



## CARDIO PROTECTIVE AND CURATIVE DRUGS RECOMMENDED BY BHAVAPRAKASA AND SAARANGADARA SAMHITHA IN AYURVEDA

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## 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 cardio protective and curative drugs recommended by Bhavaprakasha of Bhavamishra and Sarangadhara samhitha of Sarangadhara. The review also explains Monograph of individual drug. This work stimulates researchers to evaluate their efficacy by conducting pharmaceutical and clinical research.

**Key words:** cardio protective, curative, Ayurveda, Monograph.

## INTRODUCTION

Cardiovascular diseases are the most frequent causes of death in between the 50 to 70 years of age. Significant physiological changes in heart and blood vessels occur due to cardiac mass increase, vascular fibrosis and calcification. Vascular thickness and stiffening occurs due to increased collagen deposition, calcification, smooth muscle proliferation and elastin breakdown. There is also diminished capacity of heart to work. 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.

Table 1: Plants Recommended for Cardio-protective (Hridya) Activity

Sl.No.	Name of Drug	Botanical Name	Useful part	Monograph
1	Amaravallari <sup>1</sup>	<i>Cuscuta reflexa</i> Roxb	Seeds, stem	C.P.Khare, IMP,pp.189
2	Arjuna <sup>1</sup>	<i>Terminalia arjuna</i>	bark	API part.I.Vol.II.
3	Bakuchi <sup>1</sup>	<i>Psoralea coryliolia</i>	Seeds	API part.I.Vol.I.page 25.
4	Bruhati <sup>1</sup>	<i>Solanum indicum</i>	Root	API part.I.Vol.II.
5	Barbari <sup>1</sup>	<i>Ocimum basilium</i>	Whole plant ,seeds	C.P.Khare,IMP,pp.443
6	Chakramarda <sup>1</sup>	<i>Cassia tora</i>	Seeds	API part.I.Vol.III.
7	Ajamoda <sup>1</sup>	<i>Api umgraviolens</i>	Whole plant	API part.I.Vol.I.page 2
8	Amra( Pakwa) <sup>1</sup>	<i>Mangiera indica</i>	Ripefruit ,seeds ,stem bark	API part.I.Vol.III and I.
9	Nishachar <sup>1</sup>	<i>Angelica glauca</i> Edgew.	Root	C.P.Khare,IMP,pp.52.
10	Beejapuraka <sup>1</sup>	<i>Citrus medica</i> Linn	fruit leaf ,flower, root,	API part.I.Vol.III.
11	Damanaka <sup>1</sup>	<i>Artemesia vulgaris</i>	Whole plant	C.P.Khare, IMP,pp.65.
12	Gojihwa <sup>1</sup>	<i>Launaea asptenifolia</i> Hook	Leaves	API part.I.Vol.III.
13	Jalapippali <sup>1</sup>	<i>Lippia nodiflora</i>	Whole plant	API part.I.Vol.IV.pp.49
14	Katuki <sup>1</sup>	<i>Picrorrhiza kurra</i>	Root	API part.I.Vol.II.pp.85
15	Kharjura <sup>1</sup>	<i>Phoenix sylvestries</i>	Fruit	C.P.Khare,IMP,pp.479
16	Mahashatavari <sup>1</sup>	<i>Asparagu racemosus</i> Roxb	Dried root	API part.I.Vol.IV.
17	Shatapatri <sup>1</sup>	<i>Rosa centifolia</i> Linn	Dried flower	API part.I.Vol.III.
18	Marubaka <sup>1</sup>	<i>Origanum majorana</i>	Leaf ,seed.	C.P.Khare,IMP,pp.453
19	Parushaka <sup>1</sup> (Pakwa)	<i>Grewia asiatica</i>	Ripe fruit	C.P.Khare,IMP,pp.294
20	Shatapuspaa <sup>1</sup>	<i>Foeniculum vulgare</i>	Dried fruit	API part.I.Vol.I.
21	Shaileya <sup>1</sup>	<i>Parmelia perlata</i>	Whole thallus	API part.I.Vol.III.
22	Shobanjana <sup>1</sup>	<i>Moringa pterygosperma</i>	Whole plant	API Part.I. Vol.III. and IV.
23	Tulasi <sup>1</sup>	<i>Ocimum sanctum</i> Linn	Whole plant, seeds	API part.I.Vol.IV.
24	Vaasa <sup>1</sup>	<i>Adhatoda vasica</i>	Leaf	API part.I. Vol. IV and I.
25	Yuthika <sup>1</sup>	<i>Hardium jasminum</i>	leaves	Not available
26	Mahakhaandava Powder <sup>2</sup>			Not available
27	Kamadevagruta <sup>2</sup>			Not available
28	Swarna Bhasma <sup>3</sup>	Calcinated gold	bhasma	API part.I.Vol. VII.pp.34.

Table 2: Plants Recommended For Curative (Hrudrogahara) Activity

S. No	Plant name	Botanical name	Useful part	Monograph
1	Apamarga <sup>5</sup>	<i>Achyranthus aspera</i> Linn	wholePlant,	API part.I.Vol.III.II
2	Aragwada <sup>3</sup>	<i>Cassia fistula</i>	Fruit pulp	API part.I.Vol.I
3	Chukram <sup>3</sup>	<i>Garcinia indica</i> Chois	Fruit,root bark	C.P.Khare, IMP,pp.278.
4	Amlavetasa <sup>3</sup>	<i>Garcinia pedunculata</i> Roxb	Fruit	C.P.Khare, IMP,pp.280.
5	Amrabeeja <sup>4</sup>	<i>Mangifera indica</i>	Seeds	API, part.I.Vol.III.
6	Beejapooraka <sup>5</sup>	<i>Citrus medica</i> Linn	Fruits, peel, seeds	API part.I.Vol.III
7	Hareetaki <sup>5</sup>	<i>Terminalia chebula</i> Retz	PaciCorp of mature fruit.	API part.I.Vol.I
8	Elavaaluka <sup>5</sup>	<i>Prunes cerasus</i> Linn.	Leaf, fruits, bark.	API part.I.Vol.VandVIpp.43
9	Guduchi <sup>5</sup>	<i>Tinospora cardifolia</i> Wild	Stem	API part.I.Vol.I
10	Gokshura <sup>5</sup>	<i>Tibullus terrestris</i>	Fruits, fruit	C.P.Khare, IMP,pp.670.
11	Hingupatri <sup>5</sup>			API part.I.Vol. I.
12	Jathiphala <sup>5</sup>	<i>Myristica fragrans</i> Honh	Endosperm of dried seed	API part.I.Vol.I
13	Jingini <sup>5</sup>	<i>Lannea coramandelica</i>	Bark	API part.I.Vol.IV.
14	Jambeeradwaya <sup>5</sup>	<i>Citrus lemon</i> Linn	Fruit juice	API part.I.Vol.IV.
15	Kankola <sup>5</sup>	<i>Piper cubeba</i>	Fruit	API part.I.Vol.I
16	Kantakari <sup>5</sup>	<i>Solanum xanthocarpum</i> .Schard,Wend	Whole plant	API part.I.Vol. I.
17	Kakamachi <sup>5</sup>	<i>Solanum nigrum</i> Linn	Whole plant	API part.I.Vol. II.
18	Mahabharivacha <sup>5</sup>	<i>Alpinea galanga</i> Wild	Rhizome	C.P.Khare, IMP,pp.37.
19	Murva <sup>5</sup>	<i>Marsdenia tenacissima</i> Wanda	Root	API part.I.Vol. II.
20	Paashanabheda <sup>5</sup>	<i>Berginia lingulata</i> Wall.	Rhizome	API part.I.Vol. I.
21	Patha <sup>5</sup>	<i>Cissampelos pareira</i> Linn	Root	API part.I.Vol. I.
22	Rasona <sup>5</sup>	<i>Allium sativum</i> Linn	Bulb	API part.I.Vol. III.
23	Rohisha <sup>5</sup>	<i>Limbopogon martiniic</i> ,Wats		API part.I.Vol. V.
24	Sugandabala <sup>5</sup>	<i>Pavonia odorata</i>	Whole plant.	C.P.Khare, IMP,pp.468.
25	Shyonakaphala <sup>5</sup>	<i>Oroxylum indicum</i>	Root	API part.I.Vol. III.
26	Shunti <sup>5</sup>	<i>Zingiber officinale</i>	Rhizome	API part.I.Vol. I.
27	Twakpatra <sup>5</sup>	<i>Cinnamomum cassia</i> .Blume.	Bark	API part.I.Vol. I.
28	Trayamaana <sup>5</sup>	<i>Gentiana kurroo</i> Royle	Root	API part.I.Vol.VI.
29	Yavakshara <sup>5</sup>	Potassium Corbonate		Not available
30	Bidalavana <sup>5</sup>	Black salt		A.K.Nadkarni, IMM,Vol.II
31	Harinashringa Pisthi + Cow <sup>5</sup> Ghee <sup>6</sup>	Ash of stags horn		Not available

Table 3: Polyherbal Formulations Recommended For Curative (Hrudrogahara) Activity

S. No	Name of Preparation	Monograph
1	Gudapippali <sup>7</sup>	Not available
2	Vaarthakorgutika <sup>7</sup>	Not available
3	Kushmandakalyanagudam <sup>7</sup>	Not available
4	Samasarkarapowder <sup>7</sup>	Not available
5	Vijaya Powder <sup>7</sup>	Not available
6	Navayasapowder <sup>7</sup>	API part.II. Vol I,pp.49.
7	Pathyadyapowder <sup>7</sup>	Not available
8	Vaishyanarapowder <sup>7</sup>	API part.II. Vol I,pp.59.
9	Hingwadipowder <sup>7</sup>	Not available.
10	Haritakyadi Powder <sup>7</sup>	
11	Godhuma + Kakubapowder prepared with oil, jaggery and ghee <sup>7</sup> .	Not available
12	Vyoshadi Sakthu <sup>7</sup>	Not available
13	Sudarshanapowder <sup>8</sup>	AFI, Part-I, pp. 116..
14	Lavangadipowder <sup>8</sup>	Not available.
15	Mahaakhandava Powder <sup>8</sup>	Not available
16	Narayana Powder <sup>8</sup>	Not available
17	Lavanatritayaadi Powder <sup>8</sup>	Not available
18	Yavanikhandava Powder <sup>8</sup>	AFI, Part-I,pp. 114.
19	Lavanabhaskarapowder <sup>8</sup>	API Part.II. Vol II,pp.80

Table 4: Syrups

S. No.	Preparation	Monograph
1.	Maharasnaadi Quadam <sup>8</sup>	Not available
2.	Gaayatradi Kashayam <sup>8</sup>	Not available
3.	Dashamoola Quadam With Pippali Powder <sup>8</sup>	Not available
4.	Kairataadi Kashayam <sup>8</sup>	Not available
5.	Erandamooladi Kashayam With Eranda Tail Or Hingu Powder Or Yavakshara Or Saindavalavana <sup>8</sup>	Not available
6.	Erandamoola Kashaya With Yavakshara. <sup>8</sup>	Not available
7.	Dashamoolakashaya With Yavakshara or Saindavalavana <sup>8</sup>	Not available

Table 5: Ghee Preparations

S. No.	Preparation	Monograph
1	Balagrutham <sup>9</sup>	Not available
2	Arjunagrutham <sup>9</sup>	Not available
3	Balaadya Grutham <sup>9</sup>	Not available
4	Vidaarigrutham <sup>9</sup>	Not available
5	Mahatikthakagrutham <sup>10</sup>	AFI, Part-I,pp. 182.

Table 6: Aasavaas and Aristas

S. No	Preparation	Monograph
1	Lohaasavam <sup>10</sup>	API part.II.Vol II.pp.42
2	Khadiraarista <sup>10</sup>	API part.II.Vol II.pp.33
3	Roheetakaarista <sup>10</sup>	API part.II.Vol II.pp.58

Table 7: Lehyam

S. No	Preparation	Monograph
1	Khanda Kushmanda Lehyam <sup>10</sup>	Not available
2	Vaasaavalehyam <sup>11</sup>	API part.II.Vol I.pp.32

Table 8: Oils

S. No	Preparation	Monograph
1	Bruhat Saindavaadi Tail <sup>11</sup> (internally)	AFI, Part-I,pp. 147.

Table 9: Vati (pills)

S. No	Preparation	Monograph
1.	Kankaayana Gutika <sup>12</sup>	AFI, Part-I,pp. 182.

## 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 tabulated from 1 to 9 are also helpful as an adjuvant and supportive therapy along with the conventional treatment. Recent experimental studies on Pushkara guggulu, Lekhana Vasti, *Terminalia Arjuna*, Arjuna Vachaadi yoga and Guggulu also proved their Curative efficacy on Heart Diseases.

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## ABBREVIATIONS

Indian Medicinal Plants – IMP  
Ayurvedic pharmacopeia of India - API  
Ayurvedic Formulary of India - AFI  
Indian Meteria Medica - IMM