2.	Shuddha Gandhak	Katu	Laghu	Ushna	Katu	Agnikari ⁷ , Veeryavridhhi, Kushthahara etc.
3.	Tamra Bhasma	Tikta, Kashaya	Snigdha	Ushna	Madhura	Vishahara ⁸ , Lekhana, Kapha-pitta rogahar
4.	Triphala Kwatha	Pancharasa (except lavana rasa)	Laghu	Ushna	Madhura	Rasayan, Kaphapitta hara, Ropan, Kleda, Meda, Meha nashak etc ⁹ .
5.	Kakmachi Swaras	Tikta, Katu	Sara, snigdha, laghu	Ushna	Katu	Tridoshanghna, Swara-shukra kar, Rasayani etc ¹⁰ .





Properties of Hridayarnava Rasa –

Rasa – Katu, Tikta Guna – Laghu, snigdha

Veerya – Ushna Vipaka – Madhura

Karma – Rasayan, Lekhana

Hridayarnava rasa may be acting by virtue of its ushna veerya in heart diseases. It may be used in all types of heart diseases, however it may best act in Kaphaja hridroga due to the presence of contents like Tamra bhasma and Triphala kwatha bhavna.

DISCUSSION

Kharaliya rasayana are the most commonly used Rasayana. They are easier to prepare, require less dose and are palatable with more patient acceptability. Being in powder form, they are easily absorbed in the human body and start acting from the oral cavity itself. All the drugs are ushna veerya, making it the ideal drug of choice in Kaphaja Hridroga especially. Major drugs are Rasayan, hence

may be used for a longer effect with continuous monitoring. The preclinical studies on anti-hyperlipidaemic activity of Hridayarnava Rasa¹¹ also show promising results on blood lipid levels which are considered as the prime cause of atherosclerosis leading to many further complications. Clinical evaluation of Hridayarnava Rasa¹² also showed promising results making it eligible enough to be used in patients of Heart diseases.

The reference of Rasatarangini advises to add Tamra bhasma in twice¹³ the proportion of Parada and Gandhak. This may be the reason, he has reduced the dose to 1/4th gunja as compared to the previous books. Rasavagbhat also gives another formulation named as Kajjala Yoga¹⁴ which has the same contents, but it has to be prepared in valuka yantra keeping it in sharava samputa.

Rasendrachintamani describes a similar formulation called Swacchand bhairava rasa with same constituents in Jwara Chikitsa adhyaya. He also describes Pliharava rasa whose name matches with Hridayarava rasa but is to be used in spleen disorders.

CONCLUSION

Hridayarava Rasa is of the best rasayana prescribed to Hridroga patients. It has lesser contents which are easily available everywhere. The genotoxicity study done on Hridayarava Rasa¹⁴ also has shown no untoward effect on animals. Thus Hridayarava Rasa can definitely act as a boon to the ever increasing patients of heart diseases globally especially in India where the number is peaking day by day.

CAUTION

Contents like Parada and Gandhak should be authenticated and thoroughly purified before using. Tamra bhasma should also be prepared with utmost care and all bhasma pariksha should be carried out before adding to the formulation.

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