

# Bridging Traditional Wisdom: A Review on Ayurveda–Yoga Integration for Hridroga and Prameha

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## ABSTRACT

Lifestyle disorders such as Hridroga (cardiac diseases) and Prameha (metabolic disorders including diabetes mellitus) are increasing worldwide due to sedentary lifestyle, unhealthy diet, and mental stress. Ayurveda, the ancient Indian system of medicine, offers a holistic treatment approach targeting the root cause of these diseases through Ahara (diet), Vihara (lifestyle), Aushadha (medications), and Manasika Bhava (mental balance). Yoga complements Ayurvedic therapies by enhancing cardiovascular health, metabolic balance, and psychological well-being. This review highlights the integrative role of Ayurveda and Yoga in preventing and managing Hridroga and Prameha, emphasizing classical concepts, therapeutic modalities, and scientific evidence supporting their synergistic efficacy.

**Keywords:** Ayurveda, Yoga, Hridroga, Prameha, Panchakarma, Lifestyle disorders, Rasayana

## INTRODUCTION

Rapid modernization has led to a surge in lifestyle-related disorders, particularly cardiovascular diseases (Hridroga) and diabetes mellitus (Prameha). WHO reports identify these as among the leading global causes of morbidity and mortality. Ayurveda classifies both conditions under Santarpanajanya Vyadhi, resulting from overnutrition and unhealthy habits. The principles of Swasthasya Swasthya Rakshanam (preserving health) and Aturasya Vikara Prashamanam (treating disease) form the basis of Ayurvedic management. The integration of Yoga with Ayurveda offers a natural, holistic, and sustainable strategy to manage these chronic diseases.

### Ayurvedic Understanding of Hridroga

#### Definition

Hridroga refers to diseases of the Hridaya (heart), the seat of Ojas, Chetana, and Prana Vata (Charaka Samhita, Su. 17/76).

#### Etiopathogenesis (Nidana and Samprapti)

##### Aharaja Nidana

Excessive intake of oily, heavy, salty food items.

##### Viharaja Nidana

1. Sedentary lifestyle

2. Suppression of natural urges
3. Overexertion or lack of exercise

### **Manasika Nidana**

- Stress, anger, grief, anxiety

### **Samprapti**

Kapha and Vata vitiation leads to *Srotorodha*, affecting Rasa-Rakta Vaha Srotas, resulting in Hridaya Dushti and compromised cardiac functioning.

### **Types of Hridroga (Charaka Classification)**

1. Vataja
2. Pittaja
3. Kaphaja
4. Sannipataja
5. Krimija

### **Ayurvedic Understanding of Prameha**

#### **Definition**

Prameha is a metabolic disorder characterized by excessive and turbid urination. *Madhumeha*, a subtype, closely correlates with Type 2 Diabetes Mellitus.

#### **Nidana (Causative Factors)**

1. High intake of sweet, unctuous, heavy foods
2. Lack of exercise
3. Daytime sleep
4. Genetic predisposition
5. Stress

#### **Samprapti (Pathogenesis)**

Kapha and Meda vitiation causes *Agni Mandya* and *Ama* formation, obstructing *Meda* and *Mootravaha Srotas*. Vata imbalance contributes to glycosuria and polyuria-like symptoms.

### **Ayurvedic Treatment Principles**

#### **Shodhana Chikitsa (Detoxification)**

#### **For Hridroga**

- Virechana
- Hridaya Basti

## For Prameha

- Vamana, Virechana, and Basti
- Use of Tikta-Katu Dravyas for Kapha-Meda Shamana

## Shamana Chikitsa (Palliative Therapy)

### Hridroga

- **Drugs:** Arjuna, Guggulu, Pushkarmoola, Lasuna, Triphala
- **Formulations:** Arjunarishta, Dashamoola Kwatha, Hridayarnava Rasa

### Prameha

- **Drugs:** Gudmar, Meshashringi, Haridra, Nisha-Amalaki, Triphala
- **Formulations:** Nisha-Amalaki Churna, Chandraprabha Vati, Trivanga Bhasma

## Rasayana Chikitsa

Amalaki, Ashwagandha, Shilajit, Brahmi, and Gokshura improve cardiac strength, metabolism, and immunity.

## Pathya-Apathya (Diet & Lifestyle)

### For Hridroga

- Avoid oily, salty foods
- Include light, digestible diet
- Consume fresh fruits and vegetables

### For Prameha

- Avoid sweets, dairy, sedentary habits
- Use barley, green gram, bitter vegetables
- Follow proper exercise and daily routine (Dinacharya)

## Role of Yoga in Hridroga and Prameha

Yoga serves as both preventive and therapeutic. It improves autonomic balance, circulation, insulin sensitivity, and mental harmony.

## Recommended Asanas

| For Hridroga         | For Prameha     |
|----------------------|-----------------|
| Tadasana             | Surya Namaskar  |
| Trikonasana          | Dhanurasana     |
| Ardha Matsyendrasana | Pavanamuktasana |

|              |                   |
|--------------|-------------------|
| Shavasana    | Paschimottanasana |
| Bhujangasana | Vajrasana         |

## Pranayama

- **Anulom-Vilom:** Dosha balance
- **Bhastrika & Kapalabhati:** Boost metabolism
- **Bhramari & Ujjayi:** Reduce stress, stabilize heart

## Meditation (Dhyana)

- Reduces stress and sympathetic overactivity
- Enhances parasympathetic tone
- Improves glycemic and cardiovascular parameters

## Scientific Evidence

- Arjuna bark and Yoga together lower LDL and improve cardiac function.
- Yoga significantly reduces fasting sugars and HbA1c levels in diabetics.
- Meditation reduces blood pressure, improves HRV, and enhances cardiac efficiency.

## Integrative Approach: Ayurveda & Yoga

| Aspect                | Ayurvedic Approach        | Yogic Approach              |
|-----------------------|---------------------------|-----------------------------|
| Detoxification        | Panchakarma               | Asanas, pranayama           |
| Metabolic Regulation  | Agni Deepana, Ama Pachana | Surya Namaskar, Kapalabhati |
| Cardiac Strengthening | Arjuna, Guggulu           | Tadasana, Bhujangasana      |
| Stress Management     | Satvavajaya               | Meditation, Pranayama       |
| Lifestyle             | Dinacharya, Ritucharya    | Yogic routine               |

## DISCUSSION

Both Ayurveda and Yoga target the root causes of Hridroga and Prameha such as Kapha-Meda Dushti, Agni Mandya, and Srotorodha. Ayurveda focuses on detoxification, rejuvenation, and metabolic correction, while Yoga stabilizes autonomic functions and improves psychological health. Their integration offers a holistic, sustainable, and patient-centered approach, surpassing symptom-based management of modern medicine.

## CONCLUSION

Ayurveda–Yoga integration provides an effective and evidence-based strategy for managing Hridroga and Prameha. Through purification, diet regulation, herbal therapy, yogic practices, and mental relaxation techniques, patients can achieve significant improvement in cardiovascular and metabolic health. This holistic model promotes long-term wellness and aligns well with modern lifestyle disease management.

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