



PROTECT YOUR HEART

Dr. Sanjay Gupta

(M.D. Panchkarma)

Patanjali Yogpeeth, Haridwar.

If you want to keep your heart naturally strong and healthy then you have to change your life style, daily routine and habits. You can even bid good-bye to by-pass surgery and other operations.

Symptoms of heart attack

- 1) Uneasiness, stress, heaviness or pain in shoulders and chest.
- 2) Increasing pain in hands, back, jaws.
- 3) Perspiration, vomiting, discomfort.
- 4) Severe tiredness, restlessness, and breathing problem.
- 5) Increase or uncontrolled heartbeats.

Reasons for heart attack

- Consumption of food rich in cholesterol, and other oily products. The fat gets accumulated in the blood and blocks the arteries.
- Obesity is also one of the reasons. If the weight is not in proportion to the height of the body then the heart has to work more which leads to loss of energy.
- Tension is one of the reasons, due to tension the arteries contract; this could lead to heart disease.
- In old age there may be some heart problems, because there may be many changes in the structure of arteries in this age.
- Men are more prone to heart attacks. Women are safe as long as they have their menstrual cycle, the estrogen hormone guards the heart, after the menopause, and there may be chances for heart attack.

- Hereditary problem can be one of the reasons. If father or grandfather has a history of heart ailment then you have to be careful.

Precautions

Ayurved relates heart problems with vata and pitta and suggests diet, medicine, home remedies, Panchkarma and change in daily routine.

Home remedies

- Take six leaves of basil and three black peppers.
- Take one garlic pod daily.
- Take one spoon of dry ginger, one spoon of clarified butter and apply on the heart. You will get immediate relief from pain. Add ¼ spoon thymol seeds and one spoon of unrefined sugar and take it. This remedy is beneficial when the heartbeat is more or a person is perspiring.
- Take the skin of Arjuna tree, dry it in the shade, and make powder and store in a clean jar. Add 250 gm of water in 250 gm of milk and put it on low flame, add three gm of Arjuna skin in it and boil. Remove from flame when the water is evaporated and only milk is left out. When it is consumable, then sieve it and consume, all types of heart ailments are removed and a person can prevent heart attack. Use fresh cow milk. Take this natural medicine at least once a day on empty stomach and avoid eating till two hours. Continue this remedy for a month. After a month you can consume this thrice in a month at regular intervals or three days continuously.
- Another method take 12 gm of Arjuna bark, mix it in 250 gm of cow milk and water and cook till it

reduces to half the quantity, sieve and consume.

- Myrobalan is good for any heart ailment. Dry myrobalan, make a fine powder and add equal amount of sugar crystals and store it in a container. Take six gm powder on empty stomach every morning. This gives relief from heart problem within a few days. Heartbeats, heart weakness and sub conscious state will also be overcome.

Beneficial eatables

Seedless pomegranate, myrobalan, myrobalan marmalade, apple or apple marmalade, grapes, lemon juice, lukewarm cow milk, barley water, coconut water, carrot, spinach, garlic, raw onion, small Harad, aniseed, fenugreek, raisins, dry raisins, pure clarified butter made with cow milk should be used in little quantity; coarse meal, chapatti made with whole wheat flour, gram mixed with barley flour, soaked gram, raisins, roasted grams, unpolished rice, green vegetables and fresh fruits should be consumed in sufficient quantity.

Non-beneficial food

Meat, alcohol, smoking, betel leaf, tobacco, coffee, drugs, excessive intake of salt, hot spicy food, heavy fried food, fast food, junk food, chocolate, cake, pastry, ice –cream, and other fatty food like butter, clarified butter, coconut oil, processed food etc. food preservatives, milk products, sweets, cream etc.

Walking is the best exercise

- Heart patients should go for walks regularly but do not jog. Take rest in case of palpitation or restlessness. Begin with slow pace.
- Regular walk strengthens the heart and functions effectively at the time of working.
- It controls blood pressure.
- It also controls cholesterol level and diabetes as the excess sugar is digested with walking.
- Walking reduces weight as it helps in burning fat. It also helps in quitting smoking.
- It makes the body flexible and strengthens the muscles.
- It reduces bad cholesterol and increases good cholesterol.
- It increases body energy. It overcomes discom-

fort, stress and disappointment and increases tolerance.

Diet related tips

- Take one small spoonful honey with two bananas to strengthen the heart muscles.
- Drink wheat grass juice for 21 days regularly to strengthen the heart.
- Drink 12 to 14 glasses of water daily in case of high cholesterol level.
- Take small spoonful honey with coconut water to strengthen the heart.
- Take one-teaspoon honey with equal quantity garlic juice to improve the heart condition.

Yog keeps the heart disease free

- Begin with easy asana like Vajrasana, Ushtrasana, Shalabhasana, Makarasana, Sinhasana, Pawanmuktasana and laughing exercise. Increase the duration gradually and practice Shavasana in the end.
- Pranayam, Nadi shodhan, Kapalbhathi and Brahmari are very beneficial.
- Practice Yog nidra for 20 to 40 minutes everyday. Close eyes for 30 minutes and listen to favourite music.
- A heart patient should never take bath with cold water. If the patient complains of discomfort due to treatment then make him lie down on the bed.
- If the patient feels healthy then he should take small strolls and do some light exercises for relaxation.
- The heart patient should rest whenever he or she feels tired. Hastiness of any kind is to be avoided. Use very little amount of water at the time of eating food. Drink water in gulps and do not fill the stomach suddenly. Do not drink very cold water.
- Meditation helps in strengthening the heart; therefore practice it in a quiet place.
- Be affectionate to all, love improves heart condition and negative qualities like jealousy, hatred, and anger increase the risk of heart disease.
- Be positive and laugh whole-heartedly at least once a day. Avoid noise and air pollution.