

Research Article

In Early Stages Indian Medicine Substitute for Heart Surgeries

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Abstract

The most people of the world commonly affected by dreadful cardiac diseases and struggling for the existence and reporting premature deaths even after the application of latest technologies and surgeries. In fact, the traditional system of medicine was disgraced and looked a small eye by the people and the Government of India for a short period. There is a sudden boon in traditional medicine which is literally in the air around the globe, becoming the benefits of an ancient knowledge on health and happiness at every door. Cardiovascular disease refers to variety of diseases and conditions affecting the heart and blood vessels. Coronary artery disease develops as a result of various risk factors, including increased plasma LDL levels, as well as LDL modifications, such as oxidation or aggregation. The major cardiovascular diseases are Coronary Cardiovascular Disease (CHD), Myocardial Infarction (MI), Stroke and Congestive Heart Failure (CHF). Cardiovascular diseases are preventable. The disease causes a significant burden in mortality, morbidity and health care cost. Despite the gradual death rates over the last few decades, these diseases are and will remain the number one cause of death in industrialized countries. A small randomized clinical study conducted on the sufferers of CAD, CHF, MI, and the patients who advised for heart surgery viz. CABG, Angioplasty and Valve replacement for a short duration in my routine practice through the administration of extracted juice of above mentioned medicinal plants since for the last 9 years, have showed promising effects of mixed juice preparations on platelet aggregation and mixed effects on plasma viscosity and fibrinolytic activity. These trials have led to the discovery of a new remedy to treat the heart and circulatory disorders. Owing to the traditional medicine, obtained magnificent results and have become freed from cardiac surgery. As you know, Indian medicine which act primarily on the arterial walls and rejuvenate the artery from the hardening process caused by the accumulation of lipids viz. cholesterol, triglycerides and Beta-lipoprotein fractionation, later on act on defective membranous, valves and muscular part of the heart. The victorious remedies are the organic germanium it regenerate damaged old and weakening cells and has a magical electronic effect. Allium Sativum, GingeburOfficinale, Citrus Lemon are true natural cardio protective, antiatherosclerotic and hypolipidemics, they contains diallyldisulphide, Gingerols, Shogols, zingerone, germanium and acrid volatile oil, Sterols, Stanols, Phenols & Flavones. EmblicaOfficinalis, TerminaliaChebula and TerminaliaBellerica.

Keywords: Cardiac diseases, Heart Surgeries etc.

Introduction

The Indian system of medicine have significantly contributed to the health care of the population of India especially in which no satisfactory solutions are available in the allopathic system. Dreadful cardiac diseases, AIDS, Muscular dystrophy, Cancer, Gastric acidity and Rheumatoid Arthritis are some of them. The heart and circulatory disorders are serious affecting human health and it is essential to evolve a suitable remedy for the cure and prevention of these life threatening diseases. The Indian medicinal plants contain magnificent alkaloids

which are highly therapeutic values can also be substitute heart surgeries. The discussion of victorious Indian medicinal plants (specified for heart diseases) and its potentialities that they act primarily on the arterial walls and rejuvenate the artery from the hardening process caused by the accumulation of lipids e.g. cholesterol, triglycerides and beta-lipoprotein fractionation. Later on, act on the defective membranous, valves and muscular part of the heart.

Brief Description of Heart Diseases

Heart disease kills more people than any other disease. The following information is designed to help you understand the heart and heart related problems. Use this information to determine what you can do to take part in keeping a healthy heart, but don't use it as a substitute for asking questions. Heart Diseases are also known as Cardiac Diseases. There are many different forms of heart disease. The most common cause of heart disease is

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narrowing or blockage of the coronary arteries, the blood vessels that supply blood to the heart itself. This is called Coronary Artery Disease (CAD) and happens slowly over time. It's the major reason people have heart attacks.

Understanding the various terms and how they're often used - sometimes incorrectly - can help you sort through the morass. And if you know more about the various types of cardiovascular disease, and the havoc they can wreak on your body, you may be more inclined to take steps to prevent them. You'll also know more about the ways all of the different manifestations of cardiovascular disease interact to affect your health, and you'll learn how you can best control your risks.

Other kinds of heart problems may happen to the valves in the heart, or the heart may not pump well and cause heart failure. Some people are born with heart disease.

Symptoms of Heart Diseases

Symptoms of heart disease vary according to the type of heart disease. Unfortunately, some heart diseases cause no symptoms early in its course. When symptoms occur, they vary from person to person. But, there are some signs to watch for:

- Abnormal heartbeats, or feeling very tired
- Chest or arm pain or discomfort can be a symptom of heart disease and a warning sign of a heart attack.
- Dizziness, Nausea (feeling sick to your stomach)
- Lightheadedness, and fainting, or feeling about to faint
- Palpitations (the sensation of the heart beating in the chest)
- Shortness of breath (feeling like you can't get enough air)

The wonders of Triphla

The most popular herbal remedies in the health food industry are those which promote bowel movement. The reason is quite simple since the most common problem of so many individuals is constipation and bowel irregularity. Consider how tremendously valuable a formula is that not only regulates bowel movement but at the same time does the following:

- improves digestion,
- reduces serum cholesterol,
- improves circulation (potentiates adrenergic function),
- contains 31% linoleic acid,
- exerts a marked cardio-protective effect,
- reduces high blood pressure,
- improves liver function,
- has proven anti-inflammatory and anti-viral properties,
- Expectorant, hypotensive.

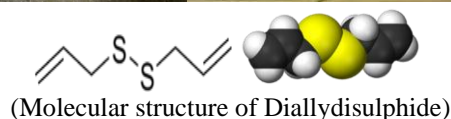
Traditional foods believed to have intrinsic cardiac benefits such as omega-3 fatty rich fish Salmon and isoflavone rich soy are appears to reduce the risk of cardiovascular diseases. Yoga and movement therapy (Indian classical dance therapy) plays an important role in prevention and cure of heart diseases.

Natural Cardioprotective and Anti-CVD Drugs (Indian Traditional Medicine)

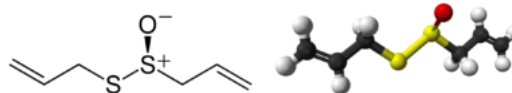
Declogging of Arteries with Garlic (Lasun) Cloves

Diallyldisulphide

Diallyl disulfide (DADS or 4, 5-dithia-1, 7-octadiene) is an organosulfur compound derived from garlic and a few other genus *Allium* plants. Along with diallyltrisulfide and diallyltetrasulfide, it is one of the principal components of the distilled oil of garlic. It is a yellowish liquid which is insoluble in water and has a strong garlic odor. It is produced during the decomposition of allicin, which is released upon crushing garlic and other plants of the Alliaceae family. There is evidence that garlic may prevent the development of cardiovascular diseases. A possible reason for some of these diseases, such as atherosclerosis or coronary heart disease is oxidative stress. The latter is reduced by diallyldisulfide by assisting in the detoxification of the cell, as well as some other mechanisms. By activating the TRPA1 ion channel, DADS leads to a short-term lowering of blood pressure. It is believed to reduce blood pressure by causing smooth muscle relaxation and vasodilatation (widening of blood vessels) following the relaxation of smooth muscle in the vessel wall by activating the production of endothelium-derived relaxation factor. The power of garlic will work to fullest extent that the clogged arteries will get unclogged. Garlic lowers cholesterol level by acting as an HMG-CoA reductase inhibitor (also known as Statin – a class of hypolipidemic agents, used in pharmaceuticals to lower cholesterol levels in people at risk for cardiovascular disease because of hypercholesterolemia) but it is also an allergen causing garlic allergy.



Allicin



IUPAC Name: 2-Propene-1-sulfinothioic acid S-2-propenyl ester

Nonetheless, allicin is not found in fresh garlic. The chemistry of garlic is extremely complex. Fresh garlic contains an enzyme called “allinase” and “alliin”, which are contained in different parts of the garlic plant. This unique structure is designed as a defense mechanism against microbial pathogens of the soil. When fungi or other soil pathogens attack the cloves, the membrane of those compartments is destroyed, and within 10 seconds, all the alliin is converted into a new compound called allicin.

There is a wide range of health benefit in allicin. Many clinical studies have showed that garlic/allicin has the ability to lower total cholesterol, LDL, or “bad cholesterol” and triglycerides, and increase HDL cholesterol. This in turn may aid in the prevention of heart-related conditions such as heart attack, atherosclerosis, and stroke. In addition, garlic/allicin may support the overall health of the circulatory system, which may help in lowering the risk of heart attack and strokes.

How Vitamin C (Ascorbic Acid), Gingerols, Shogaols and Zingerone Are Effective on Heart

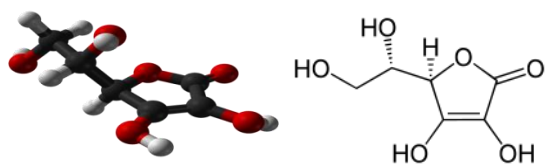
Chemical Properties of Citric acid and Ascorbic acid

Citric acid has a chemical formula of $C_6H_8O_7$, meaning that it consists of six carbon atoms, eight hydrogen atoms and seven oxygen atoms. Ascorbic acid, on the other hand, has one less oxygen atom, giving it a chemical formula of $C_6H_8O_6$.

Lemon juice is rich in citric acid and Vitamin C (Ascorbic acid) is one of the main antioxidants found in food and the primary water-soluble antioxidant in the body. Vitamin C works by traveling through the body neutralizing any free radicals with which it comes into contact in the aqueous environments in the body, both inside and outside cells. Since free-radicals can damage blood vessels and can change cholesterol to make it more likely to build up in artery walls, vitamin C can be helpful for preventing the development and progression of atherosclerosis and diabetic heart disease. Lemons and Limes may provide additional protection from cerebrovascular diseases, such as strokes, because they contain flavonoid, phytonutrients, such as hesperitin and naringenin, who intake has been associated with lower incidence of these diseases.



Images of yellow and green lemon and rind



Molecular Structure of Vitamin C (Systemic IUPAC Name)

2-Oxo-L-threo-hexono-1, 4-lactone-2, 3-enediol or(R)-3, 4-dihydroxy-5-((S) - 1, 2-dihydroxyethyl) furan-2(5H)-one

Chemical Properties of Zinger

Gingerol, Shogaols and zingerone from Zingiber was shown to inhibit platelet function due to inhibition of thromboxane formation, and ginger was also suggested to interfere with inflammation processes. Furthermore, ginger acts as a hypolipidemic agent in elevated lipid levels in the plasma. Ginger significantly elevated the activity of hepatic cholesterol-7 α -hydroxylase, the rate-limiting enzyme in bile acids biosynthesis, thereby stimulating cholesterol conversion to bile acids, resulting in elimination of cholesterol from the body.



Images of Ginger

Chemical Structure of Ginger (Adrak) Phenolics: (A) Gingerols (B) Shogaols and (C) Zingerone



Gingerols



Shogaols



Zingerone

Germanium

The germanium atom is structured in such a way that it accepts and transmits electrons, giving it a highly valued semiconductor capability. In its inorganic, metallic form, germanium has no therapeutic value whatsoever, but it is widely used in the electronics industry for transistors, fiber-optics, and other diverse applications. On the other hand, organic germanium effectively stimulates electrical impulses on a cellular level and plays an important role as an "oxygen catalyst" within the human body.

Germanium was found in fossilized plants as well as in some foods, certain mineral waters, and in healing plants and herbs. However, it took many decades of persistent research to identify and confirm the healing properties of this mineral.



Images for shiitake mushrooms

The Germanium is a water soluble element. It can adjust the electrical potential and has a magical electronic effect within the body. It's a substitution to oxygen function. It regenerate damaged, old and weakening cells and it improves tissue cell activity by increasing oxygen n within the organs. It eliminates Polychlorobenzenes and food poisoning. It is a recent discovery which has changed people's concepts of medicine. Based on modern physics theories, the medical field has recently developed quantum biochemistry. The human body is composed of electrical microorganisms. They have electrical potential. Brain waves scans are used to diagnose different diseases of the brain. We try to discover if the brain's electric potential is different from a normal one. In the same manner, the stomach, liver, heart, kidney etc. All have a specific electrical potential of their own. Whenever, and organ becomes dysfunctional, the potential will be abnormal. The basic unit of this electrical potential is the electron, and in the human body hydrogen ions are the influential electrons.

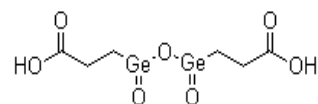
Germanium revert abnormal potential to normal potential. Since the element germanium is a neutral. Semiconductor, which is a peculiar active element in electronic mechanisms, its electron seizes away other substances easily. When cancer cells develop very quickly, the electric potential on the cell membrane is raised. At this moment if germanium elements are in the surroundings, they will seize the electrons of the cancer cells, lowering the cancer potential, inhibiting malignancy and metastasis. It is most miraculous effect in cardiovascular diseases, and treats cerebral apoplexy. This organic germanium can be completely discharged from the body within 20-30 hours in the form of hydroxyl-germanium.

The germanium, found out that some plants and mineral waters that are well known for their therapeutic properties also contain relatively high concentrations of germanium. The list includes garlic, broccoli, celery, aloe vera, comfrey, chlorella algae, ginseng, watercress, pearl barley, and shiitake mushrooms. The content of germanium in these plants depends on the soil in which they were grown.

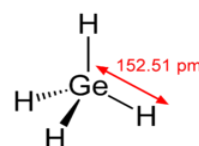
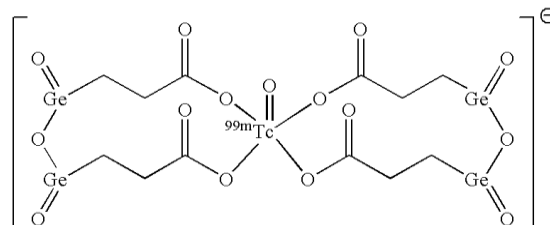
Dosage of Shiitake Mushrooms required for cardiovascular diseases: 0.5 to 2.0 grams in divided doses for 3 months.



Molecular Structure of Organic Germanium



[Chemical Formula 3]



How Germanium Benefits Our Health

As a semiconductor element, Germanium has a small band gap that allows it to efficiently respond to infrared light. The two important characteristics of Germanium that brings about healthy function effects are its natural ability to balance the body's ions (bioelectricity) and the penetration of Far Infrared Rays into the human body.

Germanium atom has thirty-two electrons with four of them constantly moving unsteadily along its outermost shell. These four electrons are negative-charge carriers. When approached by a foreign substance, one of these four electrons will be ejected out of its orbit once the temperature is above 32 degrees Celsius. This famous semiconductor phenomenon is known in electronics as 'the positive whole effect'. The remaining three electrons will seize an electron from other atoms in order to maintain balance.

In essence, once in contact with the human skin, the negatively charged ions from the millions of Germanium atoms will attract the harmful positively charged ions from

the body. This process is also known as the dehydrogenation effect where oxygen atoms combine with hydrogen ions which have accumulated in the body to remove them

Ayurvedic concept in Hrudroga (Heart Diseases)

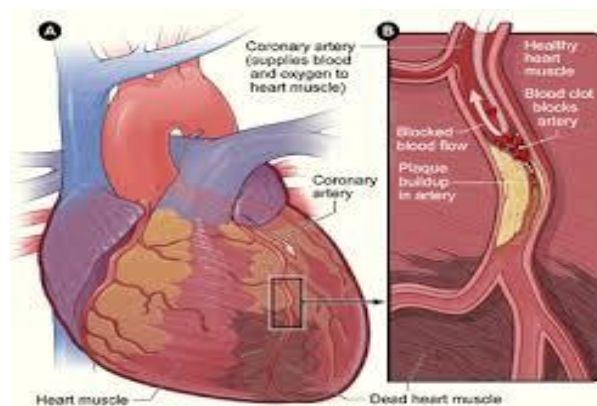
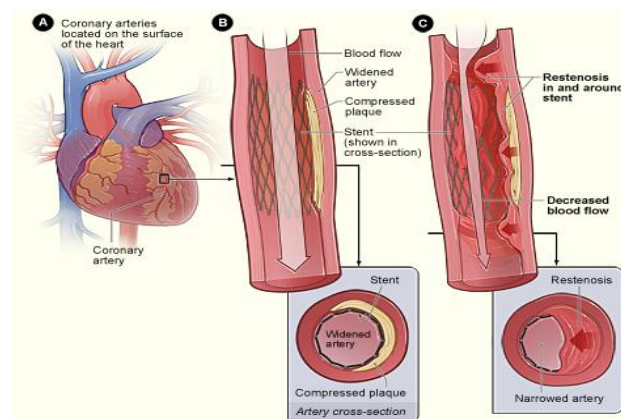
The Hrudaya (Heart) being the site of Mahamoola (Mainly base root) and OJUS (the essence of all the body components i.e. Saptadhatus), a person who wants protect his heart, he should get rid of Manodukkhas (mental worries) and also he should take the food which are good for heart that which increases OJUS and which helps in clear the Srotas (blocked channels) and he should adopt to follow to behave politely and wisely. If these are not followed by pregnant women, the foetus will be affected by Hrudroga (congenital heart diseases).

As is has been found in Allium Sativum, but if we look back the qualities of allium sativum it has been explained by our Acharyas 2000 to 3000 years back itself. The terminology used to explained the qualities of allium sativum (Lasuna), Neriumodorum (RaktaKharaveera), Nerium Oleander, TerminalisArjuna (Arjuna), WithaniaSomnifera (Ashwagandha), Aloe babadensis (Kumari), GingiberOfficinale, and Citrus Lemon in those days was different from the terminology used in present era i.e. in the form of alkaloids, for e.g. Allium Sativum contains allyspopyldisulphide, diallyldisuphide act as stimulant, antiatheroscleotic, anticoagulant, fibrinolytic, hypolipidemic and antiobese. Whereas in Ayurveda it has been explained that Allium Sativum is Teekshana (sharp, hot, warm) which helps in stimulation, snigdha (loving, friendly, oily, greasy) act as antiatherosclerotic, Saram (going or moving) helps in fee flowing i.e. act like anticoagulant and fibrinolytic. Its Vipaka is Katu (pungent) the effect which is seen after the digestion. The Katu rasa was acts as Vata, Kaphasamaka (mitigation). This Vata and Kapha are the main cause for obstruction in the body. Its Veerya (potency) is Ushna (vasodilator), so it helps to reduce Vata and Kapadosas as above said.

In the same way NeiumOdoum (RaktaKharaveera) have the qualities of Laghuguna (light), Ruksha (hardening), Teekshana (penetration) due to above qualities enlarged heart revert back to nomal. Due to Teekshana which breaks down the thrombus in coronary arteries and acts as antilipidemic. Due to Ushna (heat) it acts as to stimulate in the heart. Vipaka is Katu (pungent) acts as Vata, KaphaSamaka (alleviation). In the same way WithaniaSomnifera (Ashwagandha), TeminaliaAjuna and Alobarbadensis (Kumari).Ajuna have possesses of the characters of Laghu, Ruksha, and Kashaya taste (astringent), KatuVipaka and Seetaveeryam (cold potentiality). Kashayam is Sthambhana (coagulation) which helps in tachycardia brings to nomal. Also due to Seetaveeryam (cold potency) reduces tachycardia and helps in vasoconstriction. In Ashwagandha of UshnaVeerya (heat) cause for vasodilation, MadhuraVipaka (sweet taste) helps in rejuvenation and is cardio tone. Ashwagandha is VataKaphaSamakam (mitigates). Kumari (Aloe barbadensis) have Guru (heavy), Snigdha (oily) and Picchalagunas, Vipakam is

tiktham (bitter taste), Katu (Pungent taste) and seetaveeya (cold potency). These characters are useful in hypertension.

These are the qualities which are explained in traditional books with their parameters. If you see the alkaloids in these drugs have the similar functions which have already been explained in traditional books, but in a different terminology. All these properties of the drugs will act only when it is administered as a whole. That is the reason why balanced and expected results will be obtained.



Images of Clogged Coronary Arteries

Diet for healthy heart

Traditional foods believed to have intrinsic cardiac benefits, such as Omega-3 fatty rich fish salmon and isoflavone rich soy are appears to reduce the risk of cardiovascular diseases. Reduce foods of animal origin, such as organ meats, chicken, eggs, port meat, mutton etc. Consume baked and boiled food. Avoid or cut down on fried junk foods. Increase in polyunsaturated (oils from plant origin) and avoid butter, ghee, vanaspati, margarine, cream, etc. Use oil sparingly and avoid reheating since it can become carcinogenic which is bad for heart and health.

Yoga and Meditation for Heart and Circulatory Disorders

The therapeutic aspect of yoga is it includes the effective psychotherapy which brings harmony between body and mind. Yoga plays an important role in the prevention and cure of heart diseases, it can also alleviate the intensity of the cardiac disorders and revert it to stable condition. The heart has a direct relationship with the mind. The way to a healthy heart is through specific Asanas (postures), five bodily purifications, Pranayama (breathing exercises) and the art of meditation, which influences sympathetic, parasympathetic and central nervous system. An enzymatic substance Dopamine-beta-hydroxylase (DBH) is secreted during meditation which reduces peripheral epinephrine activity in response to emotions and other stimuli also helps to reduce blood pressure and other cardiac disorders. Ujjayee, SahajaNadiSodhana (without Kumbhaka), Dhyana, Savasana are suggestive in cardiovascular diseases.

Ancient Approach to Treat the Heart and Arteries in India

A study conducted by me on the patients who suffers from Valve disease (CHF) and CVD in my clinic “**Jai Surya Heart, Kidney, Brain and Diabetes Care Clinic**” by name, has led to the discovery of a new approach to treat aortic valve stenosis, CHF, and CVD through the administration of a mixture compound of lemon, zinger and garlic cloves followed by germanium contained Shiitake Mushrooms powder in a prescribed dose and period, that prevents CVD and valve deterioration and can even reverse the progression of the disease.

Treatment administered on the patients who routinely coming to the Clinic

Cardioprotective juice

Ingredients

Garlic - 2 Cloves (Raw Cloves)
Ginger - 1 thumb (1" diameter)
Lemon (with rind) - 1/2 fruit (2-1/5" diameter) **9g**

Directions of preparation

Process all ingredients in a juicer, shake or stir and serve at bed time for 3 months.

Shiitake Mushroom dried powder rich in Germanium required for cardiovascular diseases.

Dosage: 0.5 to 2.0 grams in divided doses before or after food for 3 months.

Dose can be increased or decreased according to the condition and the severity of the patient.

Ayurvedic Properties of The Plants used in CVS

Ayurvedic Properties of Lasuna

Rasa :Madhura, Lavana, Katu, Tikta, Kashaya

Guna :Snigdha, Teekshna, Pichila, Guru, Sara

Virya :Ushna

Vipaka: Katu

Ayurvedic Properties of Adrak/Sunthi

Rasa -- Katu

Guna -- Teekshna, Ruksha, Guru.

Virya: -- Usna.

Vipaka -- Madhura

Ayurvedic Properties of Lemon (Nimbu)

Rasa – Sweet & Bitter

Guna – Light & Sharp

Virya – Hot

Vipaka – Sweet & Bitter

The Modern Concept of Ayurvedic Drugs

- **Allium Sativum (Lasuna):** Contains of allylpropyldisulphide, diallyldisulphide, allicin, acrid volatile oil and germanium. Their medicinal properties are – cardiostimulant, antiatherosclerotic, hypolipidemic, anticoagulant and anti-obese.
- **ZingiberOfficinale (Ginger):** Gingerol, Shogaols and zingerone from Zingiber was shown to inhibit platelet function due to inhibition of thromboxane formation, and ginger was also suggested to interfere with inflammation processes. Furthermore, ginger acts as a hypolipidemic agent in elevated lipid levels in the plasma.
- **Citrus Lemon (Lemon):** Contains of Ascorbic acid and Citric acid- antioxidants, Vitamin C works by traveling through the body neutralizing any free radicals with which it comes into contact in the aqueous environments in the body, both inside and outside cells. Since free-radicals can damage blood vessels and can change cholesterol to make it more likely to build up in artery walls, vitamin C can be helpful for preventing the development and progression of atherosclerosis and diabetic heart disease. Lemons and Limes may provide additional protection from cerebrovascular diseases.

General Systemic Action on CVS

Taste and its Properties	Nature and its state	Indications
1. Madhura Rasa	Sweet, Pleasing and Cold Potency	Pleasing Cause For Secretion Of Serotonin That Pacifies High Blood Pressure Madhura rasa is cardiogenic, vasoconstriction due to seetaveerya helps in tachycardia
2. Amla Rasa	Sour and Pleasing	Pacifies high blood pressure. Anticoagulant: Prevents clotting promotes blood flow in the arteries and capillaries. Vasodilator due to ushna veerya.
3. Lavana Rasa	Salt and Moistening and Breaking	It is to moisten the walls of the heart and arteries. It breakdowns the clots and accumulated fats in the arteries
4. Katu	Pungent Stimulant	It's a cardiac and nervous stimulant, anticoagulant (Promotes free blood flow in the arteries and capillaries) e.g. CHF Katu rasa alleviates vata and kapha cause for obstruction in the Channels of heart. Katu rasa have an absorbing effect (medas, Majja, lasika), useful in obesity and diabetes. It's a vasodilator due to ushna veerya
5. Kashaya	Astringent Stambhana coagulation	Helps in tachycardia
6. Snigdha	Loving, friendly, oily, and greasy	This acts as lubrication and moisten the walls of heart and arteries. So that it acts as antiatherosclerotic.
7. Picchala	Slimy and slippery	It slips down the accumulated fat and clots.
8. Teekshana	Sharp, hot and wam	It penetrate through the occlusion and act as stimulant
9. Sara	Going and moving	It help as anticoagulant and fibrinolytic
10. Guru	Heavyness and Bulk	It gives compactness to the heart
11. Laghu	Light, Quick, Rapid, Active	It helps in congestive heart failure, Reduce accumulation of fat.
12. Ruksha	Rough, Harsh and Dry	It helps in cardiomyopathies
13. Veeryam	Potency	Ushna – Hot Potency of the drug Seeta – Cold Potency of the drug Ushna veerya – Act as vasodilatation Seetaveerya – Act as vasoconstriction

S. No.	Type of disease	No of patients treated	Symptoms before treatment	After treatment	Duration of treatment
1	CHF with Valve Defects	8	Dyspnoea, edema, Heart murmur, Dizziness, Shortness of breathing	Reduced Dyspnea, Edema & Giddiness	3 months
2	LVF RVF	8	Pulmonary Congestion, Cough, Laboured Breathing, Crepitations at the Base, Faintness, Venous Engorgement	Reduced oedema and faintness, decreased venous engorgement, no crepitus	3 months
3	HTN Essential and Systemic Hypertension	12	Giddiness, Pain In The Neck, Heavyness in the Head, Loss of Sleep	No Giddiness, Pain Neck, Headache, Normal Sleep	1 month
4	ASCVD, DCM, Stable and unstable angina	18	Pain in the Left Side Chest, Neck, Arms, SOB on Exersion, Muscle cramps/Fatigue in the legs Perspiration	No C/O Chest Pain, muscle pain in the legs, reduced SOB Pt Stable and freed from the symptoms complained earlier	3 months

The above mentioned alkaloids has already been explained by our Acharyas 3000 years back in their parameters viz. Guna, Rasa, Vipaka, Veerya and Prabhava.

Clinical report

About 36 persons of cardiovascular disease sufferers have been issued above described medicine in required doses followed by yoga and meditation has been suggested. In the above mentioned 36 patients, 8-valve defect sufferers, and 8-CVD, HTN-12 and 2+6 sable and unstable Angina

sufferers have shown the best positive recoveries about 85% and were leading normal life.

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