

**Date of Acceptance: 01<sup>st</sup>Apr,2024****Date of Publication: 18<sup>th</sup> Apr, 2024****CURRENT SCENARIO AND FUTURE PERSPECTIVE OF AYURVEDIC MEDICINE ON  
CARDIOVASCULAR DISEASE****Sakshi R. Shahu Gangasagar U. Shinde, Sakshi R. Manekar, Gauri G. Mankar, Swati Deshmukh  
Shraddha Institute of Pharmacy Kondala Zambre Washim -444505****Corresponding author Mail ID: sakshishahu2002@gmail.com****ABSTRACT:**

*Medicinal plants have been used for centuries in the treatment of patients with heart failure, systolic pressure, angina, atherosclerosis, cerebral insufficiency, venous insufficiency and cardiac arrhythmias. Recently, the popularity of alternative medicine and natural products has revived interest in medical drugs for the treatment of heart diseases.*

*Hridroga (heart disease) is increasing in today's culture due to changes in lifestyle, nutrition and environment. According to Ayurveda, heart disease is caused by an imbalance of the three doshas, restoring the original levels of the three doshas is an important step in the treatment of heart disease. Plants are used in patients with myocardial ischemia, heart attack (myocardial infarction), myocardial infarction Disease (vaticahridroga), congestive heart disease, angina and hypertension. The roles of Akhara, Vihara, Rutucharya, Dincharya Yoga and Rasayana in prevention, control and diagnosis are all considered beneficial in the treatment and prevention of heart disease. The word "hridaya" in Ayurveda means "heart" and is a popular medicine. Ayurveda provides holistic treatments to heal the heart and treat heart disease. It is very important to use traditional medicine based on the use of natural products.*

**KEYWORDS:** *Heart Failure, Systolic pressure, angina, cardiac arrhythmias***INTRODUCTION**

Herbal medicines have been used for centuries to treat many conditions, including cardiovascular diseases (CVD). However, more research is needed to confirm the effectiveness and safety of herbs in treating CVD. Some herbs may help lower blood pressure, cholesterol, and inflammation, all of which are associated with heart disease. However, it is important to consult your doctor before using herbs as they may interact with the medications you use.

**• Here's what the future holds for herbal treatments for CVD:**

\* More rigorous studies: More clinical trials are needed to confirm the effectiveness and safety of herbal treatments for CVD.

\* Standardized Dosage: Standardized formulations will ensure consistency and dosage of herbs.

\* Integration with traditional medicine: Herbal medicines can be used in conjunction with traditional medicine to provide further guidance in CVD management.

**• Here are some herbs that have been shown to be beneficial for CVD:**

\* Garlic: Garlic has been shown to lower blood pressure and cholesterol.

\* Hawthorn: Hawthorn fruit is a traditional European medicine used to treat heart diseases. It may help improve heart function and blood circulation.

\* Arjuna: Arjuna is an Ayurvedic herb proven to lower blood pressure and cholesterol.

\* Cayenne pepper: Cayenne pepper contains capsaicin, which may help improve circulation and lower blood pressure. Thrombus

\* Turmeric: Turmeric contains curcumin, a compound with anti-inflammatory properties. Inflammation is an important risk factor for CVD.

It is worth noting that the evidence regarding the effectiveness of herbs in the treatment of CVD is mixed. More research is needed to determine whether this medication is safe and effective for long-term use. If you're considering using herbs to treat heart disease, be sure to talk to your doctor first.

#### •Ayurveda approach to heart health:

Ayurveda is an ancient medical system that is effective in preventing heart diseases and stroke. Promote full recovery. Ayurvedic medicine is known for dealing with the human mind. However, this treatment takes time, but can be beneficial to the patient in terms of preventing the disease from its root and supporting heart health.

#### •How Ayurveda helps in treating heart disease:

Wrong lifestyle related to physical activity and diet leads to various heart diseases that can affect people and this is where Ayurveda can help them. This special program includes herbal preparations, yoga and various practices. It is recommended that you seek medical attention when you experience symptoms of heart disease.

#### •Cause of Hridaroga:

- 1.Excessive exercise.
2. Overuse of products containing tikshna (Sharp) products.
- 3.Administration of laxatives, emetics and more through enemas .
- 4.A lot of worry, fear and anxiety.
- 5.Vomiting, ama (poor food digestion and metabolism) and inhibition of natural impulses Indicates fear and injury (body and brain).
- 6.Excessive consumption of hot and heavy foods.
7. Excessive consumption of foods containing kashaya and tikta rasa.
- 8.Extreme fatigue, injury and stress.
- 9.Limited power.

#### Benefits of Ayurveda:

- Improves overall health
- Long-term results
- Convenience
- No side effects
- Affordable

Heart disease or hridarogais a term covering any disorder of the heart. According to research, heart diseases are the first cause of death in the world. One in every four deaths is caused by heart disease.

#### Hypertension (High Gross Blood Pressure) :

From an Ayurvedic perspective, high blood pressure is a pitta state. Low blood pressure indicates a weak digestive system, which usually occurs in the Vata type due to poor blood circulation. According to Ayurveda, high blood pressure is divided into three types: Vata high blood pressure, Kapha high blood pressure and Pitta high blood pressure. It is the first treatment of high blood pressure.

**Ayurveda recommends non-drug methods to control high blood pressure, such as proper nutrition and lifestyle changes.**

AHARA (DIET) After preventing high blood pressure, the correct rice diet should be followed. Excessive consumption of sodium chloride is toxic and can damage blood vessels and various tissues, causing high blood

pressure. For atherosclerosis and hypertension, a diet rich in fruits and whole grains, foods, refined sugars, no caffeine and as little or as much alcohol as possible is the most important remedy for high blood pressure

VIHARA: Reducing high blood pressure High Blood pressure is very important in controlling blood pressure. Stress can be reduced through meditation, yoga and other forms of relaxation. Upvasa (fasting), samaykavyayama (regular exercise), yoga, pranayama, meditation and Gayatri or Omkaeacchara, all these methods are effective in treating high blood pressure.

### Congenital Heart Disease:

Spastic heart disease is a disease in which one or more heart problems occur together from birth. The term congenital refers to a condition resulting from birth.

### Ayurvedic medicine prevents heart disease:

- 1) Hridayaranava rasa
- 2) Arjunarishtam
- 3) Dshmoolakauthraya Kashaya
- 4) Prabhakaravati
- 5) Vajhrihareetakiavaleha
- 6) Kutura rasa
- 7) Kanakasava
- 8) Amalaki
- 9) Pushparkarmoola
- 10) Jatamansi

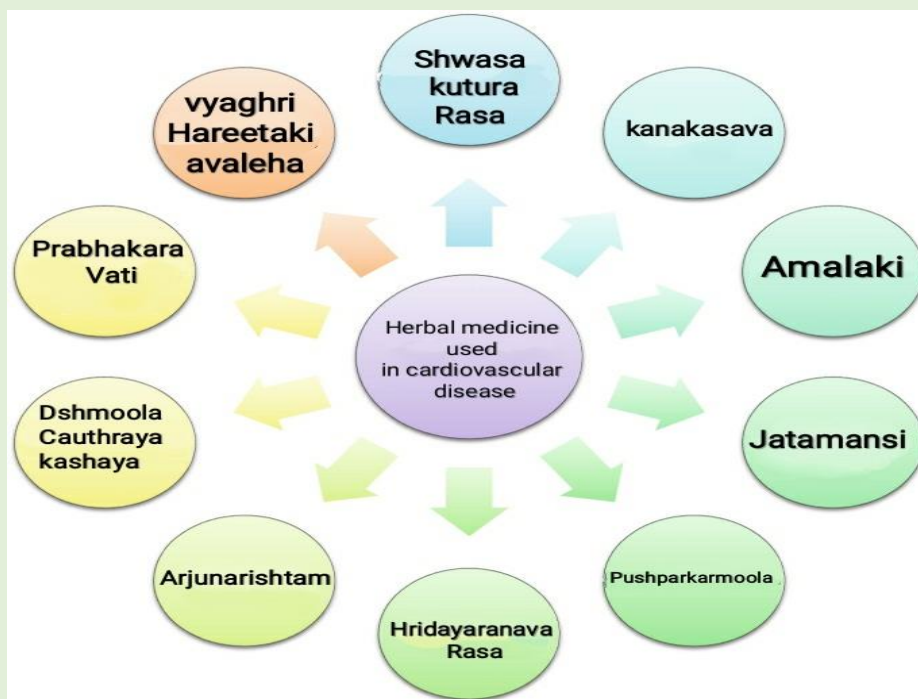


Fig. No. 1.: Herbal Medicines used in cardiovascular disease

### Medicine:

There are two medicines used to treat heart diseases i.e. Hawthorn Oxycantha Linn (Hawthorn Berry) Helps in arousal It accelerates the heartbeat and promotes the circulation of the heart's blood vessels. The second is Linus Basil (TULSI), which has aromatic properties and helps normalize the effects of kapha-vatadoshas.

According to AyurvedicTulsi, it is often used in raktavikar to cleanse the arteries and blood flow in body diseases

#### **Angina:**

Ayurvedic name is HRITSHOOLA (hriday = heart, shoola = pain) Angina chest pain. This is because not enough oxygen reaches the muscles. Angina may be a sign of a heart attack. Today, angina is the leading cause of death

According to the World Health Organization, cardiovascular disease (CVD) kills 17.9 million people each year and accounts for 31% of deaths worldwide. Heart attack and stroke account for 80% of CVD deaths. Low- and middle-income countries (LMIC) populations account for 75% of CVD deaths. Since they originate from Ayurvedic medicine, they are considered safe when compared to allopathic medicines.

#### **Ayurvedic Medicine and Herbal Plants:**

In the traditional medical system, around 2000 plants are listed as medicinal plants for the treatment of heart diseases. The study also collected important information and found that people benefited from CVD, CAD, hyperlipidemia, related problems, ischemic heart disease and other diseases. Plant extracts such as Hypericumperforatum, plantain and chamomile are also approved in many countries and are legalized in France and St. John's wort, ginseng, approved in Germany for the treatment of cardiovascular problems] How fangchi, hawthorn. Spp., Ginkgo, Motherwort, Aconitum and other medicinal plants. Citrus, Hypericumperforatum, ginseng, ephedra, Fangji etc. It has been used to treat heart disease in many countries. Ginkgo belongs to the Ginkgo family and is a tree that is approximately 200 million years old. . It is widely used to treat heart disease, Alzheimer's disease, and peripheral vascular disease.

#### **Future directions:**

Although some herbs show promise in treating cardiovascular disease (CVD), more research is needed to confirm their effectiveness and safety. This is important for determining appropriate dosage and identifying possible interactions with conventional medications.

Standardization of herbal medicines is important to ensure quality and quantity. This explains the differences between different herbal ingredients depending on factors such as growth and performance. By design, customers can be assured that they are receiving products with similar levels of active ingredients.

Integrating herbal medicines with conventional medicine holds the promise of providing a more comprehensive approach to CVD management. However, before you start using medicinal herbs, be sure to consult your doctor to make sure that they will not interact with the medication or cause side effects.

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