

6.5. Uchcha raktachaapa etc.

Unit 6.5 — Uchcha Raktacāpa, Hṛdgata Dhamanīsaṅga (CAD/IHD/MI), Hṛdgata Rakta-saṅkula-janya Kāryākṣamatā (CHF), Hṛdgati Vaiśamya (Conduction defects)

6.5.0 Concept Map

These conditions represent a **continuum of cardiovascular pathology**:

Uchcha raktacāpa (↑BP) → Dhamanīsaṅga / Dhamanīpraticaya (arterial wall pathology) → Hṛcchūla / Hṛdroga (angina/IHD) → MI (acute ischemic necrosis) → CHF (pump failure) ± Hṛdgati vaiśamya (arrhythmia/conduction defects)

Ayurveda explains the continuum mainly through:

- **Vāta (Vyana-Prāṇa interplay) dysfunction**
- **Kapha-Meda upalepa / saṅga in dhamanī**
- **Rasa-Rakta srotoduṣṭi**
- **Ojas-kṣaya in advanced failure**

6.5.1 Uchcha Raktacāpa (Hypertension)

A) Clinical meaning (modern)

Persistent elevation of arterial blood pressure → predisposes to CAD, stroke, CKD, CHF.

B) Ayurvedic perspective (conceptual mapping)

Classical texts do not use the term “hypertension” directly. Clinically, it is understood through:

- **Vāta prakopa (especially Vyana vayu) + Rakta/Rasa involvement**
- **Dhamanīsaṅga / upalepa tendencies** (Kapha-Meda predominance)
- Psychological triggers: **cintā, bhaya, trāṣa** etc. as strong nidāna that disturb circulation/heart function.

Core anchor for “vessel pathology”

Caraka Saṃhitā, Sūtrasthāna 20/17 (Mahāroga Adhyāya)

श्लेष्मविकारांश्च विशेषितमत ऊर्ध्वं व्यारुद्यास्यामः ; तद्यथा- ... धमनीप्रतिविच्यश्च ... इति विशेषितः श्लेष्मविकाराः ... ॥१७॥

English meaning (relevant idea): Among the important Nanātmaja Kapha disorders, **dhamanī-praticaya** is enumerated—indicating Kapha-linked pathological change in vessels.

Core anchor for “circulatory regulation”

Aṣṭāṅga Hṛdaya, Sūtrasthāna 12/6

वाक्प्रवृत्तिप्रयत्नोर्जावलवर्णस्मृतिक्रियः।
व्यानो हृदि स्थितः कृत्स्नदेहचारी महाजवः ॥६ ॥

English meaning: Vyana Vāta—located in the heart—moves rapidly throughout the body and governs functions like effort, strength, activities, etc. (Clinically applied to circulation and systemic distribution).

C) Samprāpti (pathogenesis) - student-friendly

Nidāna (salt excess, heavy diet, sedentary life, stress, sleep deficit, suppression of urges)

→ **Kapha-Meda upalepa** develops in dhāmanīs (dhāmanī-pratīcaya tendency)

→ **Vyana vayu** gets disturbed (either “hyper-drive” or irregular propulsion)

→ **Rasa-Rakta gati vaiśamya** (abnormal flow dynamics)

→ **Uchcha raktacāpa** (clinically expressed as headache, heaviness, irritability, palpitations, insomnia, etc.)

D) Samprāpti-vighaṭana (breaking the chain)

1. **Nidāna parivarjana:** stress + salty/heavy foods + sedentary habits
2. **Kapha-Meda śamana** (langhana, rukṣa-lekhana where appropriate)
3. **Vāta anulomana + Vyana regulation** (not “over-stimulating” therapies)
4. **Rasa-Rakta prasādana** (diet + appropriate dravya selection)
5. **Rasāyana** (long-term stability)

E) Chikitsā sūtra (principles)

- If **Kapha/Meda predominance**: start with **langhana + lekhana + kapha-śamana** (and consider śodhana when fit).
- If **Vāta predominance** (anxiety, palpitations, insomnia): emphasize **vāta-anulomana, mild snehana**, and mental calming measures.
- If mixed: treat **Kapha-saṅga first**, then stabilize Vāta.

F) Representative clinical case (simulated, de-identified)

Case A: 46-year male, BP 154/96 repeatedly, central obesity, heaviness after meals, sleep late, stress, mild breathlessness on climbing. Tongue mildly coated.

Ayurvedic inference: Kapha-Meda-pradhāna with Vyana-vāta anubandha; early dhāmanī-pratīcaya tendency.

Appropriate chikitsā type: Kapha-Meda śamana (langhana/lekhana) → then Vāta stabilization + rasāyana.

6.5.2 Hṛdgata Dhāmanīsaṅga Vikāra (CAD / IHD) and Myocardial Infarction

A) Modern meaning

- **CAD/IHD:** Atherosclerotic plaque → reduced coronary blood flow → angina, ischemia.
- **MI:** acute coronary occlusion → myocardial necrosis → severe chest pain, autonomic symptoms, shock/arrhythmia risk.

B) Ayurvedic correlation (high-yield concepts, not slogans)

1. **Dhāmanī-pratīcaya / upalepa** → structural basis of “saṅga”
2. **Kaphaja hrdroga / Vātānubandha** → heaviness/tightness + pain
3. **Hṛcchūla (hṛdśūla)** → chest pain presentation; must differentiate from āmāśaya-origin pain when relevant

Classical *nidāna* + symptom cluster for heart disease

Caraka Saṃhitā, Cikitsāsthāna 26/77

व्यायामतीक्ष्णातिविरेकवस्त्विन्ताभयत्रासगदितिचाराः ।
छद्यामसन्धारणकर्णनिहृद्रोगकर्तृणितथाऽभिघातः ॥७७ ॥

Meaning: Excess exertion; overly strong purgation/enema; anxiety/fear/stress; mismanagement of illness; suppression of vomiting/āma; emaciation; trauma—cause hṛdroga.

Caraka Saṃhitā, Cikitsāsthāna 26/78

वैवर्ण्यमूर्च्छाज्वरकाशहिक्काशवासास्यवैरस्यतृष्णाप्रमोहाः ।
छद्यिःकफोत्क्लेशरुजोऽरुचिश्चहृद्रोगजाःस्युर्विविधास्तथाऽन्ये ॥७८ ॥

Meaning: Discoloration, fainting, fever, cough, hiccup, dyspnea, unpleasant taste, thirst, confusion, vomiting, nausea/kapha-upsurge, pain/distress, anorexia—occur in hṛdroga.

Doṣa-wise *bheda* (useful for CAD vs inflammatory vs functional patterns)

Caraka Saṃhitā, Cikitsāsthāna 26/79-80

हृच्छून्यभावद्रवशोषभेदस्तम्भाःसमोहाःपवनादविशेषः ।
पित्तात्मोदूयनदाहमोहाःसन्त्रासतापज्वरपीतभावाः ॥७९ ॥
स्तव्यंगुरुस्यात्स्तमितंचमर्मकफात्प्रसेकज्वरकाशतन्द्राः ।
विद्यात्विदोषत्वपिसर्वलिङ्गांतीव्रातिर्तोदकृमिजंसकण्डम् ॥८० ॥

Meaning (clinical utility): Vātaja = emptiness, pricking, stiffness/obstruction, variable pain; Pittaja = burning/heat/yellowish features; Kaphaja = heaviness, stiffness, salivation, cough, drowsiness; Tridoṣaja mixed; Krimija severe pain with itching.

C) Samprāpti (CAD → MI)

Kapha-Meda accumulation + sedentary diet

- **Dhamanī upalepa/praticaya** (progressive saṅga)
- **Coronary “mārga-āvarodha”** in hṛdaya region
- **Hṛcchūla / hṛdroga lakṣaṇa** (effort-related chest tightness)
- If acute rupture/occlusion: **tīvra hṛdśūla, śvāsa, mūrcchā, sveda, kampana** etc. (clinical MI picture)

D) Chikitsā sūtra (CAD/IHD)

1. **Saṅga-kapha reduction** (langhana/lekhana; kapha-hara)
2. **Vāta pain control + stabilization** (vāta-śamana, snehana as appropriate)
3. **Hṛdaya-balya support** (convalescence)
4. **Śodhana selection** depends on doṣa:
 - **Kaphaja dominance** → Vamana line is explicitly indicated in Caraka (see below)
 - **Pittaja dominance** → Virecana (cooling approach) is emphasized
 - **Vātaja dominance** → snehana-tailas, vāta-anulomana measures

Kaphaja hṛdroga line (important for CAD-like heaviness/tightness)

Caraka Saṃhitā, Cikitsāsthāna 26/96

हृदि स्थितं श्लेष्महरैः कषायैः पिवेत्सुसिद्धैः कटुकैश्चयुक्तैः ।

वाम्यो नरः श्लेष्महैर्यवागूभक्तैश्च लिङ्गं च शमं व्रजेच्च ॥१६॥

Meaning: Kapha in heart—use kapha-hara kaṣāya with katu drugs; perform vamana when suitable; take kapha-reducing gruels/foods.

Vātaja hr̄droga pain line (useful for chest pain with vāta features)

Caraka Saṃhitā, Cikitsāsthāna 26/84

सपुष्कराहृंफलपूरमूलंमहौषधंशटचभयाचकल्काः ।
क्षाराम्बुसपिर्लवौविर्मिश्राःस्युर्वातहृद्रोगविकर्तिकाद्धाः ॥८४॥

Meaning: Formulations containing puṣkaramūla etc. with ghrta + salts, etc. alleviate Vātaja hr̄droga and cutting chest pain (vikartikā).

E) Case vignette (CAD/IHD)

Case B: 55-year male, chest tightness on walking fast, relieved by rest, heaviness after meals, daytime sleep habit.

Ayurvedic inference: Kaphaja hr̄droga + dhamanī-praticaya tendency, with Vāta-anubandha (effort pain).

Chikitsā type: Kapha-saṅga reduction (langhana/kapha-hara; consider vamana if eligible) + vāta pain measures as needed; long-term pathya + rasāyana.

F) MI vignette (acute)

Case C: 60-year male, sudden severe chest pain radiating, sweating, breathlessness, faintness.

Ayurvedic inference: Acute hr̄dmarma crisis; clinically corresponds to tīvra hr̄cchūla with prāṇa-vyāna dysregulation.

Chikitsā type (Ayurvedic framing): Emergency stabilization first; later doṣa assessment and convalescent hr̄dyā-balya support.

6.5.3 Hṛdgata Rakta-saṅkula-janya Kāryākṣamatā (Congestive Cardiac Failure)

A) Modern meaning

Heart cannot pump adequately → fatigue, breathlessness, edema, orthopnea, fluid overload.

B) Ayurvedic understanding

CHF is typically explained as:

- **Hṛdaya bala-hāni** with **Vyana-vāta dysfunction**
- **Kapha-udaka saṅgraha** (fluid retention/śotha picture)
- Chronic disease leads to **Ojas-kṣaya tendencies** (low vitality, recurrent infections, exhaustion)

C) Samprāpti (simple chain)

Long-standing dhamanī-saṅga / hr̄droga nidāna
→ myocardial weakening (bala-hāni)
→ improper rasa-rakta distribution (vyāna dysfunction)
→ kapha/udaka accumulation (śotha, śvāsa)
→ functional failure (kāryākṣamatā)

D) Chikitsā sūtra (CHF)

1. **Saṅga/udaka-kapha reduction** (langhana, suitable śamana; select śodhana only when stable)
2. **Vāta stabilization** (avoid excessive rukṣa measures if weakness is marked)
3. **Balya-rasāyana** after stabilization
4. **Pathya** is central (regular, light, warm, easily digestible; avoid guru/snigdha excess in fluid overload states)

E) Case vignette (CHF)

Case D: 63-year male with exertional dyspnea, pedal edema, fatigue, nocturnal breathlessness; appetite low.

Ayurvedic inference: Kapha-udaka predominance with Vyana-vāta dysfunction; bala reduced.

Chikitsā type: Gentle kapha-udaka śamana + vāta stabilization; then balya-rasāyana + strict pathya.

6.5.4 Hṛdgati Vaiśamya (Conduction defects / Arrhythmias)

A) Modern meaning

Abnormal rhythm due to conduction system pathology (AV block, bundle branch block, atrial fibrillation, ectopic beats, etc.)—may be benign or life-threatening.

B) Ayurvedic lens

Most arrhythmia-like presentations are approached through:

- **Vāta (Vyana + Prāṇa) dysregulation**
- **Manasika nidāna** (cintā, bhaya, trāṣa) amplifying Vāta
- Sometimes **Kapha saṅga** contributing to heaviness/slowness patterns

Vyana anchoring shloka (circulatory and systemic spread)

Aṣṭāṅga Hṛdaya, Sūtrasthāna 12/6 (same as above)

... व्यानो हृदि स्थितः कृत्स्नदेहचारी महाजवः ॥६॥

Clinical application: Rhythm irregularity and force/propulsion variability are interpreted as Vyana dysfunction, often with Prāṇa involvement.

C) Samprāpti-vighaṭana

- Remove nidāna (sleep deficit, stimulants, stress, heavy meals at night)
- Stabilize Vāta (regular routine, vāta-śamana strategies)
- If Kapha/āma present: clear it first; then stabilize rhythm tendencies

D) Case vignette (arrhythmia)

Case E: 40-year female, palpitations, anxiety, insomnia; ECG shows benign ectopics.

Ayurvedic inference: Vāta-pradhāna (Vyana disturbance) with manasika nidāna.

Chikitsā type: Vāta-manas śamana first; then long-term rasāyana and pathya-routine stabilization.



6.5.5 Pathyāpathyā (common to this entire unit)

Pathya (generally supportive)

- Warm, light, freshly prepared meals; fixed meal timing
- Avoid day-sleep (especially kapha-pradhāna individuals)
- Daily gentle walking / regulated vyāyāma (not excessive)
- Sleep hygiene; stress reduction; pranayama/yoga suited to patient's capacity
- Warm water sips in Kapha/Āma tendency; cooling regimen only if clear Pittaja heat signs predominate

Apathya (commonly aggravating)

- Excess salt, fried/heavy foods, repeated overeating
- Irregular sleep, night जागरण
- Chronic mental stress (cintā/bhaya/trāsa)
- Sudden extreme exertion (especially in known hṛdroga) — **Caraka Cikitsā 26/77** lists vyāyāma and stress as direct nidāna.

6.5.6 Student exercises

Exercise 1 — Doṣa identification (short)

Given 3 mini-cases, mark doṣa predominance:

- Case 1: heaviness + lethargy + chest tightness after meals
- Case 2: burning chest discomfort + heat intolerance + irritability
- Case 3: variable palpitations + anxiety + insomnia

Exercise 2 — Samprāpti chain writing

Write a 6-step samprāpti chain for:

- Uchcha raktacāpa
- CAD (dhamanīsaṅga)

Exercise 3 — Chikitsā selection

For each case, select:

- **Primary chikitsā type** (kapha-śamana / pitta-śamana / vāta-śamana / śodhana candidate / rasāyana phase)
- One relevant shloka anchor (from the given ones in this unit)