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An investigation into the reasons and measures of heart problems

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Abstract

A civilised man should have sufficient knowledge as to lead a healthy life. The modern man unfortunately gathers little knowledge about health and health care. He is always deprived of the fundamentals of better living. To quote Acharya Lakshmana Sarma (Practical nature cure) "Modern man takes health for granted. If happens that most people do not know the value of health until it is lost". Man needs food for his energy and continuous existence. Energy does not come from food alone. There are several other sources of energy "Pranasakthi" or vital power is the real energy as far as man is concerned. Extra food does not give extra energy.

Keywords: Health, pranasakthi, heart problems

Introduction

The age old Indian tradition is considering the God given body as a means to practice dharma and attain moksha. The slogan of world cardiac healthy day is "Team up for cardiac health "To ensure cardiac health one should follow a style of life that is centred on punctuality and self-discipline "Sareeram Adyam Khalu Dharma Sadhanam" Without body nothing can be attained. It is the prime duty, therefore all people to keep their body in condition of perfect health. If we analyse the death rate a majority of people in the world die due to cardiac arrest and cerebro vascular accident. (CVA) A combined activity ensures the heart that is totally healthy. Every year 30th September is celebrated to be the world cardiac health day. The abundance of love is expressed to something that overflows from our heart. Even when one loves with all this heart how many people do realise the condition of heart. A controlled diet, regular exercise will definitely offer a heart that is intact.

Ignorance is the prime cause of all illness. Our Women knows everything about management of a Home, but know practically nothing about the management of their health.

Present status

Once heart element was more seen in men than women. The reason was their habits and the habit of controlling the emotion as against their counter parts who express their emotion through laughter and tears. But now a day the rate of heart elements is on the increase among women. The heart complaints among women would rise to 12% as against the report of statistics of 1990 it is recorded that the death due to cerebro vascular accident (CVA) and heart failure was reported to be 1.75 cores. Every year at the rate of 15 ladies per minute die of heart attack resulting in a total 86 lakhs. The chances of heart complaints are more among women who have reached menopos. Unlike men there is a great unwillingness among women to do exercise, lack of interest in doing exercise, high blood pressure, high heart rate, etc. All these leads to heart problem one of the reasons

for high cardiac complaint among women is their tendency to eat all the leftover food, being a passive smoker of their partner, Usage of contraceptive tablets, delay in diagnosing their illness, failure in continuing treatment, the lack of attention given to the illness of women in the developing countries. The symptoms of women suffering from heart problem are different from that of women than man. A pain in the chest need not necessarily be a sign of heart attack. The pain that is experiences at the shoulder which slowly spreads to the hand, back, stomach, and neck is the symptom of heart element among women.

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The feeling that they don't have proper digestion, vomiting, exhaustion, sweating, anxiety, etc. When these symptoms appear it is advisable to route the person to the doctor. Heart element of a woman is more among women than men.

“An illness of the body is always the outer expression and translation of a disorder disharmony in the inner being. Unless this inner disorder is cared, the outer care cannot be total and permanent.

The miserable plight if the heart condition of infants is very pitiable. Nearly 25 crores of infants of the world are recorded to suffer from heart element.

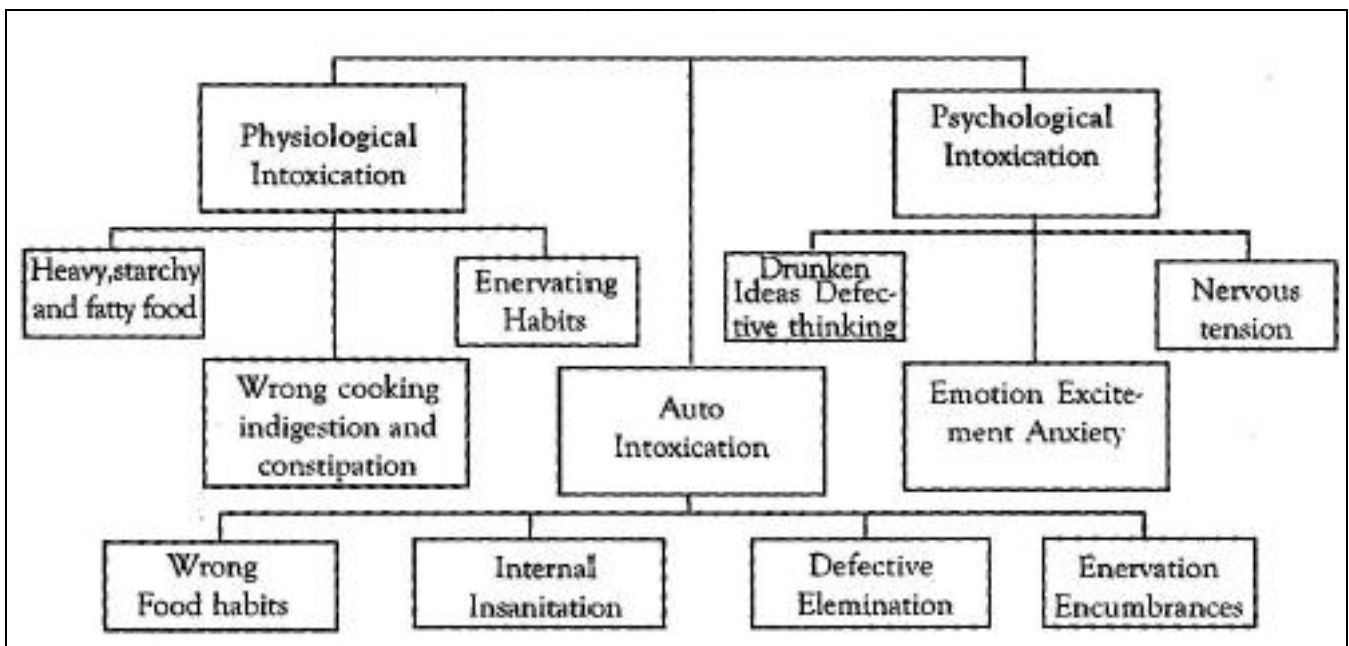
Nearly half the population of the children in the world that too between the age of 12 to 19 out of six one child is said to suffer from the cardiac block. The children who live with parents who are in the habit of smoking are more exposed to heart diseases. When such children reach the age of five they are considered to inhale at least 102 packets of cigarettes smoke. When this block is rated to rise above 70%. It results

in a cardiac arrest. When these children reach adolescence they contract more or less 15% blocks in the hearts. Children above 2 years meet with disaster if their food habits are not controlled. The parents who overload their children with the view to make them to grow fast makes a big blunder in this regard. Statistics reveals; that 15 cores of the child population suffer from obesity. For the children up to the age of 14, 1800 Kalori of food is enough. After the age of 18, 2400 Kalori is required. In fact double of the requested Kalori is given to the children by parents.

Causes of ill health

Modern man is addicted with scores of diseases most of the disease are manmade and mainly the product of ones own habits. On scientific Analysis it can be seen that the cause of disease are three fold. Viz. Physiological intoxication, psychological intoxication.

Chart 1: Cause of Ill Health



As far as massive heart attacks or myocardial interactions are concerned the following reasons are having a deep influence.

Cholesterol

The increased amount of cholesterol rate in the body leads to heart attack. Usage of hormones:

Smoking habits and tobacco chewing is equally harmful as the smoke of counterpart. Smoking at an early age increase the danger to heart attack.

Diabetics

If one fails to control diabetic whether be younger or old will raise the chances to heart disease.

Alcohol

Too much use of alcohol affect the heart on the other hand desired amount of alcoholic usage will protect the heart.

Hereditary factors

The sanjuink relation with a heart patient who expired before the age of 55 enhances the chance of cardiac arrest in his discentends.

Use of Hormones

Use of hormones, steroids contraceptives, and sexual stimulants increases the chances of heart problems. How to prevent heart attacks Fruit, Vegetables, green leaves and nuts are the positive food. In milk, egg, fish, meat etc. Negative elements are more and the continuous conception of these will create problems to our inner organs and leads to cardiac diseases.

Health is one thing that one should cherish lifelong. It is very precious. A healthy conscious man should project his health by reforming diet. According to Acharya Lakashmana Sarma” Health is the way and there is no way to health”

Chart 2: Suitable Food

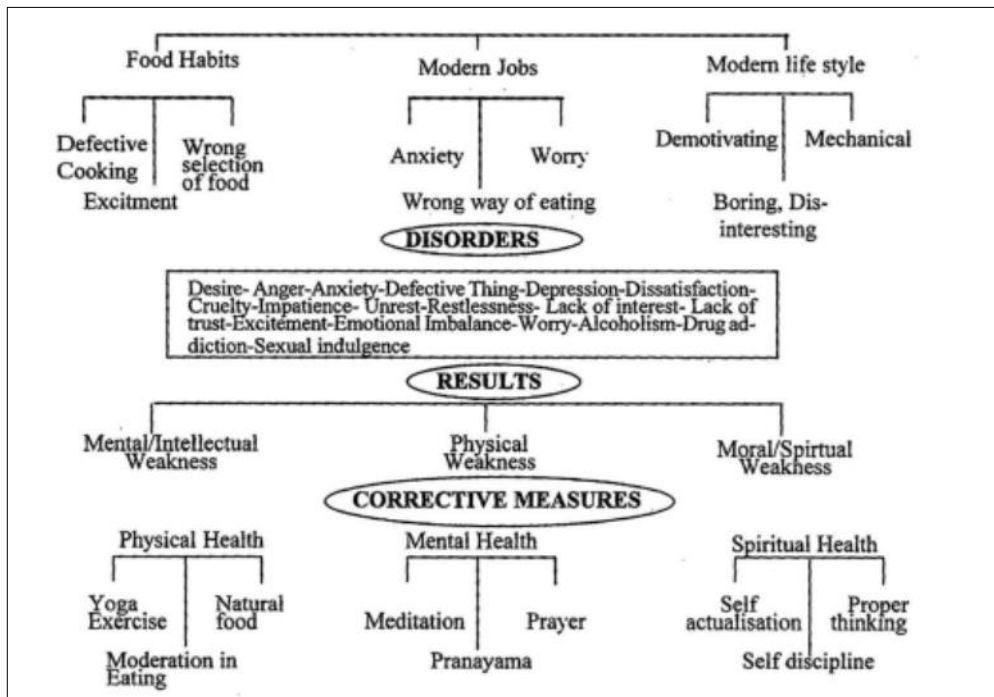
Vital	Essential	Undesirable	Dangerous
Raw Veg.			
Salad	Steam cooked	Oily	Chemically Treated
Juices	Soup	Spicy	Preserved foods
Pudding	Stew	Deeply Fried	Fast food
Pudding	Stew	Deeply Fried	Packed food
Fruits	Rice	Milk	Tin food
Vegetables	Wheat	Egg	Dried and
Green Leaves	Pulses	Fish	Fried Food
Nuts	Grams	Meat	

Yogic Practice

The practice of yoga in a regular basis and adopting a method that is suitable to traditional, systematic would keep off heart attack. Yoga provides peace of mind in a tranquil of spirit and the balance of physique. It purifies the mind and body alike. The exercises called Asanas controls the physiological

and psychological disposition of a person. The emergence of mushroom hospitals is the consequence of increasing diseases and illness. To lead a healthy and yogic life. The following chart shows the cause, disorder results and the corrective measures to be followed to lead a healthy life.

Chart 3: factors leading to heart diseases



Conclusion

“As health is the foundation upon which all worthwhile things in life could be gained and as it’s is every human being’s birth right, it is the duty of every individual to learn the science of Nature cure in depth and to practice the principles in daily life”.

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