

Heart Diseases

(Ayurvedic concept)

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Preaface

From time immemorial, man has always been fascinated by the mode of function of the heart. He is over-concerned about the slightest change in the function of heart. The classification of heart diseases has changed over a period of time and will keep on changing. Ayurveda classifies the diseases of organs into vataja, pittaja, kaphaja, dwidoshaja and sannipatika according to the dominance of the doshas.

Vataja heart diseases include valvular heart disease, cardiac arrhythmias, angina pectoris, constrictive pericarditis, aneurysm and dilatation of heart and aorta. Pittaja heart diseases include endocarditis including valvulitis, myocarditis and pericarditis of all varieties. Kaphaja heart diseases include metabolic disorders like glycogen storage disease of heart and tumors of the heart. Vatakaphaja heart diseases include atherosclerosis and endocardial fibroelastosis. Pittakaphaja heart diseases include pericarditis with effusion. Sannipatika heart diseases include coronary thrombosis.

Heart is the seat of avalambaka-kapha, rasadhatu, raktadhatu and oja. Naturally Kapha molecules in the heart muscle are of superior quality. Hence myocardium is the strongest muscle in the body. The heart has to work continuously throughout the life. This promotes increase in local Vata. Naturally Vatakaphaja heart diseases are common. Hence one should make an attempt to understand the pathogenesis of various heart diseases of modern medicine on Ayurvedic line and treat them by cardiogenic diet and medicines according to the dominant causative dosha.

This book gives in detail all about cardiology, as described in Ayurvedic texts along with guidelines for the understanding of the various diseases as described in modern medicine and their treatment on Ayurvedic line. As far as possible, the literal translation of the original sanskrit stanzas are adhered to and appropriate sanskrit stanzas are given in reference.

One cannot but appreciate the wisdom of ancient Ayurvedic physicians, who have described in detail the various heart conditions 5000 years ago. I am sure that this book will be useful to the students, teachers and practitioners of Ayurveda, cardio- logists and heart patients all over the world.

- Authors