

UNCLOGGING ARTERIES BY AYURVEDIC MEANS

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Abstract—An ayurvedic medicine has been created that solves the problem of patients suffering from constant heart blockages. Basic properties of ginger, garlic, honey and betel leaves have been mixed together to create a medicine which has an outstanding result among the patients.

Keywords — garlic, ginger, honey, betel leaves, heart blockages

I. INTRODUCTION

What is heart blockage?

A normal heartbeat is initiated by an electrical signal which comes from the heart's natural pacemaker, the sinoatrial (SA) node, located at the top of the right atrium. The electrical signal travels through the atria and reaches the atrio-ventricular (AV) node. After crossing the AV node, the electrical signal passes through the bundle of His. This bundle then divides into thin, wire-like structures called bundle branches that extend into the right and left ventricles. The electrical signal travels through the bundle branches and eventually reach the muscle cells of the ventricles that cause them to contract and pump blood to the whole body. Heart blockage occurs when this passage of electricity from top to bottom of the heart gets delayed or interrupted. Everyday we hear about deaths caused by untreated heart blockages, earlier it was a common issue faced by adults above 50-60 years but nowadays we also hear about younger patients these days due to unhealthy lifestyle .what we have designed is an ayurvedic medicine which helps to resolve heart blockages.

II. CAUSES OF HEART BLOCKAGES

Age: Getting older increases your risk of heart blockages and narrowed arteries.

Gender: Men are generally at higher risk of coronary artery disease. And for women this risk increases after menopause.

Family history: Sometimes family history can also be reason for heart related disease especially if a close relative developed heart disease at an early age. Chances of risk is highest if your family member (brother or father) was diagnosed with heart disease before age 55 or if your mother or a sister developed it before age 65.

Smoking: Those who smoke have a significantly increased risk of heart disease. Exposing others to your secondhand smoke also increases their risk of heart blockage or coronary artery disease.

High blood pressure: Uncontrolled high blood pressure can affect in hardening and thickening of your arteries. It can also result in narrowing the channel through which blood can flow.

High blood cholesterol levels. High levels of cholesterol in your blood can increase the risk of formation of plaque and atherosclerosis which can result in heart blockage. High cholesterol can be caused by a high level of low-density lipoprotein (LDL) cholesterol, known as the "bad" cholesterol. A low level of high-density lipoprotein (HDL) cholesterol, known as the "good" cholesterol, can also contribute to the development of atherosclerosis.

Diabetes: Diabetes can also be the main reason for risk of coronary artery disease. Type 2 diabetes and coronary artery disease have similar risk factors, such as obesity, high blood pressure etc.

Overweight or obesity: Excess weight typically worsens other risk factors.

Physical inactivity: Lack of exercise is also responsible for coronary artery disease and some of its risk factors, as well.

High stress: Stress in your life may also damage your arteries as well as worsen other risk factors for coronary artery disease.

Unhealthy diet.: Eating too much food that has high amounts of saturated fat, trans fat, salt and sugar can be responsible for your risk of coronary artery disease.

III.SYMPTOMS

Chest pain (angina). You may feel pressure or tightness in your chest, as someone is standing on your chest. This pain is known as angina, usually this occurs on the middle or left side of the chest. Angina is generally caused by physical or emotional stress.

The pain usually stops within minutes after stopping the stressful activity. In some people, especially women, this pain may be sharp and felt in the neck, arm or back.

Shortness of breath: If your heart can't pump enough blood which is needed by body then you may develop shortness of breath or extreme fatigue with exertion.

Heart attack: A completely blocked coronary artery will cause a heart attack. The classic signs and symptoms of a heart attack include crushing pressure in your chest and pain in your shoulder or arm, sometimes with shortness of breath and sweating.

Women are somewhat more likely than men are to experience less typical signs and symptoms of a heart attack, such as neck or jaw pain. Sometimes a heart attack occurs without any apparent signs or symptoms.

IV.INGREDIENTS

Two Betel Leaves

Two tea spoon Honey

5 gm Ginger

2 pieces Garlic

V. PROCEDURE

Make a paste of two betel leaves ,two tea spoon honey 5 gm ginger and 2 piece garlic pour it in a glass bowl and its ready to be consumed

VI. INDIVIDUAL ADVANTAGES OF INGREDIENTS

Betel leaves:

- It is good for diabetes
- It lowers your cholesterol.
- It is an anti-cancer agent.
- It has anti-microbial properties.
- It helps heal wounds.
- It helps with asthma.
- It helps with depression.
- It improves oral health.

Honey:

The Antioxidants in it Are Linked to Other Beneficial Effectson Heart Health. Again, honey is a rich source of phenols and other antioxidant compounds. Many of these have been linked to a reduced risk of heart disease (8). They may help the arteries in your heart dilate, increasing blood flow to your heart.

Ginger:

Ginger helps reduce your risk of heart attack and stroke.Researchers concluded that ginger may be useful as a cholesterol-lowering, anti-inflammatory blood thinner. The University of Maryland Medical Center cites a number of studies that suggest ginger may lower cholesterol and prevent blood from clotting.

Garlic:

Garlic is used for many conditions related to the heart and blood system. These conditions include high blood pressure, low blood pressure, high cholesterol, inherited high cholesterol, coronary heart disease, heart attack, reduced blood flow due to narrowed arteries, and "hardening of the arteries" (atherosclerosis).

VII. LIMITATIONS

This medicine cannot be taken after a meal, It has a particular time and an amount in which it should be consumed . It should not be taken all at once but over a time of 45 mins.After

taking this medicine no food should be consumed within one hour. The ingredients specified should strictly be used in that amount not doing so can cause discomfort such as consuming a lot of honey can cause cold, using a lot of garlic can cause heat .

VIII. FUTURE SCOPE

This medicine can be a simple, effective and cheap substitute to all the expensive medicines in the market which are being used currently. More importantly it can reach out to poor people very easily and free of cost unlike the expensive treatments that currently exist.

IX. CONCLUSION

Above points make it clear that this medicine can act as a revolution in the fields of medicine and Ayurveda. Such medicine without side effects is very uncommon and helpful to every class of society. Furthermore, this Ayurvedic medicine has been tried and tested with a lot of patients yielding a hundred percent result.

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