

# Ayurvedic treatment on chest pain, heart diseases, etc. (Including modern medical analysis)

## Preface

The respiration of the new-born commences after birth; however, the beating of the heart commences in the first three months of pregnancy and continues till death. In the first month after birth the heart rate is 140/minute. In an adult, the heart rate is 72/minute. The heart also pumps 5 litres of blood every minute. 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. Through the medium of blood, it supplies food, water and oxygen to all the cells and organs; it transports waste too from all the cells to the kidneys, lungs and skin. During work or while running, muscles require a greater amount of food, water and oxygen. At such times the heart rate increases and during sleep, the heart rate reduces. If the beating of the heart stops for even a minute, the body will not remain alive.

As per *Yogashastras*, *Anahat-chakra* is positioned at the heart. From time immemorial, poets have considered the heart to be the location of the mind. In day-to-day language, we often use terms such as 'the incident is engraved on my heart' or 'the individual has found a place in my heart' or 'from the bottom of my heart; because the emotions of the mind continuously affect the heart and pulse rate. Muscles of the heart get blood supply through the medium of the coronary artery. Developing blockages in the coronary artery leads to heart attacks. In the 2 Volumes on 'Heart Diseases', diseases of the heart and blood pressure have been analysed from the perspective of *Ayurveda*. 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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