

# People between the ages of 30 and 40 with newly discovered heart problems

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**By Ashish Srivastava**

**New Delhi, September 26 (IANS):** Respiratory illnesses caused by Covid-19 took center stage during the pandemic and overshadowed other burgeoning health problems, particularly cardiovascular diseases (CVDs). With the recent surge in heart disease in recent months, people are facing the likelihood of cardiovascular problems on a large scale.

The frequency of emerging and worsening heart problems is highlighted by medical experts. However, a worrying trend can be seen in patients with newly discovered CVD between the ages of 30 and 40, while the majority are from metropolitan areas.

“We are seeing a remarkable shift in the trend of CVDs where people between the ages of 30 and 40 get heart attacks and other heart problems from metros like Delhi and Mumbai,”

; noted Dr. Partap Chauhan, Director at Jiva Ayurveda, a leading Ayurvedic telemedicine organization in India.

“We had the maximum number of cases from the Maharashtra region (over 150 cases), followed by Delhi (over 200 cases), Uttar Pradesh (over 300 cases) and Haryana (over 110 cases), of which around 1,000 were men and 480 were women,” he informed.

Notably, most of these cases also showed an observable trend in comorbidity. “Our doctors have consulted 670 cases of high blood pressure, followed by 216 cases of hypercholesterolemia and 174 cases of hridroga (other heart disease),” said Chauhan.

He also estimated more than 50 percent increase in cardiovascular-related cases.

“Before the lockdown, our doctors consulted 748 cases of cardiovascular disease. During the full lockdown, we received 322 cases of CVDs and after the lockdown. Our doctors consulted around 776 cases through our telemedicine center and clinics,” added Chauhan added.

Chauhan weighed the sudden increase in cardiovascular problems and listed certain aggregators that contributed to the increase. “Unavailability of quality medical care and fear of contagion are one of the few common causes of worsening in patients with pre-existing heart problems. Add to this the sudden and disproportionate increase in causative factors such as stress and anxiety, obesity and physical inactivity are driving the pre-CVD segment of people in their late 40s and with existing comorbidities to become new patients with CVD,” he explained.

He also said that emotional factors such as isolation, loss of employment, financial dilemmas, and the emotional distress caused by the absence of family members or grief have made matters worse. “The psychological effects (loneliness, stress, fear, isolation, fear of unemployment and economic distress) of the pandemic combined with other lifestyle factors such as smoking and drinking, irregular eating habits, poor diet and physical inactivity can increase CVD cases during the pandemic.” Chauhan added.

In the meantime, stress, poor diet, and emotional turmoil take a toll on the heart. Chauhan said living a healthy lifestyle and adding yoga and herbs to your daily routine can help.

“Over time it becomes weak and in connection with wrong lifestyle habits like smoking, drinking alcohol or eating junk food, the already high risk of developing heart disease increases. Practicing yoga and pranayama can reduce stress. A gentle head massage or A full body oil massage relieves tension and relieves the stress on your heart. Turn off high-energy TV shows if it creates stress. Spend time cultivating what makes you happy, healthy, and peaceful,” he advised.