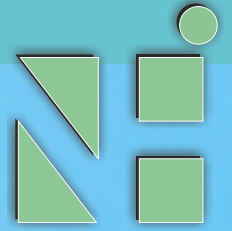




HEART NEWS



...NHI Dialogue

Vol. No. LVII

Since 1963

Health Magazine of All India Heart Foundation & National Heart Institute

July–September 2022



CORONARY ARTERY DISEASE IN YOUNG INDIANS - A TIME BOMB

03



EXERCISE FOR HEART HEALTH

05



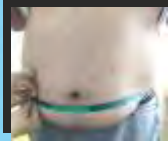
WORLD HEART DAY 2022

07



अब पछिताये का होत है जब चिड़िया चुग गयी खेत / औषधीय वृक्षों के विषय में कुछ महत्वपूर्ण तथ्य

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*“Those we love don’t go away,
they walk beside us every day.
Unseen, unheard, but always near,
still loved, still missed, and very dear.”*



Prof (Dr) S Padmavati
(1917 – 2020)

YOUR HEALTH AT WORK



Be Heart Smart!

- ✓ Heart disease is the single biggest killer of Australians
- ✓ It's important to know your risk factors to help reduce the chance of a heart attack or stroke
- ✓ Find out more about your heart health by booking a check up with your GP

Controlling high blood pressure is known to reduce the risk of heart disease and stroke

Don't miss a beat

Your chances of having high blood pressure increases as you get older. Managing high blood pressure may help reduce the risk or delay the onset of certain medical conditions (particularly for middle-aged adults) as well as reduce the risk of heart disease and stroke. Causes of high blood pressure can include:



Stress



Poor diet



Alcohol



Smoking



Genetics



Too much salt



Lack of exercise



Certain medications

The best way to look after your heart is with a healthy lifestyle

Tips to keep your heart healthy



- ✓ Eat a healthy diet (including heart healthy foods)
- ✓ Maintain a healthy weight
- ✓ Exercise regularly (and sit less during your day)
- ✓ Quit smoking
- ✓ Learn to manage stress
- ✓ Look after your mental health
- ✓ Manage your alcohol intake (the Heart Foundation recommends no more than two standard alcoholic drinks a day for healthy men and women)





CORONARY ARTERY DISEASE IN YOUNG INDIANS - A TIME BOMB

Coronary Artery Disease (CAD), which refers to the build-up of cholesterol deposits in the lining of the blood vessels supplying the heart leading to impairment of blood supply to the heart muscle with its attendant clinical effects was long believed to be a disease affecting the elderly population. Recently however, disturbing reports have emerged showing a distinct pattern of younger patients (<40 years' age) being affected by this disorder. This is especially true of South Asia and India. It has been shown that >10% of patients presenting with CAD (in the form of angina or other coronary events like myocardial infarction or heart attack) are less than 45 years of age. Indeed, here at the National Heart Institute, we have seen a recent disturbing trend of younger patients undergoing multivessel coronary bypass surgery, some as young as 41! This is different from the scenario in Western populations, with consequent differences in risk factors and other clinical and biochemical factors. Most studies focusing on this aspect divide young patients into young (<40 years) and very young (<35 years) patients. The findings in this group of patients point to a disturbing trend as these patients tend to have a stormier clinical course, with consequent socio-economic repercussions as they usually involve family breadwinners. The major features in young and very young patients as opposed to older patients of CAD are summarised as under:

1. Smoking was found to be present in a staggering 70% of patients in a particular study, while other such studies have pegged the prevalence of this at 30-50%.
2. Hypertension was the commonest risk factor in the Indian patients while diabetes was present in over 30% of patients. Interestingly, diabetes was present in less than 20% patients in a study from the Gulf, perhaps pointing to the overwhelming prevalence of diabetes in our country.
3. Nearly 40% of young patients presenting with manifest CAD were found to be overweight; this is something that our NHI team can attest to, having operated patients weighing 90-95 kg, aged 40-45 years!
4. On Coronary Angiography (CAG), around half of these patients had involvement of a single coronary vessel, as opposed to involvement of 2-3 vessels in older patients. On the face of this it would be tempting to assume that those with one vessel involved have a better post-operative course than those with 2 or 3 vessels involved. However one should not draw any comfort from this finding, as the pattern of disease was found to more diffuse, multilevel or aggressive in the single-vessel pattern. This pattern of disease is consistent with a high long-term chance of repeat cardiac problems after some sort of intervention like angioplasty.
5. A family history of premature CAD was found in 10-20% of young patients in various studies, the proportion going up as age of the patient went down, pointing to the influence of genetic factors in the causation of this disorder in the young population.
6. Perhaps the most chilling finding was that half to two thirds of these patients had a prior history of a full-blown Myocardial Infarction (MI) or heart attack.
7. Two thirds of young patients were found to have significantly lower levels of HDL cholesterol (the "good" cholesterol) and higher levels of LDL cholesterol ("bad" cholesterol).
8. The genetic factors referred to earlier may take the form of complex subgroups of cholesterol, known as Lipoproteins and Homocysteine, an amino acid. These have been found to be markedly elevated in young patients and pose an increased risk of development of premature CAD. Their levels have been found to run in families with premature CAD.

From the above discussion it is clear that India faces a major epidemic of CAD that is poised to explode on our already-strained healthcare system, given that a major proportion of our population is below 40 years of age. Needless to say, the costs of treatment in the form of angioplasty or bypass surgery are immense when considered in light of the sheer numbers. We are staring at a scenario where young economically active adults in their productive years fall prey to this devastating disease, with considerable cost to society and the economy in terms of loss of productivity and healthcare costs.

Hence it stands to reason that certain measures are in immediate order to stem the rapidly-expanding rot before it is too late:

- n First and foremost, an aggressive anti-smoking movement can and has proved to be THE most cost-effective means of primary prevention of CAD, given the large prevalence of smoking in this population.

Prevalence of Cardiovascular Disease in Adults ≥20 Years by Age and Sex, 2005-2008

| Age, y | Men, % | Women, % |
|--------|--------|----------|
| 20-39 | 14.2 | 9.7 |
| 40-59 | 39.3 | 37.2 |
| 60-79 | 72.6 | 71.9 |
| ≥80 | 80.1 | 86.7 |

Source: Circulation. 2012;125:e12-e20.
doi: 10.1161/CIR.0b013e31823acc046

The magnitude of the problem!

This should encompass all levels, right from regulating the sale and advertising of tobacco products to effective legislation to enforce these measures (the keyword being “effective”)

- n The importance of increased physical activity, especially among young people must be stressed right from childhood, so as to be inculcated into lifestyles, and not just as a form of recreation
- n Greater public awareness of the health hazards of consuming junk food, refined sugars and fatty foods, especially since we have a genetic propensity to higher cholesterol levels.
- n Early screening for diabetes and elevated cholesterol levels so that potential patients of CAD are identified and counselled about lifestyle changes.

Do's & Don't's for a Healthy Heart

| Do | Don't |
|--|--|
| Be positive & optimistic | Put up with noisy surroundings |
| Take more green & black tea | For the ladies, consult an endocrinologist in case of signs of hormonal imbalance like irregular periods, abnormal body hair |
| Jack up magnesium intake, as in nuts, wholegrain & leafy veggies | Live in areas with high air pollution |
| If you imbibe, keep it less than a peg/day average; DO NOT start if you don't otherwise drink! | Lose your temper so often, elevated levels of adrenal hormones wreak havoc on your blood vessels |

Keep Stress in check!



*A. Kundu, **O. P. Yadava
 *Consultant Cardiac Surgeon
 **C.E.O. & Chief Cardiac Surgeon
 National Heart Institute, New Delhi



EXERCISE FOR HEART HEALTH

Exercises, especially if it includes aerobics, strength training, or stretching — can make your heart healthier. You can pick a variety of exercises that you will actually do to get your heart pumping.

How exercise helps heart health-

Regular exercise lower cardiac events like heart attacks, risk of heart disease, cardiovascular-related death, and strengthens heart.

In fact, research shows that moderate physical activity may even reverse cardiovascular damage from an inactive lifestyle.

Benefit of exercise-

Exercise has lots of benefits for everyone, whether you are young or old, thin, obese or living with a chronic illness or disability.

1. Lower your blood pressure
 - 1 Physical activity can reduce your risk of serious illness, including heart disease, stroke, diabetes, some forms of cancer, including lung cancer.
 - 2 Increase your levels of good cholesterol
 3. Help you maintain a healthy weight Improve blood flow and circulation Strengthen your heart and cardiovascular system.
 4. Improve your circulation and help your body use oxygen better.
 5. Improve your heart failure symptoms.
 6. Increase energy levels so you can do more activities without becoming tired or short of breath.
 7. Increase endurance.
 8. Lower blood pressure.
- Being active can help you stay active, by strengthening bones, improving flexibility and agility, reducing weight gain and improving sleep
- It can reduce feelings of anxiety and depression, improve attention and memory, and reduce the risk of dementia, including Alzheimer's disease

Types of exercise best for the heart

Different kinds of physical activity for overall health and fitness are the best. How much exercise do I need to improve my heart health?

According to the American Heart Association (AHA), adults should get at least

- Do moderate-intensity exercise 30 minutes of activity, 5 days a week.
- Or 75 minutes of vigorous-intensity activity every week.
- Or you can try a combination of moderate- and vigorous-intensity exercise.

- If you double the recommendation for moderate-intensity exercise to 300 minutes per week, the benefits for your heart are even greater.

The AHA also recommends adding moderate-High-intensity strength training with weights or resistance 2 days a week.

If you're not sure how to measure your exercise intensity,

Given down are the helpful indicators.

Moderate intensity:

- Your heart beats faster than when at rest.
- You breathe harder, but you're still able to talk.
- You may start to sweat after a while.

Vigorous intensity:

- Your heart beats much faster than when at rest.
- You breathe harder. You can talk, but you will have to pause to take a breath.
- You may start to sweat shortly after starting the activity.

We can use target heart rate for a more precise way to know your exercise intensity. The AHA has a target heart rates chart for guidance. You can also talk to a certified trainer or health professional to help you set a target heart rate during physical activity.

These three types of exercise are essential for a healthy heart:

- **Aerobic:** Aerobic exercise, or cardio, includes activities like swimming or dancing that increase your breathing and heart rate.
- **Strength training:** Strength or resistance training uses your body weight or tools like dumbbells to build muscle strength and endurance.

Complete this routine 2-3 times per week to hit all seven major muscle groups. Do 1-3 sets of 15 reps per exercise for maximum effectiveness.



PUSH-UP



DEADLIFT



OVERHEAD PRESS



CHIN-UP



SQUAT



LUNGE

Flexibility: Flexibility exercises like stretching help joint mobility, which is critical for aerobics and strength training.

Aerobic Exercise

How much: Ideally, at least 30 minutes a day, at least five days a week.

Examples: Brisk walking, running, swimming, cycling, playing tennis and jumping rope. Heart-pumping aerobic exercise is the kind that doctors have in mind when they recommend at least 150 minutes per week of moderate activity.

Resistance Training (Strength Work)

weights, dumbbells or barbells), on weight machines, with resistance bands or through body-resistance exercises, such as push-ups, squats and chin-ups.

Stretching, Flexibility and Balance

How much: Every day and before and after other exercise.

Examples: Your doctor can recommend basic stretches you can do at home, or you can find DVDs or YouTube videos to follow (though check with your doctor if you're concerned about the intensity of the exercise). Tai chi and yoga also improve these skills, and classes are available in many communities

-Six science-backed exercises to boost your heart health.

High-intensity interval training (HIIT)

HIIT -Alternates between short bursts of high-intensity exercise and longer periods of lower-intensity activity.

Example-

Running for one minute and walking for three minutes(vice versa). Interval training helps strengthens heart and helps it function properly. Some study suggests that it may even increase your fitness level more than continuous moderate-intensity training.

Brisk Walking

Walking is one of the most heart-healthy activity lists because it makes you more active.

One study found that brisk walking just 30 minutes a day, 5 days a week, reduces your risk of coronary heart disease by 19%. Taking roughly 100 steps per minute — or walking 2.7 miles per hour — is consistent with brisk walking.

For starter, you can start slowly and can progress way up to brisk walking at moderate to vigorous intensity. You can increase the intensity by walking faster, or walking up and down hills or inclines on a treadmill.



Running

Running can lower your risk of heart disease and may help you live longer as work at a higher intensity, running burns more calories in a shorter amount of time than walking. That also means it works your heart at a higher level



Cycling

Cycling is one of the best exercise either outdoor or by static cycle.

It improves cardiovascular health. Some research suggests that regular cycling can reduce the incidence of cardiovascular diseases and death.



Strength training

Strength training exercises –weights lifting or doing push-ups get your heart pumping. It increases lean muscle mass, which helps burn more calories at rest. Helps to maintain a healthy weight. One study showed that muscle-strengthening workouts reduce the risk of a heart attack or stroke by up to 70%.

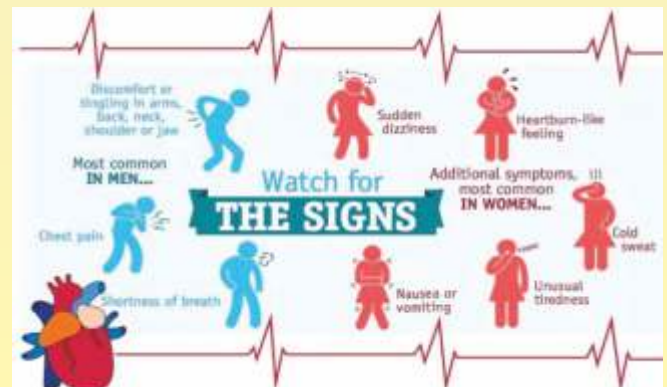
Yoga

Yoga improves strength, flexibility and improves cholesterol and blood glucose levels. The mind and body practice has also been linked to lower blood pressure.



Warning signs .

- If you have any of these symptoms, stop exercising, and call your healthcare provider right away:
- Squeezing, burning, pressure, or heaviness near your breastbone that radiates to your left arm.
- Dizziness or confusion.
- Extreme shortness of breath.
- Fast or uneven heartbeat.



– Dr. Zarleen Chongtham (PT)
(MPT Cardio-Pulmonary)

SEPTEMBER 29

WORLD HEART DAY



HEAR YOUR HEART.
HEART YOUR HEALTH.

Every year, over 17 million people die from heart disease. As a way to fight this, the World Heart Federation created World Heart Day. It's an event held every year on September 29.

People around the world can find events that raise awareness about cardiovascular disease (CVD) — its warning signs, the steps you can take to fight it, and how to help those around you who may be suffering. So on September 29, fight CVD by getting involved with a World Heart Day.

WHEN IS WORLD HEART DAY 2022?

On September 29.

HISTORY OF WORLD HEART DAY

World Heart Day is observed and celebrated annually on September 29, with the aim of increasing awareness of cardiovascular diseases and how to control them to negate their global impact. The international holiday was established by the World Heart Federation in collaboration with the World Health Organization. The president of the World Heart Federation from 1997 to 1999, Antoni Bayés de Luna, had conceived this idea. The first celebration of the annual event took place on September 24, 2000, and, until 2011, World Heart Day was observed on the last Sunday in September.

Cardiovascular diseases (CVD) are the most common cause of death globally. An estimated 17 million people die from CVD every year. Coronary heart disease or strokes were the major causes of these deaths. A common misconception about CVD is that it impacts more people in developed countries who are more reliant on technology and lead sedentary lifestyles. But more than 80% of the deaths occur in middle-income and low-income countries. Fortunately, the main causes of cardiovascular disease

are modifiable factors, which include lack of exercise, smoking, and a poor diet. Economic systems of countries are also majorly impacted by cardiovascular diseases — the cost of treatment is high and failure to treat the diseases timeously results in loss of productivity and long absences from work.

More than 90 countries take part in this international observance every year. As a result, World Heart Day has proven to be an effective means for disseminating information about CVD. The high level of involvement from governments and organizations is most important for developing countries, which are heavily affected by these diseases.

WORLD HEART DAY TIMELINE

2000

World Heart Day Established

The World Heart Federation creates a very important event — World Heart Day.

November 2016

Hundreds of Children Screened

Over 200 children (and adults) are screened for rheumatic heart disease in Asmarat, a suburb of Cairo, Egypt.

November 2016

'A Healthy Heart Your Goal'

This campaign is designed to promote heart health and encourage people to lead an active lifestyle — and take up sports to help keep their hearts healthy.

September 2017

Public Health England's Online App

This online test measures 'heart age,' which shows how many years we can expect to live in good health without a heart attack or stroke.

TRADITIONS OF THE DAY

Every year, the World Heart Federation sponsors the international event and declares a theme for the day. Distribution of information and discussions on cardiovascular diseases take place on platforms such as forums, television talk shows, podcasts, posters, and more. Walks, fund-raisers, free health checkups, concerts, sporting events, and other activities are hosted to encourage people to be more active and aware of their health.

BY THE NUMBERS

- 115,000** – the number of times our heart beats in a day.
- 2,000** – the number of gallons of blood pumped by the heart every day.
- 1893** – the year in which the first open-heart surgery occurred.
- 3,500** – the age in years of an Egyptian mummy in which the earliest-known case of heart disease was identified.
- 1,200** – the fastest heartbeat per minute — that of the pygmy shrew.
- 1 pound** – the weight of the human heart.
- 60,000** – the number of miles our blood vessel system can extend to.
- 1,500 pounds** – the weight of a blue whale's heart.
- 1.5 gallons** – the amount of blood pumped by our heart each minute.

WHY DO WE CELEBRATE WORLD HEART DAY?

Created by the World Heart Federation, the aim of World Heart Day is to inform people around the globe that heart diseases are the world's leading cause of death and highlight the actions that need to be taken for prevention and control.

HOW TO OBSERVE WORLD HEART DAY?

1. Designate the day for a checkup
2. Get your heart rate up with fitness events
Maintaining a healthy weight and low Body Mass Index (BMI) can help decrease your chances of developing heart disease. Whether you decide to attend a gym or fitness class — or prefer to get involved at a World Heart Day event — try to make being active a priority.
3. Schedule life-changing seminars
Most cardiac emergencies occur near someone who could potentially help — so setting up a CPR class and learning how to resuscitate a person could save lives. Cooking demonstrations, health

lectures, and fitness lessons are also great events to plan for World Heart Day.

4 CRUCIAL FACTS ABOUT HEART DISEASE

1. Heart disease costs all of us
Each year, the U.S. spends approximately \$200 billion in health care services, medication, and lost productivity due to heart disease.
2. There are 3 common risk factors
Smoking, high blood pressure, and high cholesterol (specifically LDL), are the key risk factors for heart disease. Half of all Americans suffer from at least one of these.
3. Sodium intake is putting kids at risk
Approximately 10 percent of children have high blood pressure due to the consumption of too much sodium.
4. Early warning signs are crucial
Approximately 47 percent of cardiac-related deaths take place outside of a hospital — demonstrating that people don't take early warning signs seriously enough.

WHY WORLD HEART DAY IS IMPORTANT?

1. It's for your heart — and all our hearts
As the World Heart Federation says, September 29 is all about asking yourself: “What can I do right now to look after my heart...and your heart?”
2. It highlights worldwide events
World Heart Day is a universal platform that has the capability to focus attention on the millions who die from heart disease each year. Through worldwide events, the day offers health and fitness tips so people can lead a life free of cardiovascular ailments.
3. It encourages people to take action
By offering a variety of fun, healthy events — walks, runs, public talks, concerts, etc. — the day can inspire you to fight cardiovascular disease and live a longer, healthier life.

– Dr. Adarsh Kumar
Sr. Consultant Internal Medicine
NHI, New Delhi.



अब पछिताये का होत है जब चिड़िया चुग गयी खेत

अस्पताल में हम अक्सर लोगों से सुनते हैं क्या करूँ दुर्भाग्य का मारा हूँ। अस्पताल में बीमार पड़ा हुआ हूँ। डॉक्टर कहते हैं गुटका खाने की वजह से मुंह का कैंसर हो गया है। बड़ी सर्जरी करनी पड़ेगी। सर्जरी के बावजूद भी कैंसर शत प्रतिशत ठीक हो जायेगा इसकी कोई गारंटी नहीं। उसका पूरा भरोसा नहीं। घर का अकेला कमाने वाला आदमी अपने खराब दिनों की बात पड़ोस के बिस्तर पर भर्ती एक दूसरे मरीज को बता रहा था। पड़ोसी अपनी आप बीती सुनाने लगा उसकी कटी हुयी बायीं टांग में जख्म था जो भरने का नाम नहीं ले रहा था। नासूर बन गया था। उससे मवाद रिस रहा था। उसे डायबिटीज थी। सुदूर उत्तरांचल पोंटा साहिब से आया था। यहाँ उसका कोई खास नहीं था डॉक्टर कहते थे की टाँग घुटने के ऊपर से फिर से काटनी पड़ेगी नहीं तो मवाद पूरे शरीर में फैल जाएगी। गुर्दे ने काम करना बंद कर दिया था। जान के लाले पड़े थे। पैसा पानी की तरह बहाने पर भी जान की कोई गारंटी नहीं। पत्नी बिलख बिलख कर रो रही थी। इन्हें लाख समझाया बीड़ी मत पियो - माने तब तो। शुगर की बीमारी हुयी, गुर्दे खराब हुए फिर भी बीड़ी पीते रहे। डॉक्टर ने कहा, घर वालों ने बताया पर अपने सामने किसी की बात नहीं मानी। आज इस हालत में हैं। भगवान किसी को ऐसे बुरे दिन न दे। कैसा अभाग्य है ?

संयोग से दो बिस्तर छोड़ कर पांचवें बिस्तर पर एक अंधेड़ उम्र के सज्जन विगत एक हफ्ते से सांस, खांसी और बुखार के चलते उसी वार्ड में भर्ती थे। इलाज से धीरे धीरे उनकी स्थिति अब काफी ठीक हो गयी थी। चौबीसो घंटे अस्पताल में रहते रहते उनकी अन्य मरीजों के साथ आयी देख भाल करने वाली स्त्रियों से बहुत बनने लगी थी। वह उत्तरांचल वाले मरीज की पत्नी को सांत्वना देने लगी - बोली देखो जी मेरे पति जब यहाँ आये थे तो बहुत बुरी हालत में थे अब तब लगा था। दोनों फेफड़े टी बी के कारण खराब हो गए थे। दिल ने जवाब दे दिया था। पूरे शरीर पर सूजन थी। जिगर काम नहीं कर रहा था। मेरे आदमी को बीड़ी की इतनी बुरी लत थी कि पूछो नहीं। सुबह दोपहर शाम हर समय बीड़ी। ऊपर से शराब की आदत - सुबह हुई नहीं कि बीड़ी शराब चालू। इन दुर्गुणों के चलते आज इस हालत को पहुँच गए हैं। इनके इलाज में सारे जेवर गिरवी रख दिए। खेत खलिहान किसानी चौपट। सब कुछ स्वाहा हो गया। बच्चे मारे मारे फिर रहे हैं। क्या बताऊँ बहन कुछ न पूछो - इन्होंने एक न सुनी। बीड़ी शराब के आगे किसी की बात न मानी। वो तो लाख शुक्रिया भगवान का, यहाँ के डाक्टरों का उनकी मेहनत और लगन का। इनकी जान बच गयी।

सच पूछिये तो तम्बाकू महाविनाश की जननी है। यह किसी को नहीं छोड़ती। विश्व के सर्वाधिक शक्तिशाली माने जाने वाले देश अमेरिका के राष्ट्रपति फ्रेडरिक डी रूजवेल्ट जो तीसरी बार अपने देश के राष्ट्रपति चुने गए भयंकर रूप से सिगरेट पीते थे। द्वितीय महायुद्ध चरमोत्कर्ष पर था। याल्टा में ब्रिटेन रूस और अमेरिका के बीच जर्मनी के खिलाफ शीर्ष वार्ता हो रही थी। उसी समय रूजवेल्ट पक्षाघात के शिकार हुए। एकाएक चल बसे। चिकित्सकों की दृष्टि में तो उन्हें उग्र रक्तचाप था, हृदय कमजोर था, गुर्दे काम नहीं कर रहे थे परन्तु इन सब रोगों की जड़ में उनकी धुआँधार धूम्रपान की आदत थी। दूसरे महायुद्ध की ही बात है। रूस के महाशक्तिशाली शासक अधिनायकवादी स्टालिन जिनकी इजाजत के बिना उनके जनरल भी उनके पास नहीं जाते थे। धूम्रपान के चलते अचानक लकवे के शिकार बने और उनकी लाश के पास घंटों तक कोई फटका भी नहीं इस भय से की वे कहीं जिन्दा न हो। जिस व्यक्ति का लोगों में इतना खौफ हो सिगार और सिगरेट की आदत ने उसकी ऐसी की तैसी कर दी। यह है धूम्रपान करने वालों का दुर्भाग्य।

धूम्रपान और दुर्भाग्य से जुड़े कुछ और जीवंत उदाहरण हमारे सामने है। पाकिस्तान के संस्थापक कायदे आजम जिन्ना की असामयिक मृत्यु भी धूम्रपान के चलते हुई। अत्यधिक सिगरेट पीने के चलते उन्हें टी बी हुई। कुछ लोगों को यह भी शक है की उन्हें शायद फेफड़े का कैंसर था। कारण कुछ भी हो उन्हें मरने के चंद मिनटों पूर्व खून की खांसी हुई और उन्होंने अचानक दम तोड़ दिया। कैंसर हो या टी बी दोनों दशाओं में धूम्रपान ही उनकी मौत का कारण बनी। उनकी असामयिक मृत्यु ने कितना कहर ढहाया होगा यह तो पाकिस्तान के निवासी ही बता सकते हैं पर यह निर्विवाद सत्य है कि सिगरेट ने इस उपमहाद्वीप का अकथनीय विनाश किया है। पड़ोसी नेपाल के वर्तमान प्रधानमंत्री सुशील कोइराला भी तम्बाकू की आदत के चलते मुख के कैंसर तथा हृदयाघात से पीड़ित हुये।

चिकित्सकों को सिगरेट पीते देख कर लोग शायद यह सोचते हैं धूम्रपान में जरूर कुछ अच्छी बात होगी तभी डाक्टर साहेब भी पी रहे हैं पर यह किसे मालूम की दुर्भाग्य इन लोगों का भी पीछा कर रहा है। इतिहास में सैकड़ों उदाहरण मौजूद हैं जो हमें यह चेतावनी देते हैं कि कुदरत सिगरेट पीने वाले डाक्टरों को भी मृत्युदंड देती है और अच्छी तरह से देती है। उदाहरण के तौर पर लन्दन रॉयल कालेज के प्रसिद्ध सर्जन डाक्टर जान हंटर को सिगरेट के चलते ही कम उम्र में इतना प्रबल दिल का दौरा पड़ा कि लन्दन हॉस्पिटल के अंदर ही उनकी मृत्यु हो गई। हृदयरोग के सर्वोत्कृष्ट चिकित्साशास्त्री डाक्टर पाल बुड भी धूम्रपान की आदत के चलते असमय में चल बसे। सुप्रसिद्ध पैथॉलजिस्ट विलियम ब्वाँड सिगरेट पीने की आदत के कारण बड़ी आंत के कैंसर के शिकार हुए और चल बसे।

विश्व प्रसिद्ध जयपुर फुट के आविष्कारक डाक्टर सेठी को गुटखा-तंबाकू खाने की बुरी लत अपने पैतृक निवास बनारस से किशोरावस्था में ही लग गई थी। चिकित्सक बनने के बाद भी इससे उनका पिंड नहीं छूटा। जयपुर आने के बाद भी मुँहलगी तंबाकू चलती रही। एक दिन उन्हें दिल का दौरा पड़ा जिसके कारण उन्हें अपने चिकित्सालय के गहन चिकित्सा कक्ष में भर्ती होना पड़ा। उनके दिल की तीनों नलियों में अवरोध था। हृदय चिकित्सकों ने तार डाल कर अवरोध को हटा दिया (एँजियोप्लास्टी की)। यह सब उनके गुटखा खाने का दुष्परिणाम था। चिकित्सकों ने उन्हें गुटखा छोड़ने की सलाह दी। लेकिन उन्होंने गुटखा खाना नहीं छोड़ा। फल यह हुआ कि उन्हें कुछ वर्षों बाद दिल का भयंकर दौरा पड़ा। फिर उन्हें गहन चिकित्सा कक्ष में रखा गया। उन्ही दिनों जयपुर में अस्थि शल्य विशेषज्ञों का वार्षिक सम्मेलन हो रहा था। बनारस से आए एक प्रमुख विद्वान उन्हें देखने जब गहन कक्ष में गए तो डाक्टर सेठी ने बड़े भावुक स्वरों में उनसे कहा यह सब मेरे कर्मों का फल है। काश मैंने अपने चिकित्सकों की बात मान ली होती तो यह दुर्दिन न देखना पड़ता। कहना न होगा कि इस बार का हृदयाघात उनके लिए प्राणान्तक सिद्ध हुआ और वे परलोक सिधार गए। अपने ही देश के सामुदायिक चिकित्सा के एक प्रमुख विद्वान डाक्टर गुटका - पान

मसाला की आदत के कारण मुख के कैंसर से पीड़ित हुए। ऑपरेशन हुआ। थोड़े दिनों के बाद ऐसा दिल का दौरा पड़ा कि उन्हें प्राणों से हाथ धोना पड़ा। ऐसे सैकड़ों उदाहरण हैं जो प्रकृति की इस विषय में निष्पक्षता के स्पष्ट प्रमाण हैं - जिसने तम्बाकू अपनाया वह कोई भी हो उसे उसका कुफल भुगतना ही पड़ेगा। जैसा बोवोगे वैसा काटना भी पड़ेगा।

यथार्थ में तम्बाकू से पीड़ित महानुभावों व श्रीमंतों की सूची बहुत लम्बी है। यहाँ पर यह कहना काफी होगा कि धूम्रपान और तम्बाकू सम्पूर्ण मानव जाति के लिए विनाशकारक है। अत्यंत घातक है। इसके पास जाना तो दूर इसकी परछाई भी अनिष्टकारी है। अब आपको यह सोचना है की आप धूम्रपानवाला दुर्भाग्य पूर्ण रोगी जीवन व्यतीत करना चाहते हैं या तम्बाकू मुक्त रह कर स्वस्थ, सानंद और सौभाग्यशाली जीवन। जैसा बोवोगे वैसा काटेंगे।

**नहीं तो 'अब पछिताये का होत है जब चिड़िया चुग गयी खेता'
चुनाव आपका सलाह हमारी।**

डाक्टर श्रीधर द्विवेदी, वरिष्ठ हृदय चिकित्सक
नेशनल हार्ट इंस्टिट्यूट, नई दिल्ली

औषधीय वृक्षों के विषय में कुछ महत्वपूर्ण तथ्य :

1. आयुर्वेद के अनुसार 8000 ऐसे योग हैं जिनमें औषधीय वृक्षों का समावेश होता है।
2. भारतीय सर्वेक्षणों में 6000 विभिन्न औषधीय पादपों का उल्लेख है। (संदर्भ - हक्सले, 1984)
3. अधुनातन अभिलेख के अनुसार अब 2500 औषधीय पादप चिन्हित किए जा सकें हैं।
4. ग्रामीण और कस्बों में अभी भी ८०% जनता औषधीय पादपों से चिकित्सा कराना चाहती है क्योंकि उनकी दृष्टि में यह काफी निरापद विकल्प है।

5. महर्षि चरक ने औषधीय वृक्षों के विषय में एक बहुत महत्वपूर्ण बात कही है :

अनेनो पदेशेन नानौषधि भूतं जगति किंचिद्,

द्रव्य मुपलभ्यते तां तां युक्तिमर्थं च तं तमभिप्रेत्य। चरक सूत्रस्थान २६/12

इसी भाव से मिलते जुलते महाकवि तुलसीदास जी ने लिखा है :

ग्रह भेसज जल पवन पट पाई कुजोग सुजोग,

होहिं कुबस्तु सुबस्तु जग लखहिं सुलक्षण लोग। बालकाण्ड दोहा 7 क ॥

6. आज की असंक्रामक महामारी (हृदयाघात, उच्च रक्तचाप/बी पी, मधुमेह / डायबिटीज, मोटापा) के समय में लाभकारी वनस्पतियाँ- बेल (मधुमेह/ आँवला), लहसुन (चिकनाई दोष/हृदयाघात), नीम (मधुमेह), पपीता (अम्लता/ कब्ज), सदाबहार (मधुमेह/ कैंसर), कासनी (इंसुलिन प्रतिरोध/मधुमेह), हल्दी (शरीर के अंदर दाह/संक्रमण), आलसी के बीज/तेल (चिकनाई दोष / डायबिटीज), तुलसी (रोग प्रतिरोधक क्षमता में सहायक), जामुन (मधुमेह), मेथी (मधुमेह / चिकनाई दोष विशेषतः ट्राईसिलग्लिसराइड दोष, अश्वगंधा (स्मृति वर्धक/मेधा बढ़ाने के लिए), अर्जुन की छाल (हृदयाघात)।

डाक्टर श्रीधर द्विवेदी, वरिष्ठ हृदय चिकित्सक
नेशनल हार्ट इंस्टिट्यूट, नई दिल्ली

अन्दर बाहर सर्वत्र वसा



अन्दर बाहर सर्वत्र वसा

स्थूल वदन स्थूल पेट,
सर्वत्र वसा से हुई भेंट,
हृद्रोग शुगर बी पी लपेट,
दुःश्वसन कर्कट इसकी चपेट।
अन्दर बाहर सर्वत्र वसा,
गर्दन ठोड़ी कटि वसा लसा,
जिगर अग्नाशय वसा कसा,
सी टी एम आर संपुष्टि दशा।
हों महाधमनि या हृदय धमनि,
मस्तिष्क धमनि परिधीय धमनि,
मिलता प्रमाण प्रज्वलित कठिन,
व्रण दंश कला क्षतिग्रस्त धमनि ।
प्रतिरोध इंसुलिन चयापचय,
सिंड्रोम एक्स लक्षण उपचय,

दुःश्वसन युक्त जेड का आशय,
बनता शरीर तब रुग्णालय ।
कभी मातृ पक्ष कभी पितृ पक्ष,
अनुवांशिक वसादोष हों कुपथ,
बढ़ कोलेस्ट्रॉल ट्राईग्लिसराईड,
उत्पन्न जटिलता हृदय पक्ष ।
पलकों पर चिकनाई पर्त दोष,
जैन्थीलेज्मा आर्कस महादोष,
किंचित जैनथोमा सा कुदोष,
हो काल पूर्व हतशूल दोष ।
परिणाम हृदय मस्तिष्क घात,
हों श्वासकष्ट सा महापात ,
अस्वस्थ आयु पर हो आघात,
प्रज्वलित मेद के बहुत्पात ।
व्यायाम योग भोजन सात्विक,
उत्तिष्ठ शयन समयोचित सा,
समरस स्नेहिल सूत्रों से कसा,
प्रज्वलित वसा से वह न डसा ।

संकेत : प्रज्वलित - दहनशील वसा (आक्सीकृत वसा), कर्कट -
कैंसर, अग्नाशय - पैंक्रियाज, प्रज्वलित कठिन - आक्सीकृत वसा
जो कठोर ढेर के रूप में धमनी के अन्दर उपस्थित होती है और
कालान्तर में अवरोध उत्पन्न करती है, व्रण-घाव, कला-धमनी के
अन्दर की अन्तः कला / सतह, चयापचय-मेटबालिज्म, जेड -
सिंड्रोम एक्स के साथ अति मोटाई जिसके कारण दुःश्वसन या
अश्वसन, आर्कस - नेत्रों में पुतलियों के चारों ओर चिकनाई का
गोलाकार घेरा, जैनथोमा - चिकनाई के गुल्म जो अधिकतर टेंडन्स
के पीछे हाथ या पैरों में पाए जाते हैं।

डाक्टर श्रीधर द्विवेदी, वरिष्ठ हृदय चिकित्सक
नेशनल हार्ट इंस्टिट्यूट, नई दिल्ली

कहते हैं न

- (१) पान कुसंग पाकर कैंसर कारक हो गया, हृदय विदारक हो गया,
इला की सुगन्धि पाकर मुखशोधक हो गया।
संकेत - कुसंग - तम्बाकू का साथ, हृदय विदारक - हृदयाघात देने वाला / हार्ट अटैक करने वाला, इला - इलायची।
- (२) सुकवि रहीम ने लिखा था - जो रहीम उत्तम प्रकृति का करि सकत कुसंग, चंदन विष व्यापत नहीं लपटे रहत भुजंग। परन्तु यही चंदन का
काष्ठ यदि किसी जलते हुए दीपक के बगल में रख दिया जाए तो उसका धुआं चंदन को कालिख से लीप देगा। आप ऐसे कालिख मय
(कलंक पूर्ण) चंदन से अपने आराध्य को टीका भी नहीं लगा सकते।
कुछ ऐसा ही होता है हमारे शरीर के अंदर आराध्यवत बैठे दोनों फेफड़ों और हृदय का जब हम धूम्रपान करते हैं और उसका धुआं नाक,
गले - कंठ से होता हुआ फेफड़ों के अंदर उसके वायुकोषोंको कालिख (तारकोल) से भर देता है। बेचारे फेफड़े करे तो क्या करें। तप्त
राख से लबालब भरे अपनी अंतिम घडिया रहते हैं। धुएं के अंदर मौजूद विष (कार्बन मोनो आक्साइड, निकोटीन), राख (तारकोल) खून
में घुल कर दिल तक पहुँचते हैं और दिल के माध्यम से पूरे शरीर में। इसीलिए अब कहते हैं 'कालिख करत कुसंग':
'चंदन विष व्यापत नहीं लपटे रहत भुजंग',
धूम्र व्याल से विषमतर कालिख करत कुसंगत
संकेत: व्याल - विषधर सांप।

डाक्टर श्रीधर द्विवेदी, वरिष्ठ हृदय चिकित्सक
नेशनल हार्ट इंस्टिट्यूट, नई दिल्ली



हरर लगे न फिटकरी रंग चोखा

हरर लगे न फिटकरी रंग चोखा-सेहत का ऐसा नुस्खा
हमारा शरीर एक बेशकीमती सदन,
बिहान में उठे योग व्यायाम करें,
शरीर की हर कोशिका ऊर्जावान करें,
ध्यान करें परम सत्ता नमन करें ।
सात्विक आहार तन मन सुदृढ़ करें,
निष्काम कर्तव्य कार्य निर्वहन करें,
तम्बाकू मदिरा जंक आदि शमन करें,
सेहत हित प्रतिदिन सुनिवेश करें ।
न बी० पी०, न शुगर, न दिल की बीमारी
न फालिज, न कैंसर, न कोई अन्य महामारी,
हरर लगे न फिटकरी रंग चोखा,
सेहत का ऐसा नुस्खा जहाँ न कहीं धोखा ।

संकेत : सदन-घर, अपना शरीर अपने घर के समान होता है ।
इसे बेशकीमती समझ कर सम्हाल कर रखिये । बिहान-प्रातः
काल / सबरे / भोर का समय, योग व्यायाम से शरीर की हर
कोशा जो शरीर रूपी घर की ईंट के समान होती है मजबूत होती
है । ऊर्जावान होती है । परम सत्ता को नमन करने से आप अपने
ऊपर आने वाले किसी आपदा के प्रति अपना जीवन बीमा करा
लेते हैं । भगवद्गीता में इसी को 'योग क्षेमम् वहाम्यहम' कहा
गया है । तम्बाकू, धूम्रपान, शराब और जंक पदार्थों का सेवन
आजकल की तमाम बीमारियों जैसे ब्लड प्रेशर, डायबिटीज,
हृदयाघात, फालिज, कैंसर, असमय में स्मृतिदोष का मूल कारण
बताया गया है । स्वस्थ जीवन का यह सबसे सरल और कारगर
नुस्खा है ।

English Version :

How simple and economical way protecting thy health :
Our body the most precious possession,
Exercise daily charge all cells circulation,
Meditate look deep inside positive thoughts,
Eat wholesome food source of energy no blocks I
Work as worship insurance so definite infinite,
Harbor no vice tobacco alcohol junk termite,
No pressure, sugar, cholesterol or crab life sunny,
Protect thy health without spending much penny.

Note : Cell -countless cells of the body, Wholesome food -
fruits, vegetables, coarse grains, no sugary drinks, Blocks -
no blockages in any vessels /arteries ,Termite - tobacco in any
form, alcohol and junk food items are like termite, Crab-
cancer.

Physician's Wish :

Where the eyes share your grief,
Ears eager to hear all your calls,
Hands ready always to render relief,
Heart filled with compassion,
Mind guided by scientific reasoning,
Nurture thy temple of healing & learning.

सुभिषक

हों नेत्र देखते व्यथा कथा,
दो कर्ण सुन रहे सकल व्यथा,
औ हाथ सदय स्पर्श यथा,
सुभिषक लिखते उपचार गथा ।

डाक्टर श्रीधर द्विवेदी, वरिष्ठ हृदय चिकित्सक
नेशनल हार्ट इंस्टिट्यूट, नई दिल्ली



DIET FOR HEALTHIER HEART

INTRODUCTION: Heart disease accounts for nearly one-third of all deaths worldwide. In India also the number of cardiac cases are progressively increasing which are even affecting the younger population of less than 40 years of age. Every 4th death in India is because of heart disease, which is matter of great concern. Diet plays a major role in heart health and can impact your risk of heart disease. In fact, certain foods can influence blood pressure, cholesterol levels and inflammation, all of which are risk factors for heart disease.

HEART HEALTHY DIET As per American Heart Association Diet and Lifestyle Recommendations the following modifications in dietary habits are found to be associated with decrease in incidence of heart disease.

- Consumption of wide variety of fruits and vegetables, whole grains, healthy sources of protein (mostly plants such as legumes, nuts, fish and seafood. Low-fat or non-fat dairy products, lean and unprocessed meat and poultry.
- Use of liquid non-tropical vegetable oils
- By minimising salt intake, processed foods, added sugars
- Limited or preferably no alcohol intake

Increase your intake of fruits and vegetables

Fruits and vegetables provide a variety of antioxidants, vitamins, dietary fibre and a host of additional plant chemicals known to prevent heart disease. Choosing a rainbow of colours like orange carrots, oranges, tomatoes, strawberries, raspberries, peaches, purple plums, kiwis and bananas, ensure a diverse intake of nutrients.



(Rainbow fruits & vegetables)

Fibre is part of a healthy diet; it is generally referred to as "roughage." Insoluble fibre promotes regularity, adds bulk and softness to stools, helps with weight reduction and prevents many gastrointestinal disorders. It also reduces cholesterol, helps in controlling blood sugar levels. Good sources of fibre include wheat bran, whole wheat, other whole grain cereals, nuts and vegetables. Overall, one should aim to take approx. 25 grams of dietary fibre every day. To increase fibre in diet, increase plant sources of protein and reduce your intake of animal protein

Decrease saturated fats and trans fats

The American Heart Association and American College of Cardiology Lifestyle Management Guidelines recommend to avoid saturated fats and trans fats in diet & consume MUFA (monounsaturated fats) and PUFA (polyunsaturated fats) from olive and canola oils, nuts, seeds, avocados, flaxseed, soy and fish like Salmon & Tuna). Unflavoured milk, yoghurt and cheese are also good source of fat for vegetarians.

Protein sources- A variety of healthy protein sources are fish, seafoods, legumes (such as beans and lentils), nuts and seeds. Smaller number of eggs (7 eggs per week) and lean poultry are also a part of heart healthy diet. If choosing red meat, make sure it is lean and limit to one to 3 times a week.

Tips to reduce your risk of developing heart disease:

- Replace energy from saturated fats (such as butter, coconut oil and cream) with healthy unsaturated fats from seeds and plants as mentioned above.
- Increase the amount and variety of plant foods - eat more vegetables, fruits and wholegrain cereals.
- Reduce intake of refined sources of carbohydrates (including foods with added sugars). Limit sweets, desserts, and sugary sodas
- Limit unprocessed red meats (such as beef, mutton, lamb, pork,) and avoid processed meat (such as sausages, ham, salami and prosciutto).
- Trim all visible fat from meat and remove skin from poultry
- Reduce your salt intake - avoid packaged and processed foods. Check the sodium content of foods and choose the lowest sodium products.
- Eat legumes regularly - like baked beans, sprouts, soybeans, lentils and tofu.
- Snack on a handful of raw, unsalted nuts like walnuts and almonds.
- Eat fish at least once per week. It is rich source of Omega 3. Flax seeds are good alternative source of omega-3 for vegetarian.
- Other food items which are also part of Heart Healthy Diet are Oatmeal, blueberries, broccoli, garlic, dark chocolate & green tea
- If you drink alcohol, do not have more than 2 standard drinks (60ml) per day (Red wine is preferred over other drinks). Red wine contains types of flavonoids called catechins, as well as the antioxidant resveratrol. Flavonoids can help maintain the health of your blood vessels, and may help prevent blood clots. Resveratrol has been shown in the lab to have heart-protecting benefits.

- Do not skip meals - more frequent (4 to 6) smaller meals are better than the large 2 or 3 meals. (Divide your calories intake accordingly)



(MUFA, PUFA, Omega 3 & Protein rich nuts)

Over the years the various types of diets which has been found effective in reducing the various cardiac risk factors are Mediterranean diet

The Mediterranean diet refers to an eating style that reflects the food choices & this practice is common in Mediterranean countries (such as Greece, Italy, and Spain), where the diet is often rich in vegetables and healthy oils. Researchers have found that following this diet can help prevent heart disease and reduce risk factors such as obesity, diabetes, high cholesterol, and high blood pressure. Some evidence suggests that the diet, high in olive oil, may remove excess cholesterol.

The Mediterranean diet includes:

- Abundant vegetables
- Fresh fruit
- Healthy fats from olive oil, seeds, and nuts
- Low to moderate amounts of dairy products, fish, and poultry
- Low amounts of red meat and eggs



The Mediterranean Diet

(Red wine in moderation (up to 120 ml) is also part of Mediterranean diet for the people who consume alcohol).

DASH diet

The DASH diet stands for "Dietary Approaches to Stop Hypertension" and specifically targets lifestyle changes to decrease high blood pressure, a major modifiable risk factor for CVD. The first publication to highlight the DASH diet showed that the diet, rich in plant-based foods and low in sodium (salt) and saturated fats, can significantly lower blood pressure.



DASH Diet

The DASH diet is goal-based and includes different serving sizes of various food groups based on your overall caloric needs. The DASH diet focuses on nutrient-rich foods, particularly foods rich in minerals such as potassium, magnesium, and calcium, and limiting sodium salt and unhealthy fats.

Diet after the Heart Attack

Eating healthy after the heart attack can help in recovery and decrease the risk of further complications. Heart-healthy meal patterns focus on vegetables, fruits, and whole grains and limit high-fat and high-sodium foods. Two examples of heart-healthy diets include the Mediterranean diet and the DASH diet as mentioned above.

Foods which need to be avoided after the Heart Attack are -

- Fried food like kachori, samosa, pakoras, french fries
- Hot dogs, sausage, and other processed meats
- Sugary soda & baked goods
- Fatty red meat, salted nuts and snacks
- Milk chocolate, condiments and cream sauces.

Carry home message

If you have multiple risk factors for heart disease or diagnosed to have cardiovascular disease, dietary changes can be an effective way to stay healthy and prevent future heart attacks. Healthy eating pattern includes diet rich in fruits, vegetables, low-fat protein, nuts and omega rich mono & poly unsaturated oils. Start with realistic & sustainable choices, over the time these will add up to meaningful changes and improved health. With the help of your healthcare provider make the best heart-healthy eating plan to derive the maximum benefits.

– Dr Y K Arora

Sr. Consultant Cardiology
National Heart Institute, New Delhi

NHI Participation on 8th International Yoga Day 2022



National Heart Institute contributed to 8th International Yoga Day 2022 in its own humble way. Prof. Shridhar Dwivedi, Senior Consultant Cardiologist and Head, Academics gave a special lecture on "Yoga - an effective and simple way for longevity and good health" at Central Sanskrit University, New Delhi. This session was conducted in a hybrid way in main University hall. This was also heard concurrently on thirteen other centers of university. Dr. Dwivedi explained the real philosophy of yoga as per Shrimad Bhagvad Gita and later on by Maharishi Patanjali in 5000 B.C. He also explained the scientific basis of yoga and its applications in day to day life and various disease conditions like hypertension, diabetes, coronary artery disease (Heart attack) and asthma etc. Several living examples of people who attained good health and long life (90+ years) through yogic way of life were also shown to audience.

Another online session on, "Yoga and health" was held at NHI wherein Dr. S. Dwivedi spoke to staff and students of Government Boys Senior Secondary School, Adarsh Nagar. Here again the real science behind yoga and its immense health benefits were told to school staff and students.

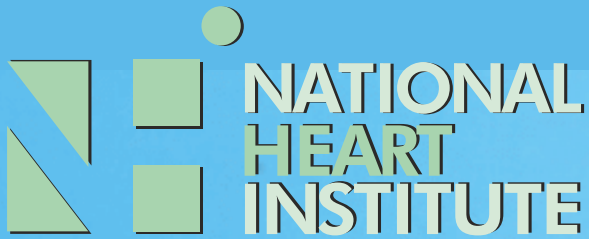
Beneficial aspects of proper food, daily exercise, proper discharge of once own duties, early to bed and early to rise habits as enunciated in Gita were lucidly explained.

Dr. Dwivedi took another opportunity of explaining the true interpretation of yoga at a meeting of Board of Governors (BOG) of Delhi Pharmaceutical Sciences and Research University, next morning on 22nd June 2022 wherein he sensitized all BOG members about scientific aspects of yoga as mentioned in Gita and expounded by Maharishi Patanjali 5000 years back and its correlations with modern medical sciences.

All these activities could be accomplished because of our profound faith in philosophy and practice of yoga. Scientific study titled 'Effect of Yoga in postmyocardial infarction cases undertaken at our Institute by Dr. Avneesh Prasad as part of his DNB (Cardiology) thesis revealed significant cardiovascular benefits. This thesis has been declared to be the best thesis of the year in cardiology by the National Board of Examinations (2021).

The said study was carried out under the supervision of Prof. S. Dwivedi, Brig. (Dr.) Y. K. Arora, & Dr. Vinod Sharma.





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