

# C.V.S.HOMOEOPATHIC CLINIC

## DISEASES OF HEART - GUIDELINES

**INTRODUCTION:** Incidence of Hypertension and Heart diseases has taken an epidemic proportion in our modern (so-called) society. It is becoming difficult to find a person above forty having no hypertension and no diabetes, so also heart disease. Heart is the most vital organ, selflessly works without a gap-for the sake of all the other organs in the body and keeps us alive and healthy. So, let us try to understand what are the various heart problems we get and how to prevent and get cured of such serious health problems.

### ***1Q. What is the role/functions of heart and circulating system in the body?***

Circulating system is comparable to the transport system in a city. All the nutrients and oxygen, which are necessary for the metabolism are carried to all the tissues and organs through the blood, which runs in the blood vessels, which we call it as the circulating system. Heart acts as the central pumping machine, which receives oxygenated (pure) blood from lungs and supplies to all other organs like, brain, kidneys etc. and collects impure blood from the entire body and pumps back to lungs for purification.

Heart is a very small organ (of the size of one's fist) weighing 300 GMs. In an average adult heart beats 1,00,000 times per day non-stop from birth to death, one cannot help but wonder. But the wonder does not end there, the Heart pumps 4-5 liters of blood every minute and when the demands of the body are very high it can pump 12-16 liters of blood every minute. The heart is really the organ supreme endowed with supreme and limitless inherent power, which can not be equalled by any measures undertaken by all the physicians in the world put together.

### ***2Q. What are the main diseases of the heart and circulation?***

- 1) Hypertension or High Blood Pressure.
- 2) Coronary Heart Disease \ Ischaemic Heart Disease \ Heart Attack \ Cardiac Arrest.
- 3) Congenital Heart Diseases.
- 4) Rheumatic Heart Disease and Valvular disorders.
- 5) Atherosclerosis, Varicose veins, Gangrene.

### ***3Q. What are the symptoms, with which we should suspect Heart Diseases?***

- Palpitation
- Breathless ness
- Chest pain\heavyness
- Profuse Sweating - shock
- Oedema\water logging in feet or in the body.
- Cyanosis- blue-ness of the body.

## Hypertension or high blood pressure

At least every 3<sup>rd</sup> person is becoming hypertensive after the age of forty. Certain (normal) pressure is exerted on the blood vessels, while the blood is to reach tissues and organs. This is normal pressure, which has 2 components, i.e. systolic and Diastolic. E.g.120/80 one average normal. However systolic pressure varies from 110-140 and diastolic pressure varies from 70-90 according to age and several other factors. If the blood pressure goes above these levels, (ie 140/90) we may fairly call the person Hypertensive or having high blood pressure. Blood pressure is measured by an instrument known as the sphygmo-manometer

### **Causative factors of Hypertension:**

- 1)Thickening** of blood vessels. Ie. Atherosclerosis but varies from person to Person.
- 2)Obesity:** over weight of the body. Each one-kilogram of body weight adds substantial load on the circulation and the Heart. (Refer. Obesity guidelines of CVS Homoeo clinic)
- 3)Psycho-social factors:** Mechanization of human life, commercialization in every field, and unusual competitive environment puts each of us under unusual stress and strain. We do struggle every minute for our survival and growth. Which makes us highly emotional and imbalanced psychologically. These emotional factors like Anger, Irritability, fear, sense of insecurity, jealousies, hostility, are playing a major role in causing hypertension and other cardiac diseases.
- 4)Food Habits:** Fast foods, ready-made foods, rich in fats, oils, spices, western food, salty, smoked foods, take us fast to end of the life. Our traditional Indian food is sufficient to keep us fit and healthy. (Refer to CVS guidelines of diet and nutrition).
- 5)Tobacco:** Smoking or chewing is quite harmful to blood vessels and heart.It Increases Blood Pressure and Heart diseases.
- 6)Alcohol:** Any amount of alcohol intake is harmful to heart and circulating system.

**7) Drugs:** continuous use of certain drugs like anti inflammatory drugs, steroids, also oral contraceptives can cause hypertension.(take these drugs only under the supervision of your physician)

**8) Certain disease conditions** of other organs like. Tumors in adrenal glands, kidney disorders, obstruction in renal vessels. Lung disorders also can cause high blood pressure, which is called as secondary hypertension.(If high blood pressure is found in healthy and young adults below 30-35 one must consult the expert and rule out diseases of other vital organs like kidney).

***Q. What are the symptoms of Hypertension?***

Usually starts after the age of forty. Many a times there may not be any signs and symptoms of high blood pressure. In such cases it is found in routine checkups only. Usual symptoms are

- 1) Easy tiredness or exhaustion.
- 2) A kind of tension - irritability and anger expressed on near and dear.
- 3) Disturbed sleep\change in sleep pattern.
- 4) Frequent headaches especially back of the head and vertex on getting up from sleep and exertion.
- 5) Giddiness or vertigo or reeling sensation.
- 6) Frequent episodes of bleeding from nose.
- 7) A sudden rise of hypertension can lead to cloudiness of consciousness, delirium, or even some times comatose state.

Note: Many a times hypertensive patients say that, they can understand that their blood pressure is raised, by a kind of uneasy and tense feeling. They avoid going for checkup by the reason that they have no uneasiness or tension. This is a quiet misleading method. A person can have blood pressure raised, still not having any feeling. They must go for periodical checkup as per their physician's guidelines.

***Q. What are the complications of hypertension if left untreated or neglected?***

Hypertension is not a disease by it self. But it is a way can lead to number of diseases or complications. It is a silent killer, if unchecked. Uncontrolled hypertension can lead to :

- 1) Heart problems like coronary heart disease or Heart Attacks.
- 2) Cerebral stroke and hemiplegia (one sided paralysis or cerebral hemorrhage and sudden death.
- 3) Renal failure or kidney failure.
- 4) Eye problems like Retinal detachment or vitreal hemorrhages etc.

**TREATMENT OF HYPERTENSION**

- 1) Causes of hypertension in each person differ. Analysis is to be made in each person and contributing factors are to be traced out. Those factors must be avoided to the extent possible. (Measures to be taken will be discussed along with coronary Heart Disease).
- 2) It is possible to cure Hypertension, provided, patients change their life styles accordingly. Medication for 2-4 years can solve the problems, they need not continue medication for the life time, unlike the conventional medicine.
- 3) Homoeopathic physician needs to study individual\personal factors, like food habits, environmental adaptation, emotional and intellectual built, psycho social factors, past illness, family history, life situation etc. along with the study of disease and its pathogenesis. So, respond to your physician in giving the history, and don't hesitate to reveal all the problems and conditions pertaining to you.
- 4) If you are already on conventional hypertension drugs, you can safely switch over to Homoeopathic mode of treatment and taper your drugs gradually as per the physicians guidelines.
- 5) Reduce salt intake, stop smoking, avoid Alcohol, go for regular walks, and regulate your emotions.

## **CARONARY ARTERY DISEASES/HEART ATTACKS**

### ***Q. What is coronary artery Disease?***

Heart needs continuous and sufficient blood supply for its flaw less functioning. Blood supply to the heart is carried out by two coronary arteries, which start from the biggest blood vessel called as the Aorta.

Coronary Artery Disease is a condition, which results in the narrowing of coronary arteries, the blood vessels, which supply blood to the heart muscle. This narrowed artery at times gets further narrowed, compromising blood supply to a particular portion of heart and leads to a certain symptoms at that particular time. The condition in which part of the heart receives reduced blood supply is known as coronary artery disease (CAD), also known as Ischaemic Heart Disease (IHD).

**“It is to be appreciated that the narrowing of the coronary arteries is only the effect of the disease and not the disease it self”.** The narrowing may be occurring gradually over decades and by it self does not cause any symptoms. But added to this for some reason if a sudden obstruction occurs in the artery it leads to various symptoms ranging from mild chest pain (Angina) to shock and collapse (cardiac arrest), depending on the suddenness with which obstruction occurs and the extent of the sudden obstruction. This is also known as heart attack in common terms.

**Q. What are the causative and contributing factors of coronary Artery Disease? Or Heart attacks?**

“The heart cannot be treated in isolation, independent of the whole man of whom it forms only a part”. All the factors which affect the human being should have an affect on the heart, in fact these factors would have an effect on all the organs of the body, but much more so on the heart, because it is the only organ in the body which beats 100, 000 times per day nonstop from birth to death.

**MIND (Psychosocial factors):**

As the cosmic force (vital force) is all pervading, so the mind pervades through out body. Every organ and every cell has got a mind of its own. In different organs it manifests differently. In the brain it manifests as intellect and in heart it manifests as emotion.

“The mind has a great influence on the behavior and functioning of the heart. The heart responds to the emotions through changes in the rate rhythm and its performance as a pump”.

The mind begins to play its role right from the moment the brain and the heart develop in the womb stage of life. While the heart of fetus begins to react to the thought disturbances in the mind of the pregnant mother, the mind of the fetus begins to react to the disturbance, in the environment surrounding the body of the pregnant mother right from the moment of the conception. This would result in various congenital abnormalities. (In born errors). When the heart of the fetus develops, it reacts by increasing its rate as a sequel to emotional disturbances. Indian seers (Rishis) knew about this fact thousands of years ago itself and handed over to us the tradition of sending a pregnant girl to her parental place very early in pregnancy. The scientific basis for this is that pregnant girl in her parental home is not only surrounded by an affectionate and pleasant atmosphere, but emotionally feels happy and secure under the loving care of the parents. In fact the womb stage of a human beings life is the most crucial one.

The foundation of coronary artery disease thus is laid when one is in the mother’s womb itself.

Every human being is exposed to the stress in varying amounts in his life. Yet all do not develop symptoms of coronary artery disease. The reason is the inherent different capabilities to cope with the stressful situation. “ALL HUMAN BEINGS ARE ALIKE ANATOMICALLY, BUT NO TWO HUMAN BEINGS ARE ALIKE CONSTITUTIONALLY”.

Negative emotions like fear, anxiety, anger, sadness, jealous, inimity, hostility can have very bad effect on heart and vessels and its functioning. At the same time positive emotions like happiness, contended ness, bravery, sympathy can have positive impact on health of the heart and human beings.

## **STRESSFUL HUMAN LIFE:**

There is a universal agreement that the stress of modern life is the main culprit today. Struggle for existence has become intense at various levels. The struggle is not only to advance one self professionally, socially and economically but also to outmaneuver others. The struggle is not just for earning enough to lead a decent life, but it is a struggle to earn as much as possible in as little a time as possible. With rapidly changing human values the inter human relationship has become purely business like. All these factors make life very stressful. This is accompanied by a sense of insecurity and fear of the unknown consequently the situation is taking a heavy toll on the functioning of the heart through development of coronary heart (Artery) disease.

**GENETIC PREDISPOSITION:** Persons with family history of coronary Heart Disease are more prone to get this problem than other people. People with family history of coronary heart disease should avoid risk factors like smoking, alcohol, high consumption of fats, and sedentary life.

**LACK OF PHYSICAL EXERCISE:** People are becoming averse to physical exercise and exertion especially educated and urbanized one need to have a minimum amount of body movement for a good circulation and fitness. Exercise also strengthens the heart muscle and improves efficiency of heart functioning and also protects against the effects of psychological stress.

**SMOKING:** People who smoke have a higher incidence and risk of dying from heart attacks than the non-smokers. The toxic substances in tobacco are absorbed into the blood and cause damage to the inner lining of the coronary arteries. One study revealed that smoking could reduce life span by 18 years. Each cigarette smoke reduces life span by 5 minutes.

**EATING HABITS:** Excessive consumption of fatty food contributes to the development of coronary heart disease. It was observed that excessive animal fat, and western diet like pizzas, cakes, hamburger etc. increases risk of getting heart problems. (For detailed diet instructions see CVS diet guidelines).

**ALCOHOL DRINKING:** Contrary to the claims of some people that alcohol in moderate quantities protects the heart, alcohol in any quantity taken regularly could cause damage to the heart muscle.

**ENVIRONMENTAL POLLUTION:** Nuclear radiation, X-Rays, pesticides, insecticides, cigarette smoke, exhaust fumes, are a few environmental agents which increase free radicals in the body and damage heart muscle.

**OBESITY:** Over weight people develop coronary artery disease more frequently than the non-obese. Reduction of over weight will eliminate one of the major risk factors.

**HYPERTENSION:** Persistent high blood pressure injures the inner lining of the coronary artery and leads to further thickening of the blood vessel. Which causes insufficient blood supply to the heart muscle and develop heart attacks.

**DIABETES:** Uncontrolled diabetes (Blood Sugar) increases risk of getting coronary Heart Disease probably by altered fat metabolism and thickening of blood vessels.

**Q. *What are the symptoms of heart attack?***

Symptoms of heart attack vary widely from person to person.

1. The first and foremost symptom is PAIN.

- a) It may occur behind the breast bone or across the whole or front of the chest.
- b) It may radiate into the jaws, down the left arm commonly and/or right arm, also in to fingers.
- c) Pain also may radiate to throat, jaws, back, between shoulder blades or upper abdomen.
- d) Pain may be felt as heaviness in the chest, burning, aching, or constriction.
- e) It may occur during physical exertion forcing the patient to stop it ie it incapacitates the person at once.
- f) It may occur after a heavy meal or walking up against a cold wind.
- g) It may be triggered after a heated argument or mental excitement like a fit of anger or fear.
- h) anginal pain is due to temporary insufficient supply of blood to a part of the heart and lasts only for 3-5 minutes.
- i) Pain occurring due to extreme reduction of blood flow to the Heart and leading to myocardial infarction (death of heart muscle) usually persists for many hours. Symptoms associated with pain in the chest.

**a) SWEATING:** Very profuse sweating all over the body to the extent of wetting all the cloths.

**b) Breathless ness (Dyspnea)**

**c) Fainting** or sinking sensation or collapsing.

**d) Vomiting** and some times a motion.

**e) Confusion,** extreme anxiety, fear, and some times they feel they are dying.

**f) Loss of consciousness.**

**f) Silent heart attack:** Some people especially diabetics, get heart attacks without prominent pain. They suddenly collapse with profuse sweating and shock.

**Q. What are immediate steps to be taken once the heart attack is suspected?**

- 1) Call your family doctor immediately.
- 2) Make arrangements (with doctor's coordination) to shift the patient to the hospital, preferably to the intensive coronary care unit (ICCU).
- 3) Start giving Homoeopathic Medicines Aconite 200 and Arnica 30 alternately once in 10-15 minutes. 10-15 doses each medicine as a primary aid till the doctor arrives. .
- 4) All the ancillary methods like oxygen inhalation, Iv fluids on life line, continuous monitoring of the heart function, defibrillation etc are to be utilized while administering homeopathic medicines.

Cardiopulmonary rescuing measures should be immediately taken up in the case of cardiac arrest, (where patient can't be shifted to) the hospital like

- Cardiac massage &
- Mouth to mouth breathing.

**Q. What are long term measures to be taken in order to prevent coronary heart disease, to avoid recurrence, (also for control of hypertension)?**

Once a person gets out of the crisis (heart attack), he must take all the necessary measures to prevent recurrence other wise another lethal heart attack can follow at any time.

**1. Avoid all the causative and contributing factors of heart diseases.**

- a) control your body weight
- b) Have regular bodily exercises like yoga, or walking.
- c) Adopt healthy dietary habits. (See CVS guidelines for diet)
- d) Reduce salt intake in your diet. It is number one culprit of various health hazards like hypertension, heart diseases, obesity etc.
- e) Stop tobacco smoking.
- f) Stop drinking alcohol.
- g) Don't take drugs like painkillers, anti-inflammatory drugs, steroids, hormones and herbal medicines without physician's guidance.
- h) Adopt principles of Mental Hygiene:  
(See CVS guide lines for mental health)
  - Inculcate positive attitudes and positive thinking right from the childhood.
  - Inculcate positive emotions like happiness (Ananda), contentedness, sympathy, bravery, kindness, and self-confidence.

- Avoid negative emotions like anger, fear, timidity, greediness, short-temperedness, too much proudishness, jealousies, inimity, hostility, sadness, etc.
- Unbalanced emotions can lead to various health problems. (Psychosomatic disorders) including hypertension and heart attacks.
- Practice yoga, pranayama and meditation for peace and happiness. One can find peace and happiness within rather than in external things like luxuries, properties, or people.
- Develop capacity for attachment and detachment (equanimity). Adopt the attitude of “do your duty and forget about the result”. Contrary to this most of the time we worry about the result, and never do our duty correctly.

## **2. Homoeopathic Treatment for prevention of recurrence of heart attacks:**

- a) Follow treatment with a well qualified Homoeopathic physician for a period of 3-4 years. In order to prevent further heart attacks and other complications.
- b) Give all the information regarding your health problems, desires, aversions, habits, your weather adaptability, family history, past illness, etc in order to treat you constitutionally and plan treatment properly.
- c) Homoeopathic system of medicine adopts wholistic approach in the treatment method ie **“TREAT THE PATIENT AND NOT THE DISEASE”** isolatedly.
- d) Homoeopathic system of medicine has got good remedial agents for treatment and prevention of Hypertension and coronary heart diseases.  
Medicines reduce emotional disturbances and its effects on body, reduces cholesterol and helps in dissolving the clot and reducing thickness of blood vessels, and strengthens heart musculature. Homoeo medicines also help in revascularization of myocardium.
- e) 90% of Bypass surgeries can be avoided, if treatment is planned and implemented properly. All the investigative procedures like ECG, Echocardiogram, perfusion tests, Angiograms can be utilized to the advantage of the patients.

### **\*Some information regarding Surgical procedures like Bypass-surgery, Angioplasty, and stent.**

1. All these methods concentrated on ‘block’ which is already compensated by nature adequately through collateral vessels.
2. All these procedures are adhoc and palliative, with temporary benefit.
3. By themselves alone without the aid of drugs, change in habits, life style, attitudes, they are not beneficial, and if these life styles and attitudinal changes

etc. were adopted earlier the patient would not have need any surgical procedure at all.

4. They do not prevent recurrence of the disease in the same vessel.
5. All these procedures do not prevent occurrence of disease in other vessels.

**Q. *What is Rheumatic Heart Disease?***

This problem starts usually in children. Neglected treatment of throat infections may lead to poly-arthritis, then it involves endocardium, and valves of the heart get damaged, leading to valvular Heart diseases like mitral stenosis, mitral regurgitation etc. Throat infections should not be neglected in order to prevent Rheumatic Heart Disease. If treatment is started at an earlier stage Homoeopathy can avoid heart damage and avoid valvular problems.

**Q. *What are congenital Heart Diseases?***

Some children are born with certain structural abnormalities of the heart like Atrial Septal Defect (ASD), Ventricular Septal defect (VSD), Fallot's tetralogy. This is one area where surgical correction in time will help the patient to lead a normal life.

Homoeopathic medicines can prevent recurrent respiratory infections, and helps for healthy growth of children. Medicines can also hasten spontaneous closure of congenital heart diseases like VSD.

***Final word!***

**Patients with heart diseases or hypertension need not loose their heart** (fear and timidity are our enemies). Most of the heart problems like, coronary heart diseases, valvular diseases are reversible. Congenital problems can be repaired and treated successfully. The most important thing is that, one must be strongly willing to become 'hale and hearty.'

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