

Heart troubles



DECCAN CHRONICLE. | [SULOGNA MEHTA](#)

Published

Sep 29, 2021, 12:10 am IST

The recent demise of actors Siddharth Shukla and Jagnoor Aneja due to acute cardiac arrest has left the world shocked



Photo used for representation

In January this year, cricketer and BCCI president Saurav Ganguly, who's in his late 40s, suffered a minor heart attack. He was diagnosed with three blocked arteries and had to undergo stent implants. A little before that, in December last year, filmmaker–choreographer Remo D'Souza suffered a heart attack at 46.

While both of them survived the attacks, what's interesting to note is that none of them (including Sidharth Shukla or Janoor Aneja), were obese or unfit. On the contrary, they were apparently active and healthy.

In recent years, doctors have seen an increasing number of younger age patients suffering cardio-vascular diseases (CVD). Some medical experts voiced their views about the phenomenon.

South Asians' genetic constitution: a major cause for heart ailments

Unchecked familial high cholesterol (LDL): a CVD risk

Faulty workout habits: cause for heart ailments among youth

“The desire to get six- or eight-pack abs gets many youngsters to overexert themselves while working out, which is in contrast with the Ayurveda principle of ‘ardhvala’, that is, using ideally half of one’s strength.

“Work pressure causes inconsistent gym/workout timings, and people start working out at night, disturbing the homeostasis (the steady internal physical and chemical conditions maintained for a body’s optimal functioning).

“Thirdly, excess intake of artificial protein drinks and steroids for building up muscles, unhealthy food habits and irregular timing, all directly or indirectly affect the cardiovascular system.

“Additionally, people keep watching TV or mobile phones while exercising, something that also adds to the stress. Overindulgence with cell phones hampers one’s undisturbed seven hours night sleep thereby disturbing the biological clock and rest to the muscles.

— Dr Partap Chauhan, director, Jiva Ayurveda

Meanwhile...

Recommended diet and de-stressing therapies to maintain a healthy heart

In one litre of water, boil one teaspoon each of cumin (jeera) seeds, coriander (dhaniya) powder, fennel (saunf) seeds and fresh ginger. Let it boil for a few minutes. Take it into a flask and drink twice or thrice a day.

Try to incorporate herbs — amla, tulsi, triphala, haldi, ashwagandha in their diet.

Opt for dietary approaches to stop hypertension or DASH. For instance, eat a colourful Mediterranean diet, full of vegetables and fresh fruits, and eat millets and jowar roti. Such diets reduce the risk of high cholesterol level.

Incorporate anti-anxiety, de-stressing methods such as yoga, Surya Namaskar, meditation, deep breathing (pranayama), panchakarma treatment or deep tissue cleansing, aromatherapy, laughter therapy, positive reading and an hour’s brisk walks.

Foods to avoid

- Stop taking refined sugar or sugar in any form. Avoid brown sugar and artificial sweeteners as they may cause metabolic issues.
- Quit smoking
- Avoid too much jaggery and date syrup
- Avoid bakery foods laden with artificial colours and chemicals, sweets, refined flour
- Avoid red meat, ghee, butter, egg yolk, trans fat or saturated fat and deep-fried food

Early BP, lipid profile and blood sugar tests

“Often heart ailments in younger people can be without symptoms. Since diabetes and high BP are major risk factors for CVDs, get a blood test for diabetes and check your blood pressure. Do this after the age of 30, once every 3–5 years if every parameter is normal. If not, start taking prescribed medication and treatment and get check-ups done every 6 months,” advises Dr Rajeev Menon, clinical director and head of the cardiology department, AIG Hospitals, Hyderabad.

Dr GSR Murthy, consultant cardiologist of Care Hospital emphasises never to ignore any symptoms, no matter how mild. “Don’t ignore chest discomfort, pain, heaviness or breathlessness while exercising or after physical activities. Get an ECG done. If the problem persists and isn’t detected in ECG, go for a treadmill test, which can confirm a possible block in the blood vessel,” he says. “Also, a lipid profile test must be done when a person’s around 25 years old. It can detect the presence of high cholesterol, which gets accumulated in the blood vessels and causes blockages. If the cholesterol is high, it can be modified by proper diet or drugs or both, thus preventing lipid deposition or vascular disease can be prevented.”