



International Conference on Traditional Medicine and Ethnobotany

September 23-24, 2019 Kuala Lumpur, Malaysia

Ayurveda for Heart Diseases-An Overview

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Heart, Brain and Kidney are considered the most vital part of our body. Disease to any of these organ is life threatening. Heart disease is the leading cause of death in both men and women and besides that it is also found in almost all type of ethnicities of the world. Coronary heart disease (CHD) is the most common of all type of heart diseases killing about 3,70,000 people every year. The main risk factors of heart diseases are high blood pressure, high cholesterol and smoking. Some medical and lifestyle conditions like Diabetes mellitus, Obesity, alcohol consumption also increase the risk of heart diseases. Heart disease in Ayurveda is known as "Hridroga".

According to Ayurveda heart disease are of five types according to predominance of doshas i.e. Vataj (Vata Predominance), Pittaj (Pitta predominance), Kaphaj (kapha predominance), Sannipataj (three dosha involvement) and krimij (infestation of worms). As far as treatment is concerned modern can offer medication or surgeries according to condition of the patient which is both risky as well as costly. Ayurveda offers a non-surgical procedure in the form of lifestyle changes, Ayurvedic herbs like Arjun, Sthira and Panchkarma like Hrid Basti, Virechan which can help in the treatment of heart disease as well as risk associated with it.

Biography:

Dr. Mridu Sharma has completed her M.D. in Panchkarma at the age of 25 years. She is Assistant Professor of Panchkarma at Smt. Urmila devi Ayurvedic College, Hoshiarpur. She has published more than 15 papers in reputed journals and has attended more than 20 national and international conferences. She is practicing Ayurveda and Panchkarma since 2014 in her own clinic. She has presented herself as Speaker in 10th International TCM, Ayurveda & Acupuncture Conference held in Berlin on 4th & 5th March 2019.