

Ayurveda - Vol. 20 : Heart diseases - 1

Ayurvedic treatment on chest pain, heart diseases, etc. (Including modern medical analysis)

(English)

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('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level,
'Stage of a Sadguru' denotes 80-89 %, 'Stage of a Paratpar Guru'
denotes 90% and above, whereas 'God' denotes 100% spiritual level.)

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**Some abbreviations used for names of classical texts
(Represented by first alphabet/s)**

चरकसंहिता (च.)	सुश्रुतसंहिता (सु.)
वाग्भटसंहिता (वा.)	अष्टांगसंग्रहसंहिता (सं)
काश्यपसंहिता (का.)	भेलसंहिता (भे.)
हारितसंहिता (हा.)	माधवनिदान (मा.नि.)
शाङ्गधरसंहिता (शा.)	भावप्रकाशसंहिता (भा.)
योगरत्नाकर (यो.र.)	निघंटुरत्नाकर (नि.र.)

**Some abbreviations used for the sections of classical texts
(Represented by following alphabet/s)**

सूत्रस्थान (सू.)	निदानस्थान (नि.)
विमानस्थान (वि.)	शारीरस्थान (शा.)
इंद्रियस्थान (इं.)	चिकित्सास्थान (चि.)
कल्पस्थान (क.)	सिद्धिस्थान (सि.)
खिलस्थान (खि.)	उत्तरतंत्र (उ.)
पूर्वखंड (पू.)	मध्यमखंड (म.)
उत्तरखंड (उ.)	



The respiration of the new-born commences after birth; however, the beating of the heart commences in the first three months of pregnancy and continues till death. In the first month after birth the heart rate is 140/minute. In an adult, the heart rate is 72/minute. The heart also pumps 5 litres of blood every minute. The heart is a live pump which supplies blood to the entire body and is also one that pulls the blood back from it. It is a pump that never rests. Through the medium of blood, it supplies food, water and oxygen to all the cells and organs; it transports waste too from all the cells to the kidneys, lungs and skin. During work or while running, muscles require greater amount of food, water and oxygen. At such times the heart rate increases and during sleep, the heart rate reduces. If the beating of the heart stops for even a minute, the body will not remain alive.

As per Yogashastras, Anahat-chakra is positioned at the heart. From time immemorial, poets have considered the heart to be the location of the mind. In day-to-day language, we often use terms such as 'the incident is engraved on my heart' or 'the individual has found a place in my heart' or 'from the bottom of my heart; because, the emotions of the mind continuously affect the heart and pulse rate. Muscles of the heart get blood supply through the medium of coronary artery. Developing blockages in the coronary artery leads to heart attacks. In the 2 Volumes on 'Heart Diseases', diseases of the heart and blood pressure have been analysed from the perspective of Ayurveda. The study of these Volumes will be useful for the heart patients, Vaidyas (Ayurveda practitioners)





and doctors; besides, they will also get guidance on how to maintain a heart that is healthy and efficient.

We pray from the bottom of our heart unto the Almighty, who controls the entire world - 'May the heart patients fully recover from their disease and may all enjoy the Bliss of leading a healthy life !' - **Authors**



Importance of good health

Ayurveda is considered to be the fifth Veda. Charaksanhitā is the basic Text of Ayurveda. In this Text the following has been expressed for good health.

धर्मार्थकाममोक्षाणाम् आरोग्यं मूलमुत्तमम् ।

– Charaksanhitā, Sutrasthān, Adhyāya 1, Shloka 15

Meaning : Good health is the foundation to accomplishing the four Purusharthas - Dharma, Artha, Kama and Moksha.

In Sanatan's Text series on 'Ayurveda' for common man

Diseases of nervous system (Ayurvedic concept)



Nervous system is the most evolved system and the brain is the most evolved organ in the body. The mind controls the entire body through the brain and the nervous system. The mind, brain and body work in co-ordination with each another. In this Text, the functions and diseases of the mind, brain, nervous system, nerves and muscles are discussed.