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“HRIDAYABARANA” (CARDIOPROTECTION):

The Top Priority Measure in Infection

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ABSTRACT


The word “HRIDAYA” is synonymised as “HEART” basing upon the descriptions available in the Ayurvedic and Modern literatures . “ABARANA” literally means “to cover- to protect”. Hence the literary meaning of the word “HRIDAYABARANA” means “PROTECT THE HEART – CARDIOPROTECTION” . Hridayabarana is mentioned as one of the 24 Bisha Chikitsa Upakrama (treatment procedures of poisoning). Under this heading a detail discussion on the procedures of protection of the heart in a patient of poisoning is done by the Ayurvedic scholars .

In the context of poison (Bisha) it is said that it contains 10 qualities (properties) that are directly opposite to the “OJA”(Ayurveda admits OJA as the vital element of the body which protects from all types of external and internal violence). On exposure to a Bisha (poison), due to it’s strong affinity towards the OJA there is violent storming reaction on the vital element and it determines the survival / death of the person concern . If , in the violent reaction, the OJA wins then survival will be there, otherwise there will be winning of the Bisha (poison) and the individual will have to cease life .

As the effect of Bisha in the body the phenomena of entry of the external disease causing agents like , bacteria , virus , parasite etc. also cause violent reaction in the body and simply to say there is a fight inside the body between the invasive agent and the immune system . The future of the individual is entirely dependent upon the outcome of the fight . Since the heart is mentioned as a vital organ in both the Ayurvedic and Modern classics hence protection of the heart with top priority can be considered as a life saving measure .

The concept of cardioprotection mentioned in the Ayurvedic classics can be considered as a point of discussion and research not only in poisoning but also in infections which may be proved to be an important work in present situation when a good number of fatal infectious diseases like SARS COV-19 are causing terror in the human society .

Key words : - *Hridayabarana , oja , external disease causing agents , immune system , Ayurvedic classics*

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