

Evaluating the Role of Ayurvedic Treatments in improving the health of Cardiac Patients

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Cardiovascular Disease Statistics

Understanding CVD Impact on Indian Healthcare

272 per 100,000

CVD Death Rate

The **age-standardized** cardiovascular disease death rate in India is significantly higher than the global average.

1million deaths

Annual Mortality

Approximately **1 million** people die from cardiovascular diseases each year in India, highlighting the healthcare burden.

20% increase

Rising Trend

CVD-related deaths have shown a **20% increase** over the past decade, indicating a growing public health challenge.

70% preventable

Preventable Causes

Studies suggest that up to **70%** of cardiovascular diseases are preventable with lifestyle changes and medical intervention.

Research Methodology

Study Design and Participants



01

Study Design: Observational

This research employed a **prospective observational study** design to evaluate the efficacy of Ayurvedic treatments.

02

Participants: CAD Patients

A total of **30 CAD patients** were enrolled from Vedamrita Hospital, ensuring a focused study group for analysis.

03

Intervention: Ayurvedic Regimen

Participants received a **standardized Ayurvedic regimen** over a period of **3 months**, aimed at reducing the need for cardiac stents.

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Demographics of Study Participants

Characteristics of patients in Vedamrita Hospital study

56.4
years

Average Age

The mean age of participants was **56.4** years, indicating a middle-aged population.

21/9

Gender Ratio

Out of **30** participants, **21** were male and **9** were female, showing a male predominance

27.5

Average BMI

The mean Body Mass Index (BMI) was **27.5** kg/m², suggesting that many participants were overweight.

58%

Hypertension Prevalence

58% of participants had hypertension, highlighting a significant health concern in this group.

Herbal Medicines



Ayurvedic formulations for cardioprotection prescribed.

A combination of specific herbs known for heart health was recommended.



Arjuna bark bati dosage.

500 mg twice daily of Terminalia arjuna to support cardiac function.



Guggul bati dosage.

250 mg twice daily of Commiphora wightii as a cardiac tonic.



Amla decoction dosage.

20 ml twice daily of Emblica officinalis for antioxidant benefits.



Preparation by registered Ayurvedic pharmacist.

All herbs were prepared from authenticated sources ensuring quality.



Timing of herbal intake.

Herbs should be taken after meals with warm water or milk, adhering to classical guidance.

Dietary and Lifestyle Advice



Counseling on a cardiac-healthy Ayurveda diet.

Emphasizes whole grains, vegetables, fruits (especially high in fiber and antioxidants), and healthy oils (e.g., mustard, olive).



Discouragement of unhealthy food choices.

Red meat, processed foods, alcohol, tobacco and excessive salt were discouraged.



Instruction in daily yoga breathing exercises.

Includes pranayama and regular walking for at least 30 minutes.



Encouragement of weekly group yoga sessions.

Participation in group yoga sessions is encouraged to promote heart health.

Regular Follow-Up

Ayurvedic physicians monitored patients biweekly for the first two months.

This approach allows for close observation and timely adjustments to treatment.

Conventional medications were continued as needed.

Integration of Ayurvedic and conventional treatments ensures comprehensive care.

Dosages of conventional medications were adjusted by the treating cardiologist.

This ensures that each patient's specific needs are met throughout the treatment process.

Monitoring frequency changed to monthly after the initial two months.

This change reflects the patient's progress and stability in their treatment plan.

Examples of conventional medications include low-dose aspirin, statins, and antihypertensives.

These medications are essential for managing cardiac health alongside Ayurvedic interventions.

All medication changes were recorded during the follow-up.

Documentation is crucial for tracking patient progress and treatment efficacy.

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Clinical and Biochemical Outcomes

-7%

Systolic BP Change

The **systolic blood pressure decreased** significantly from **142 mmHg** to **132 mmHg** over 5 months.

-6.8%

Diastolic BP Change

The diastolic blood pressure saw a **reduction** from **88 mmHg** to **82 mmHg**, indicating positive cardiovascular changes.

-12.9%

Cholesterol Reduction

Total cholesterol levels **dropped** from **210 mg/dl**, to **183 mg/dl**, representing an **improvement in lipid profiles**

-14.8%

Triglyceride Reduction

Triglyceride levels **decreased** from **176 mg/dL** to **150 mg/dL** after 3 months of Ayurvedic treatment, indicating improved lipid metabolism.

-3.1%

Weight Change

The body weight **reduced** from **79.5 kg** to **77.0 kg**, reflecting the effectiveness of lifestyle and dietary interventions.

Impact of Ayurveda on Cardiac Health

Exploring the Role of Ayurvedic Treatments in Cardiac Care



Significant cardiovascular improvements

The Ayurvedic program resulted in substantial enhancements in cardiovascular risk factors, indicating a positive impact on heart health.



Reduced need for stenting

Patients in the study showed a decreased necessity for invasive stenting, highlighting the effectiveness of Ayurvedic approaches in cardiac interventions.



Decreased angina symptoms

Most participants reported a reduction in angina, suggesting that Ayurvedic treatments may alleviate heart-related discomfort.



Enhanced exercise capacity

The program contributed to improved exercise tolerance among patients, reinforcing the benefits of integrating Ayurveda into cardiac care.

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Recommendations for Clinical Practice



Integrate Ayurveda in Cardiac Care:
Offer Ayurvedic consultations alongside standard cardiology.



Multidisciplinary Protocols: Create treatment protocols combining allopathic medications with Ayurvedic herbs.



Training and Awareness: Educate healthcare providers about Ayurvedic interventions through workshops.



Patient Education: Inform patients about integrative options and involve them in decision-making.



Policy and Research Support:
Encourage further research and funding for Ayurvedic studies.



Quality Control: Ensure high-quality sourcing of herbal medicines with regulatory oversight.



Monitoring and Follow-Up: Regularly monitor patients with objective endpoints to evaluate efficacy.



Cost-Benefit Analysis: Conduct evaluations to consider coverage of integrative services.

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Impact of Ayurveda on Cardiac Health

Exploring Ayurvedic effectiveness in reducing stent needs



Ayurvedic treatments enhance cardiac health



Ayurvedic treatments can significantly improve **cardiac risk factors** in **CAD patients**, leading to better overall heart health.

Reduction in cholesterol levels



Major reductions in **cholesterol** and **blood pressure** were observed among participants undergoing **Ayurvedic** treatment, highlighting its potential effectiveness.

Decrease in stent procedures



The integration of **Ayurveda** may reduce the need for costly **stent procedures**, providing a more economical solution for patients.

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Key Conclusions



Risk factor improvement:
Ayurvedic therapies led to marked reductions in total and LDL cholesterol ($\approx 13\%$ and 18% respectively) and in blood pressure, as well as modest weight loss.



Symptom relief:
Most patients experienced fewer angina episodes and better exercise capacity. 20% of those initially slated for stents could defer the procedure after Ayurveda.



Patient acceptance:
The integrated Ayurveda regimen was well tolerated, with high compliance and few side effects.



Healthcare impact:
Incorporating Ayurveda could alleviate financial and clinical burdens by avoiding invasive procedures.

THANK YOU !



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