

Ayurveda - Vol. 21 : Heart diseases - 2

Ayurvedic treatment on blood pressure, etc.

(Including daily regimen for heart patients)

(English)

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('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level,
'Stage of a Sadguru' denotes 80-89 %, 'Stage of a Paratpar Guru'
denotes 90% and above, whereas 'God' denotes 100% spiritual level.)

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Preface



In simple words, the heart is a live pump which supplies blood to the entire body and is also one that pulls the blood back from it. It is a pump that never rests. Just like respiration, if the beating of the heart stops for even a minute, the body will not remain alive.

This Text analyses from the perspective of Ayurveda various diseases of the heart such as blood pressure, formation of blocks in the blood vessels of the heart, infection of the heart, heart failure, etc.

This Text also analyses other aspects such as what should be the diet for heart patients, what should be their daily routine, how to prevent diseases of the heart.

This is the second Volume in the series on 'Diseases of the Heart'. The first Volume provides detailed classification of heart diseases according to Ayurveda and additional relevant information. For comprehensive knowledge on the subject, it would be ideal to read both the Volumes. The study of these Volumes will be useful for the heart patients, Vaidyas (Ayurveda practitioners) and doctors; besides, they will also get guidance on how to maintain a heart that is healthy and efficient.

We pray from the bottom of our heart unto the Almighty, who controls the entire world - 'May the heart patients fully recover from their disease and may all enjoy the Bliss of leading a healthy life !' - **Authors**



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**Some abbreviations used for names of classical texts
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चरकसंहिता (च.)	सुश्रुतसंहिता (सु.)	वाग्भटसंहिता (वा.)
अष्टांगसंग्रहसंहिता (सं)	काश्यपसंहिता (का.)	भेलसंहिता (भे.)
हारितसंहिता (हा.)	माधवनिदान (मा.नि.)	शाङ्गर्धरसंहिता (शा.)
भावप्रकाशसंहिता (भा.)	योगरत्नाकर (यो.र.)	निघंटुरत्नाकर (नि.र.)

**Some abbreviations used for the sections of classical texts
(Represented by following alphabet/s)**

सूत्रस्थान (सू.)	निदानस्थान (नि.)	विमानस्थान (वि.)
शारीरस्थान (शा.)	इंद्रियस्थान (इं.)	चिकित्सास्थान (चि.)
कल्पस्थान (क.)	सिद्धिस्थान (सि.)	खिलस्थान (खि.)
उत्तरतंत्र (उ.)	पूर्वखंड (पू.)	मध्यमखंड (म.)
उत्तरखंड (उ.)		