

Yogic Management of **CORONARY HEART DISEASE**



Morarji Desai National Institute of Yoga

Ministry of AYUSH, Government of India

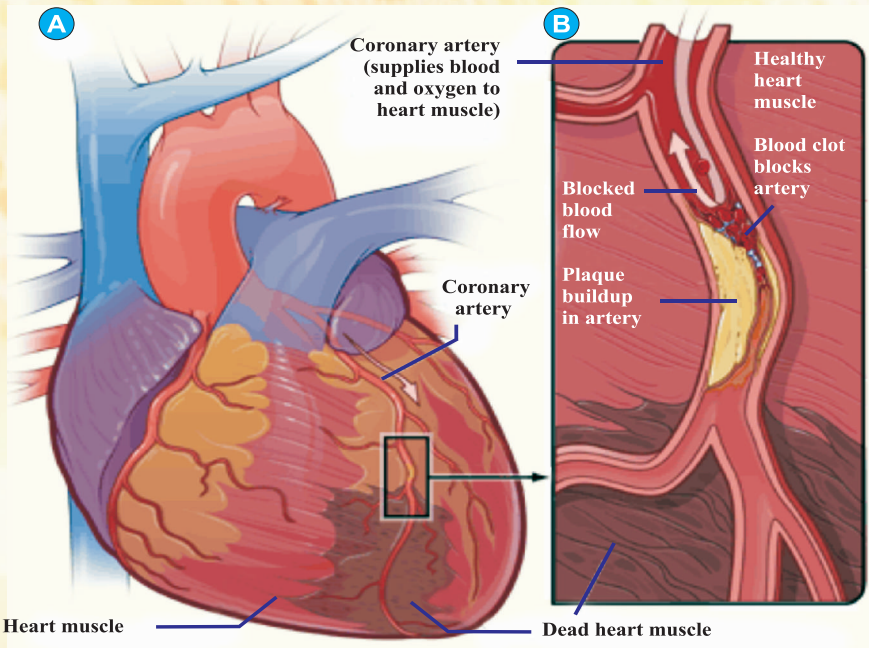
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CORONARY HEART DISEASE

The heart is like any other organ, requiring oxygen and nutrient-rich blood for it to function. The coronary arteries that supply blood to the heart muscle spread across its surface of the heart, beginning at the base of the aorta and branching out to all areas of the heart muscle.

Coronary Artery Disease (CAD) is the term commonly used to describe the formation of fatty deposits and fibrous tissue (plaques) inside the arteries that supply blood to the heart (the coronary arteries). This formation of fatty plaques and consequent hardening of the arteries is called atherosclerosis. Coronary atherosclerosis may result in narrowing of the coronary arteries which tends to reduce blood supply to portion of the heart muscle supplied by them.

Because coronary artery disease often develops over decades, it can go unnoticed until the people have a heart attack. But there's plenty of individual can do to prevent and treat coronary artery disease. Start by committing to a healthy lifestyle.



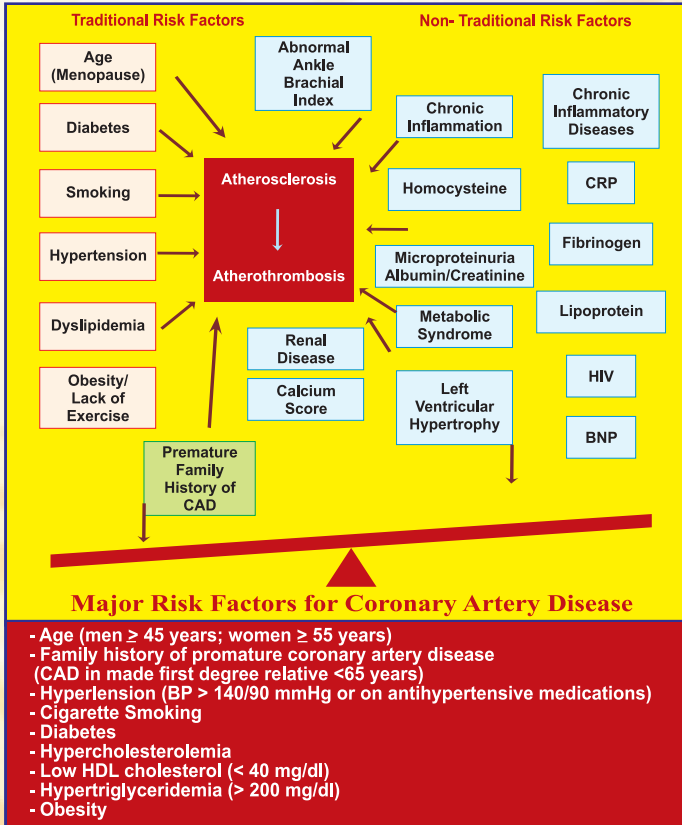
Risk factors

- High blood cholesterol level
- High level of LDL cholesterol, commonly called “bad cholesterol”
- Low level of HDL cholesterol, commonly called “good cholesterol”
- Age and Sex: The disease is usually seen in middle and old age individuals. Earlier in life, men have a greater risk of coronary artery disease than women. But the risk for woman eventually equals or excels that of man after she attains menopause.
- Family history of coronary artery disease at a younger age
- Cigarette smoking
- High blood pressure (hypertension)
- Diabetes mellitus
- Obesity
- Physical inactivity (too little regular exercise)
- Mental stress
- Dietary factors: A diet deficient in fresh fruits, vegetables and polyunsaturated fatty acids increases the risk of coronary artery disease.

Causes

The damage to the arteries may be caused by various factors, including :

- Smoking
- High blood pressure
- High cholesterol
- Diabetes or insulin resistance
- Radiation therapy to the chest, as used for certain types of cancer
- Sedentary lifestyle



Symptoms

If the coronary arteries gets narrow, they can't supply enough oxygen-rich blood to your heart - especially when it's beating hard, such as during exercise. When the plaque continue to build up in the coronary arteries, however, they may develop coronary artery disease signs and symptoms, including :

- Chest pain (angina)
- Shortness of breath or palpitations
- Heart attack
- Sweating
- Nausea and vomiting
- Dizziness or light-headedness

The adage ‘PREVENTION IS BETTER THAN CURE’ applies to most of the diseases. As it is not possible to cure the heart diseases completely, prevention is the only course left.

MANAGEMENT OF CORONARY HEART DISEASE

I. Dietary Management

Dietary habits are learnt in early childhood and are difficult to change afterwards.

- Give seasonal fruits, raw vegetables, sprouted grains and sprouted pulses a place in your routine diet.
- Avoid overeating. Eat food in a moderate quantity
- It is advisable to restrict saturated fats and the use of unsaturated fats in moderation.
- Prefer natural foods. This can be achieved by a judicious combination of cereals, pulses, vegetables, toned milk and vegetable oils.
- Maintain low-salt diet.
- Avoid taking refined sugar in any form, processed foods, carbonated sweetened soft drinks and alcoholic drinks.

The more variety you enjoy, the better it is, but take care to retain all the important nutrients.

II. Yogic Management

Kriyas: Jalneti, Sutraneti

Selected practices of **Yogic Sukshma Vyayama**

Yogasanas: Uttanapadasana, Pawanamuktasana, Sarala Matsyasana, Ushtrasana, Gomukhasana, Katichakrasana, Urdhwahastottanasana, Bhujangasana, Shavasana.

Pranayama: Nadishudhi, Sitali, Sitkari and Bhramari.

Meditation: Breath awareness, Om chanting and Om meditation.

Special practice: Yoganidra/Antarmouna

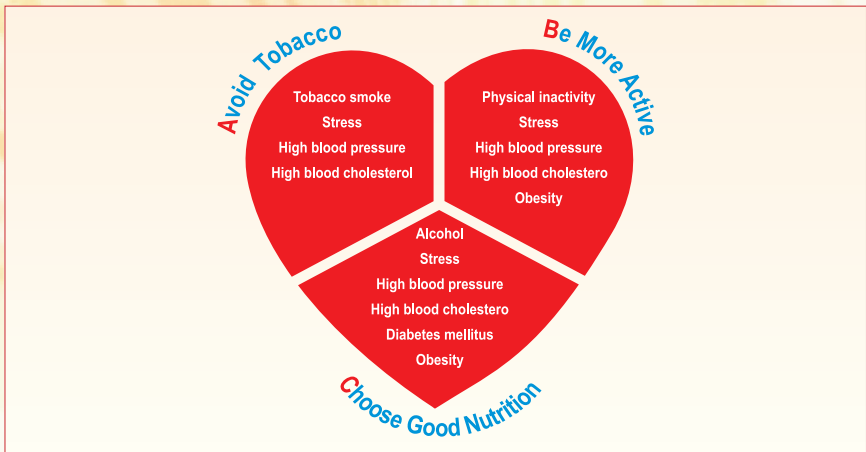
Contraindications: The head stand (topsy-turvy) postures and hyperventilation breathing practices should be avoided. Concentrate more on pranayama and meditation than the other practices.



Prevention of Coronary Heart Disease:

Proper diet, low salt intake, regular exercise, reduction in alcohol intake and weight reduction are of paramount importance.

- Maintain proper eating & living habits
- Doing physical exercise regularly
- Slacken the pace of work
- Make necessary changes in the psychological attitude
- Control blood pressure
- Control diabetes
- Reduce weight, if it is above the normal limits
- Reduce the level of cholesterol in blood
- Perform exercise regularly
- Stop smoking
- Reduce high blood LDL cholesterol (“bad cholesterol”)
- Reduce mental stress.
- Eat a low-fat, low-salt diet that's rich in fruits, vegetables and whole grains.



Disclaimer : This literature is for general awareness about disease management through Yoga. It should not be considered as treatment prescription.

YOGIC PRACTICES FOR THE MANAGEMENT OF CHD



Jalaneti



Sutrarneti



Tadasana



Kati Chakrasana



Parsvakonasana



Uttana Mandukasana



Pawana Muktasana



Vajrasana



Ushtrasana



Shashankasana



Bhujangāsana



Dhanurasana



Gomukhasana



Vakrasana



Ardha Matsyendrasana



Savasana



Nadishodhana Pranayama



Bhramari Pranayama



Sitali Pranayama



Meditation



Free Publicity Material not for Sale



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