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Preventive Role Of *Amlaki Churna* In *Hridroga*: A Critical Review Of Literature

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Abstract:

Introduction. In Ayurvedic terms, Hridaya Roga is attributed to imbalances in the doshas, particularly Pitta and Vata, which affect cardiovascular function. Ayurveda offers several preventive and promotive approaches to cardiovascular health, among which Amlaki (*Emblica officinalis*) holds an important place as a Rasayana and Hridya Dravya. Amlaki Churna is believed to promote heart health by balancing these doshas, minimizing oxidative stress, lowering cholesterol levels, and enhancing overall cardiac function. Amlaki Churna, a powder made from the fruit of *Emblica officinalis* (Amla), is a well-known remedy in Ayurveda, prized for its high vitamin C content and antioxidant properties. This paper examines the role of Amlaki Churna in preventing Hridaya Roga (heart disease), a widespread health concern linked to factors such as high blood pressure, elevated cholesterol, and oxidative stress. Amlaki Churna has been traditionally used to promote heart health and overall vitality, and recent studies have begun to validate its pharmacological potential.

Scientific studies suggest that the formulation's anti-inflammatory properties, ability to enhance nitric oxide production, and regulation of lipid metabolism may contribute to its cardioprotective effects. Furthermore, its antioxidant activity helps prevent plaque formation in blood vessels, a key factor in the development of heart disease. This abstract explores the potential mechanisms by which Amlaki Churna could serve as a preventive approach for Hridaya Roga, highlighting its role in supporting heart health according to Ayurvedic principles. Additional clinical research is necessary to confirm its therapeutic benefits and determine appropriate dosing for long-term heart disease prevention. **Methods:** All the Ayurveda literature, i.e., Charak Samhita, Sushrut Samhita, Bhavaprakasha Nighantu, and Sarngadhara Samhita, is analyzed, and data collected related to Hridaya roga to assess the role of Amalaki in managing and preventing Hridaya roga. **Result** A review of classical Ayurvedic literature and modern research evidence suggests that Amalaki Churna holds significant promise in the prevention of Hridayaroga, owing to its ability to balance all three doshas (especially Pitta and Kapha), enhance Ojas and Agni, act as a cardiovascular Rasayana, offer scientifically supported antioxidant and lipid-lowering effects. **Discussion** Amalaki is considered one of the top Rasayana herbs for supporting longevity and improving resistance to illnesses. Its role in cardiac health is emphasized indirectly through its ability to balance Pitta, strengthen digestion, and preserve ojas, all of which are relevant in the breaking pathogenesis and prevention of Hridayaroga.

Index Terms: Hridya Roga, Amalaki, Rasa-vaha Srotas, CVD, Cardioprotective, Antioxidant, Oxidative stress

Introduction:

The prevalence of non-communicable diseases, particularly cardiovascular diseases (CVD), has surged dramatically in recent years, affecting individuals as young as in their 20s and 30s. Elements like contemporary eating patterns, shifts in lifestyle, and surrounding environmental factors have played a role in contributing to this concerning trend. Among the various forms of non-communicable diseases, cardiovascular diseases are recognized as the most significant cause of mortality worldwide. While modern

medicine offers advanced treatments, they are often not affordable for everyone. Therefore, Ayurveda, an ancient holistic system of medicine, emphasizes preventative care through lifestyle modifications, dietary practices, and natural remedies to combat these health challenges effectively. Modern medicines for cardiovascular diseases often include various classes of drugs such as beta-blockers, ACE inhibitors, statins, and antiplatelet agents. While these medications can effectively manage cardiovascular conditions, they may also pose potential complications. Some common complications include side effects like fatigue, dizziness, or gastrointestinal issues. Long-term use of certain medications may lead to issues such as liver or kidney problems.

Studying *Emblica officinalis* (Indian gooseberry or Amla) about cardiovascular disease is valuable due to its potential cardiovascular benefits. Research suggests that Amla has antioxidant and anti-inflammatory properties, which may contribute to cardiovascular health by reducing oxidative stress and inflammation. Additionally, it may help manage cholesterol levels and support overall heart function. Investigating these aspects can provide insights into its potential role as a natural remedy or preventive measure for cardiovascular.

Amlaki (*Emblica officinalis*), also known as Amalaki or Indian Gooseberry, is a renowned Rasayana in Ayurveda, known for its rejuvenating, antioxidant, and cardioprotective properties. It possesses five of the six tastes (excluding salt), with a dominant sour rasa, sheeta virya (cool potency), and madhura vipaka (sweet post-digestive effect), making it tridoshaghna—balancing all three doshas, particularly Pitta and Vata. Rich in Vitamin C, emblicanin A and B, tannins, and polyphenols, Amlaki exhibits strong antioxidant, anti-inflammatory, and lipid-lowering effects. It has been shown to reduce total cholesterol, LDL, and triglycerides while improving HDL levels. Classical Ayurvedic texts describe it as Hridya (cardiac tonic), and modern studies support its potential to prevent atherosclerosis, hypertension, and oxidative myocardial damage.

Charaka Samhita mentioned Amalaki is one of the most potent and nutritious drugs and also the best rejuvenating herb (Amalaki Vayasthapnam Sreshtham). Amalaki has low molecular weight hydrolyzable Tanins (Emblicanin A and B) thereby it is considered one of the stronger antioxidant herbs in Ayurveda.

Fresh *E. officinalis* fruit juice, which is high in Emblicanin-A and -B, is useful in reducing the oxidative stress brought on by ischemia-reperfusion in rat cardiac tissue. Fruits are cardioprotective. Apart from lowering oxidative stress, *Emblica officinalis* also prevents the development and advancement of hypertension. It affects the concentrations of serum NO, active eNOS, naturally occurring antioxidants, and electrolytes.

Hridayaroga, described in Ayurveda as a disease caused by the vitiation of Doshas, particularly Vata, and Kapha, is increasingly prevalent due to a sedentary lifestyle, stress, and unhealthy diet. Ayurveda emphasizes prevention through Rasayana therapy and proper lifestyle. Amlaki (*Emblica officinalis*), described as a potent Rasayana and Hridya Dravya, is mentioned in classical texts such as Charaka Samhita – “Amalaki Vayasthapani Rasayanaani cha” (Cha. Su. 1/72), highlighting its role in promoting longevity and cardiac health. Rich in Vitamin C, tannins, and polyphenols, Amlaki exhibits antioxidant, anti-inflammatory, and lipid-lowering properties. Modern studies support its efficacy in preventing atherosclerosis, hypertension, and hyperlipidemia. This review aims to analyze the classical and contemporary evidence supporting the role of Amlaki Churna in the prevention of Hridayaroga.

Aims and objectives :

To review the concept of *Amalaki churna* in preventing *Hridya roga* from different *Ayurvedic* literature.

Material And Methods :

This review article compiles information from classical Ayurveda texts such as Charaka Samhita, Sushruta Samhita, and Bhavaprakasha, as well as modern research databases including PubMed, Google Scholar, and AYUSH Research Portal. Emphasis was given to studies describing antioxidant, anti-inflammatory, lipid-lowering, and cardioprotective activities of Amlaki. Material has been collected from ancient Ayurvedic texts, research journals, and electronic databases.

Historical review :

वेगाघातोष्णरूक्षात्रैरतिमात्रोपसेवितैः ।
विरुद्धाध्यशनाजीर्णैरसात्म्यैश्चापि(ति) भोजनैः ॥३॥
दूषयित्वा रसं दोषा विगुणा हृदयं गताः ।
कुर्वन्ति हृदये बाधां हृद्रोगं तं प्रचक्षते ॥४॥ (Shu.Utt.43/3-4)

1. In the Sutrasthana, Acharya Charak discusses Hridya roga in the Ashtodariya Adhyaya, and additionally addresses it in the 26th chapter of Chikitsasthana titled “Hidroga Chikitsa.” Similarly, Acharya Sushruta mentions Hridya roga in the Uttartantra, specifically in Adhyaya 43, known as “Hidroga Nidanam.”

2. Acharya Vagbhatta also covers Hridya roga in Chapter 6 of Chikitsa Sthana, called “Hidroga Chikitsa.” The Madhava Nidana includes a description of Hidroga in Chapter 25, named “Hidroga Nidanam.”

3. The Sarngadhara Samhita addresses heart diseases (Hṛdaya Roga) in Chapter 3, which is labeled “Rogagaṇana.”

4. In the Bhava Prakasha Nighantu, heart-related conditions (Hṛdaya Roga) are primarily covered in the Madhyama Khanda, the text's second section.

Review of Literature:

Definition of Hridayaroga – Hridayaroga, or heart disease, refers to conditions arising when the heart is impacted by imbalanced doshas — Vata, Pitta, and Kapha.

Anatomy of Heart – According to Ayurveda, the heart is derived from the essence of Rakta dhatu and Kapha. It is characterized as a Matruja component of the body, mainly composed of maternal genes. The heart is described as a muscular organ resembling an inverted lotus, situated centrally in the chest between the breasts and at the entry point of the stomach. Ayurvedic texts define Hridaya as a Marma, and its measurement is noted as Musthi Pramana. The heart serves as a site for Vyana Vayu, Sadhaka Pitta, Avlambaka Kapha, Oja, and Rasa Dhatu. Additionally, it has been described as the source of Rasavaha Srotasa (channels that transport body fluids) and Raktavaha Srotasa (channels involved in blood circulation). In contrast, modern science describes the heart as a hollow muscular organ responsible for pumping and circulating blood throughout the body.

types of hridroga :

Type	<i>Charaka Samhita</i> (Chikitsa Sthana, Chapter 26.)	<i>Sushruta Samhita</i> (Uttara Tantra, Chapter 43)
Vata-related	<i>Vataja</i>	<i>Vataja</i>
Pitta-related	<i>Pittaja</i>	<i>Pittaja</i>
Kapha-related	<i>Kaphaja</i>	<i>Kaphaja</i>
All three doshas	<i>Tridoshaja</i>	<i>Sannipataja</i>
Parasite-related	<i>Krumija</i>	<i>Krimija</i>

HRIDYA ROGA

CHARAK SAMHITA –

The main causative factors and development of vata-dominant heart diseases include grief, fasting, excessive exercise, consumption of rough (non-oily or ununctuous) or dry foods, and dietary items with low nutritional value. Increased vata leads to intense chest pain by impacting the heart. In Vataja Hridayaroga pain(shola) is a common indicator. Angina also presents with significant pain. From a pain perspective, Vataja Hidroga can be compared to angina. The dry and light qualities of vata aggravate conditions and contribute to the hardening or calcification of the arterial walls, which can be associated with arteriosclerosis in the context of Vataja Hridaya roga.

1. Etiological factors and pathogenesis of pitta-dominant heart diseases (Pittaja Hridayaroga) The excessive consumption of hot, sour, pungent, salty, and alkaline foods, along with alcohol, sun exposure, and anger, are contributing factors to heart diseases that are dominated by pitta. The presence of Ushna, Amla, Lavana, Kshara, and Katu Rasa in food, combined with high alcohol consumption, leads to the aggravation of Pitta Dosha, resulting in symptoms such as Daha(burning sensation) in the heart, feeling of tikta ras in mouth(bitter taste), vamana(Vomiting), trishna(excessive thirst), murcha (fainting), and sweda (Sweating). From a modern perspective, this can be associated with pericarditis, which is an inflammatory condition of the heart.

2. Etiological factors and pathogenesis of kapha-dominant heart diseases (Kaphaja Hridayaroga) The causes of kapha-dominant heart diseases include overeating, consumption of rich and fatty foods, a worry-free and inactive lifestyle, and excessive sleeping. Increased food intake, along with the consumption of

Snigdha and Guru foods and insufficient physical activity, leads to the aggravation of Kapha, resulting in symptoms related to Kapha dosha in the heart area, such as chest heaviness and numbness, along with loss of appetite. Myocardial infarction can be compared to kaphaja Hridayaroga, as both conditions have a sensation of heaviness in the chest.

3. Etiological factors and pathogenesis of three dosha-dominant heart diseases (Tridoshaja Hridayaroga) Etiological factors and the development of three dosha-dominant heart diseases (Tridoshaja Hridayaroga) reveal that the causes and symptoms linked with all three types of dosha-dominant heart diseases are observed. Tridoshaja Hridayaroga is regarded as a highly troublesome condition by esteemed practitioners. It arises due to the influence of Vata, Pitta, and Kapha, exhibiting symptoms of all three doshas simultaneously. Sannipataja Hridroga can be associated with severe chest discomfort.

4. Etiological factors and pathogenesis of Krimija Hridayaroga A person who is already afflicted with tridoshaja Hridayaroga and then excessively consumes sesame, milk, and molasses may experience swelling (granthi) in the channels that transport nutrient fluid (rasavaha srotas) of the heart. This can lead to the softening of the affected area, which becomes susceptible to worm infestations. This infestation can then spread, consuming (bhakshyanti) the tissues of the heart, resulting in krimija hridroga. If a patient with kaphaja hridya roga consumes Tila and Guda, then the disturbance of Rasa dhatu leads to the formation of granthi. In this granthi, worms (Krimi) invade and spread throughout the heart, causing intense cutting pain, itching, and other symptoms. This condition can potentially result in death, and Acharya Charka emphasized the importance of prompt intervention in such cases. Krimija Hridroga may be associated with myocardial infarction, as both conditions produce severe pain and necessitate immediate treatment like that required for Krimija Hridroga.

Pathogenesis of Cardiovascular Diseases (Hridayaroga)

In this condition, Agnimandya arises from inappropriate dietary and lifestyle choices. Agnimandya leads to the formation of Saama Rasa Dhatu, which causes Srotoavrodh; this obstruction impacts the Dhamni and results in Hridroga.

Familial factors: Bad diet & life style (Mithya Ahar – Vihar) → **Agnimandhya** → **Formation of samarasa dhatu** (Hypercholesteremia) → **Srotoavrodh** → **Dhamnipartichy** (Obstruction of arteries) → **Haridya Roga** (Heart diseases) → **Atherosclerosis**

SAMPRAPTI GHATAK:

Dosha – Vatadi dosha, Vata pradhan

Dushya – Rasa, Meda

Adhishthan – Hridya

Srotas – Rasvaha

S.No.	Symptoms of Hridroga(as per Ayurveda)	Symptoms of Cardiovascular Diseases(as per Modern View)
1	Vaivarnya (Cyanosis)	Dyspnoea
2	Murcha (Syncope)	Orthopnoea
3	Jwara (Fever)	Chest pain
4	Kaphoutklesha (Nausea)	—
5	Urashoola (Pain in chest)	—
6	Shwasa (Dyspnoea & Orthopnoea)	Cheyne-Stokes breathing
7	Mukha vairasya (Bitter taste in mouth)	Anorexia
8	Trishna (Excessive thirst)	Vomiting
9	Pramoha (Stupor)	Syncope
10	Chardi (Vomiting)	Fatigue
11	Kasa (Cough)	Peripheral Edema
12	Hikka (Hiccough)	Palpitation
13	Aruchi (Anorexia)	—

Discussion

Classical Ayurvedic literature describes Amalaki (*Emblica officinalis*) as a powerful Rasayana, with notable functions as a Hṛdya (heart tonic), Tridoṣa-shamaka, and Ojovardhaka. According to the Charaka Saṃhita (Cikitsa Sthana 1.3), Amalaki is one of the foremost Rasayana substances for enhancing longevity and boosting disease resilience. Its importance in heart health is highlighted indirectly through its capacity to stabilize Pitta, improve digestion, and maintain ojas, all of which are significant in the onset and prevention of Hṛdroga. Contemporary pharmacological research backs these traditional assertions. Amalaki has been found to exhibit antioxidant, anti-inflammatory, hypolipidemic, and antihypertensive effects—critical elements in reducing cardiovascular disease risk. Studies have revealed bioactive components such as ascorbic acid, gallic acid, ellagic acid, and flavonoids, which play a role in its free-radical scavenging capabilities and protection of the endothelium. In Ayurvedic pathology, Hṛdaya roga results from the disturbance of Vata, Pitta, or Kapha doshas in the area of the Hṛdaya, resulting in symptoms like chest discomfort, palpitations, shortness of breath, and systemic disruption. Texts from Charaka (Cikitsa Sthana 26) and Sushruta (Uttara Tantra 43) detail five varieties of Hṛdayaroga, with treatment strategies centered on restoring dosha equilibrium and safeguarding the heart's marma. When considering preventive cardiology, Amalaki corresponds with both classical Ayurvedic principles and contemporary biomedical models. Its incorporation into daily Rasayana practices and dietary habits is highlighted in works like Bhava Prakasa, which also suggests its use for individuals with Pitta-dominant constitutions—often linked to cardiac inflammation and stress. Despite encouraging results, the literature reviewed points out several gaps—such as variability in forms of dosage (e.g., churna, juice, capsule), lack of standardization, and limited longitudinal studies. Additionally, very few investigations have specifically assessed its effectiveness in the primary prevention of Hṛdayaroga, underscoring the need for more concentrated clinical research.

Conclusion

An analysis of traditional Ayurvedic texts alongside contemporary research findings indicates that Amalaki Churna has considerable potential in preventing Hṛdayaroga, due to its capacity to:

1. Balance all three doshas (especially Pitta and Kapha)
2. Enhance Ojas and Agni
3. Act as a cardiovascular Rasayana,
4. Offer scientifically supported antioxidant and lipid-lowering effects.

Amalaki is traditionally endorsed as a daily tonic for enhancing heart health and boosting the immune system, and recent research supports its biological significance in preventing conditions like atherosclerosis, hypertension, and oxidative stress. A notable alignment exists between Ayurvedic principles and contemporary biomedical studies, which promotes integrating Amalaki into comprehensive cardiac care strategies. The increasing rates of cardiovascular diseases globally can largely be traced back to poor dietary choices, unhealthy lifestyles, obesity, and the escalating prevalence of diabetes mellitus. Among the primary factors contributing to these issues, unmanaged hypertension and high lipid levels are frequently noted and are crucial in the onset of heart diseases. Ayurveda presents an organized and holistic method for both preventing and addressing cardiovascular ailments. It underscores the significance of balanced diets (Ahara), healthy lifestyle practices (Vihara), daily habits (Dinacharya), seasonal health guidelines (Ritucharya), yoga, and restorative therapies (Rasayana) — all of which are vital for sustaining heart health. In Ayurvedic thought, the heart (Hṛdaya) is regarded as not merely an essential organ but also a crucial element in the body's subtle energy framework, closely associated with the heart chakra (Anahata) and the system of Nadis (energy pathways). Thus, safeguarding the heart necessitates more than just physical measures; it involves stress reduction, mindful living, appropriate nutrition, and consistent yoga practice to enhance both physical and emotional health.

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