

# Current Concepts In The Holistic Management of Heart Disease – Back to the Future?

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# Holistic Management of Heart disease...is it the future?

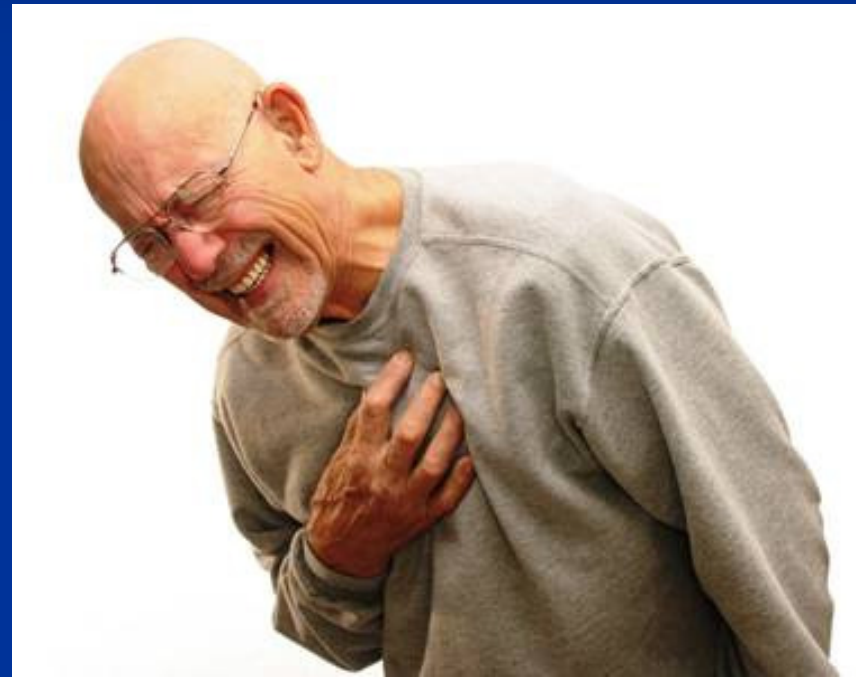
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# Manifestations

- Heart Attack or Myocardial Infarction



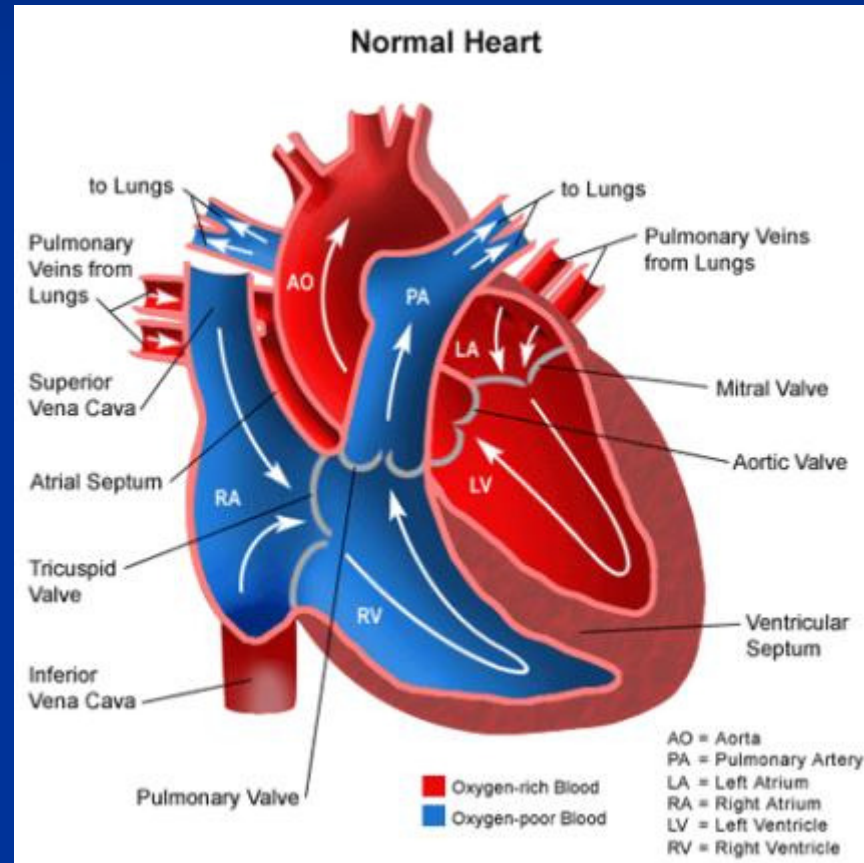
# “Hurry Worry and Curry”



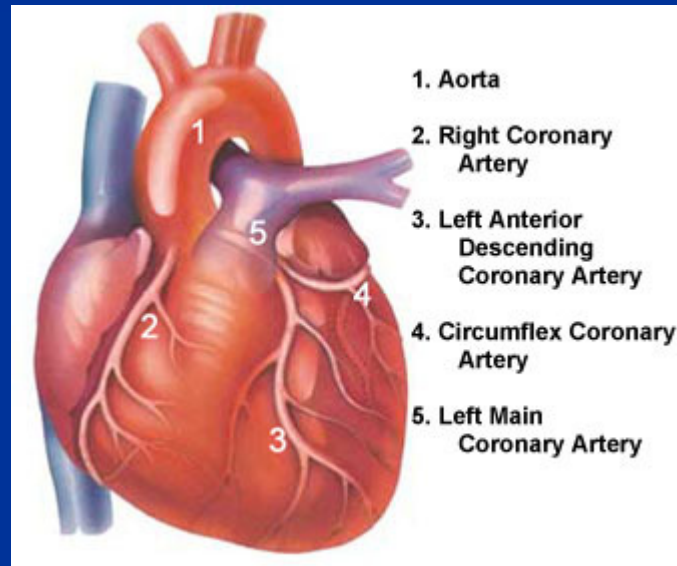
# Health...

- We normally assume that since we do not suffer from any ailment we are healthy...this is not true!
- Health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity (WHO)

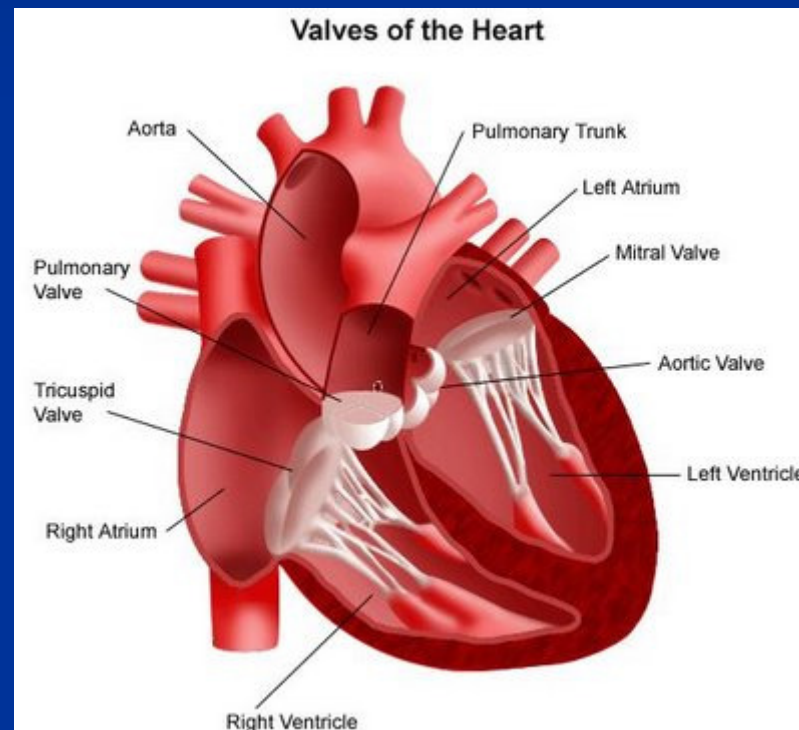
# Normal Heart



# Coronary Arteries:



# Valvular Heart Disease





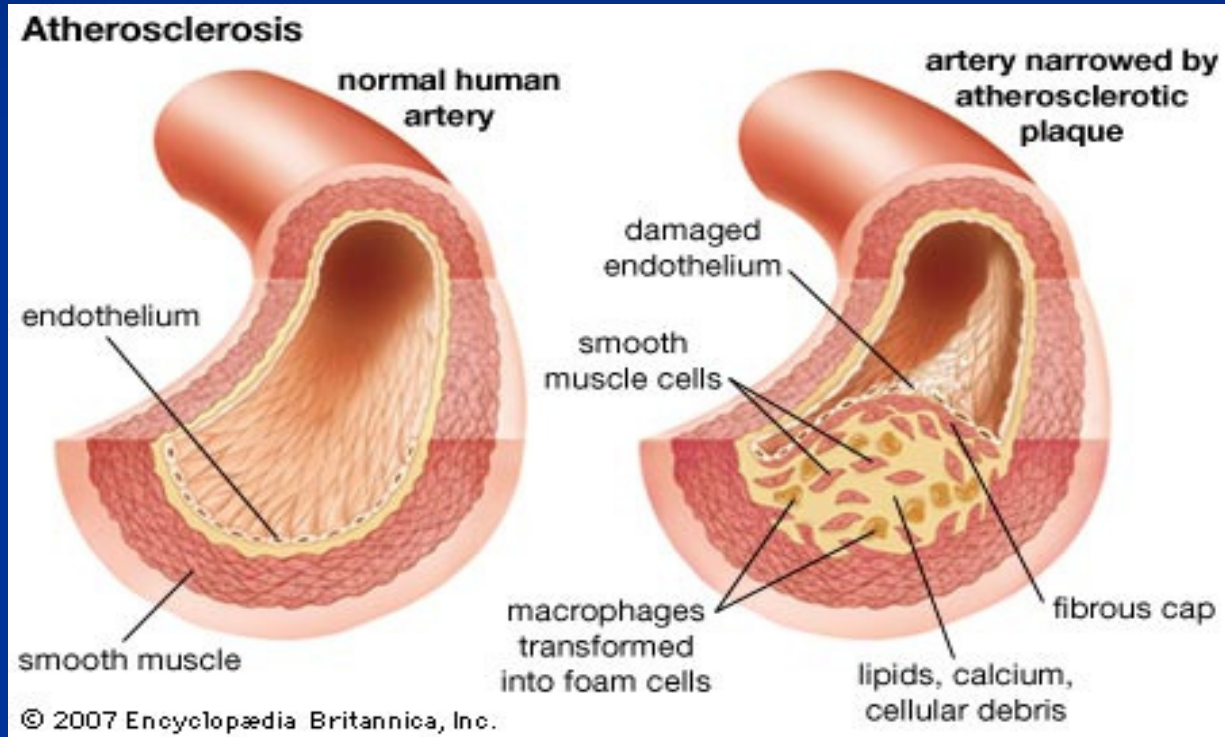
# Types of Heart Disease

- ▶ Congenital.....Present since birth
- ▶ Valvular.....Involving cardiac valves
- ▶ Ischemic.....Involving coronary arteries of the heart

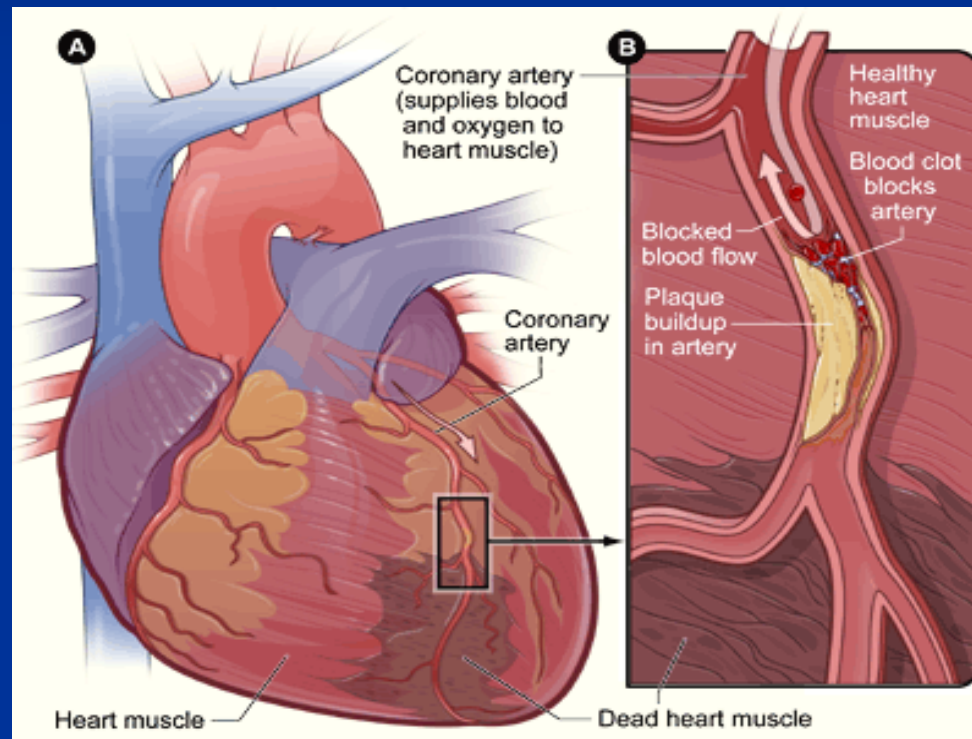
# Heart Disease...

- Congenital...Present since Birth
- Valvular...involving the Heart Valves
- Tumours
- High Blood Pressure
- Heart Failure
- Arrhythmias...Rhythm Disturbances
- Ischaemic...Involving Coronary Arteries of the Heart...  
CAD...Atherosclerosis
- Diseases of Great Vessels...Not included

# Pathogenesis of CAD

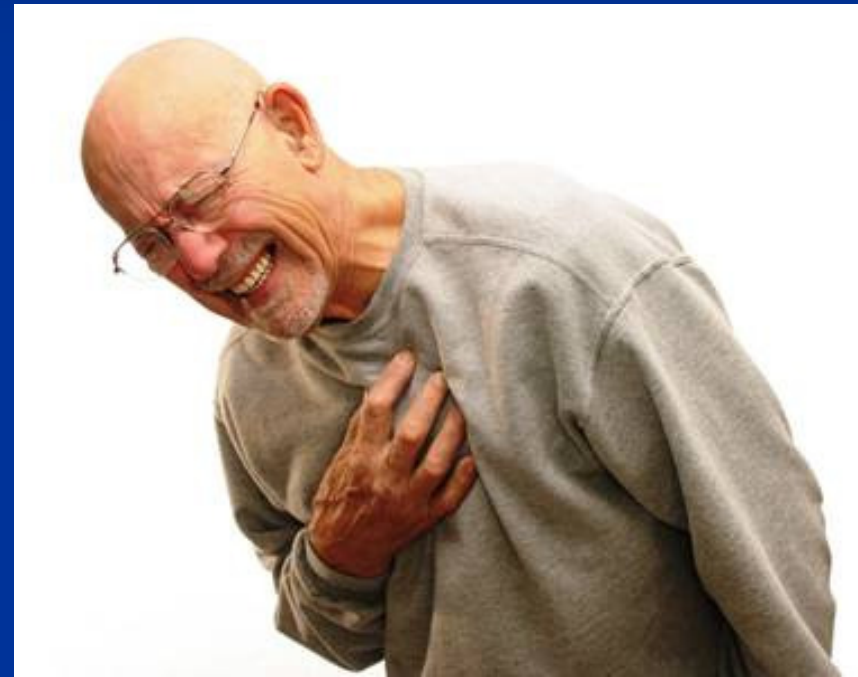


# Ischemic Heart Disease



# Manifestations

- Heart Attack or Myocardial Infarction



# Manifestations....

- ▶ Heart Attack..Complications
- ▶ Angina:
  - ▶ Stable
  - ▶ Unstable
- ▶ Acute Coronary Syndrome



# Diagnosis...

- History and Examination
- Investigations:
  - Blood Tests
  - 2D Echo
  - TMT
  - Coronary Angiography

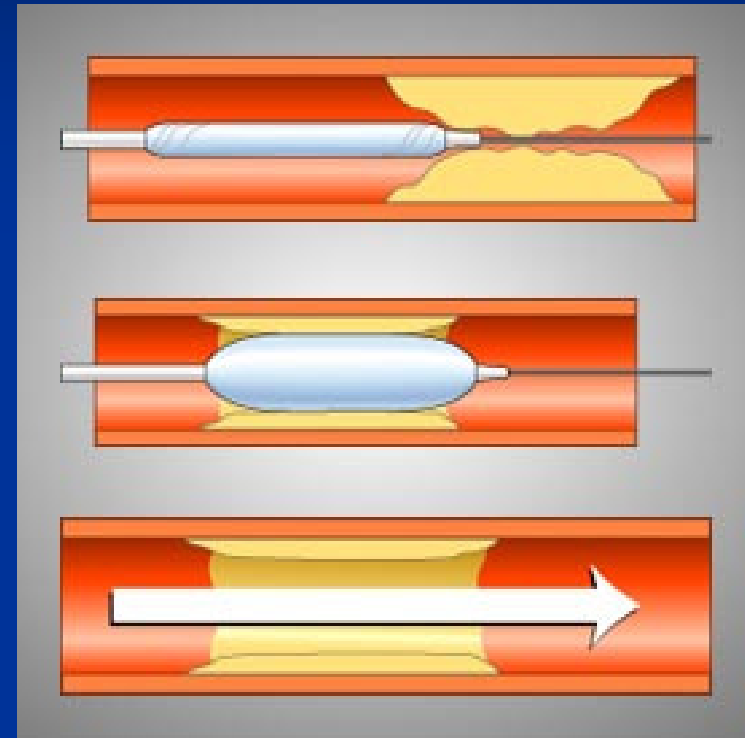
# Current Modalities of Treatment

- Drug Therapy
- Percutaneous Interventions (PCI)
  - PTCA/STENTS, Bare Metal (BMS), Drug Eluting (DES) CYPHER-Sirolimus or TAXUS-Paclitaxil
- Surgical Interventions
  - CABG
  - ON PUMP                      OFF PUMP

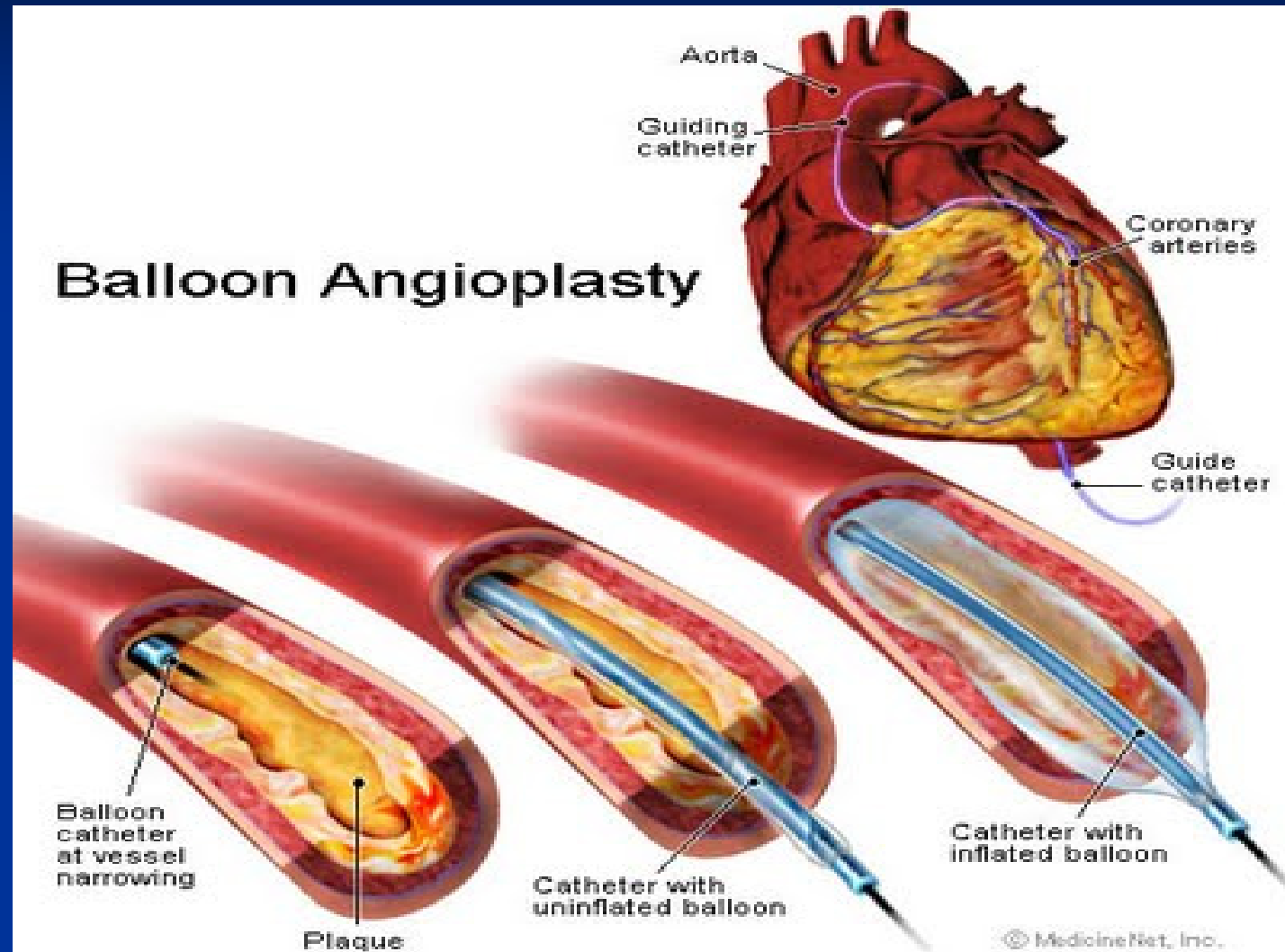


# PTCA ...Principles

- Balloon Catheter introduced into blocked artery
- Catheter is inflated compressing plaque
- Blood Flow Restored



# Balloon Angioplasty

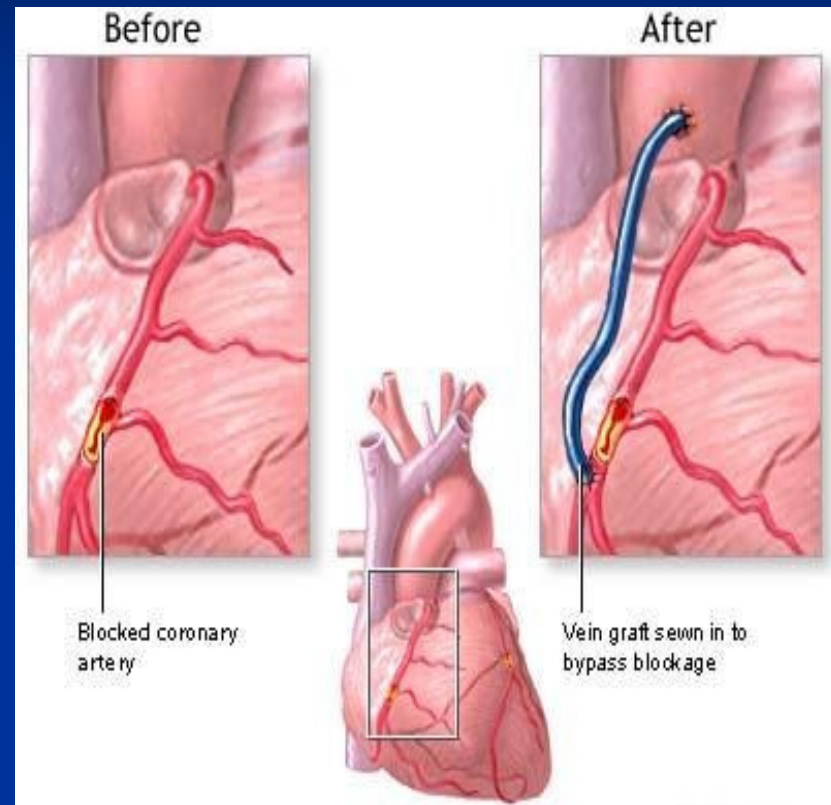


# PTCA

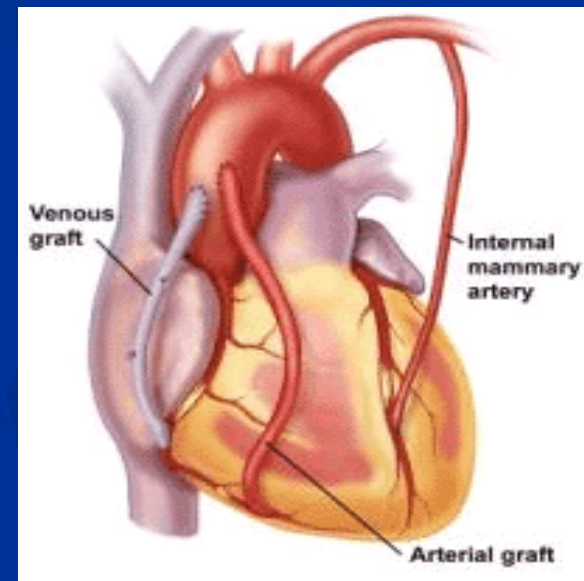
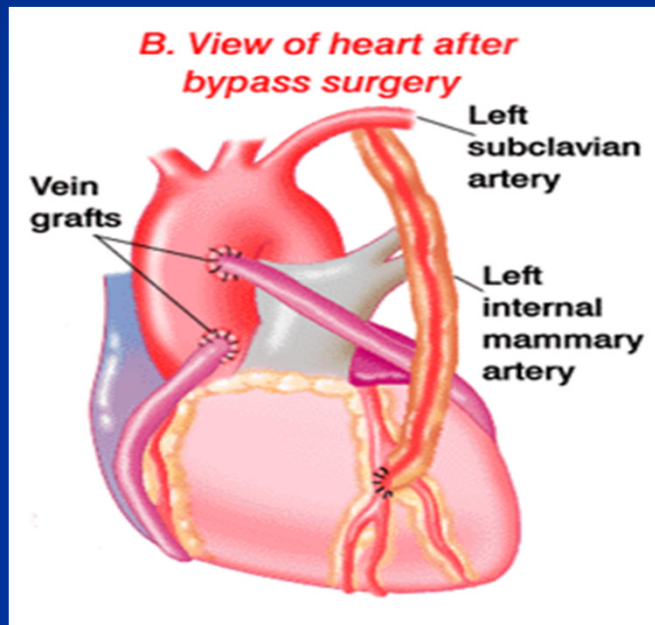
- A Good Procedure....Mostly Uneventful
- 10-30% Recurrence Rate, Depending on type of Stent
- Results Depend Largely on Type of Lesion
- Expensive

# CABG...Rationale

- Blocks In proximal Arteries
- Distally Certain Segments almost Always Patent
- Small Intramyocardial Branches Usually Not Involved



# Conduits



# CABG....Advantages

- Mostly Complete and Definitive with very good long term results
- Many Modalities Available
- Practically Any Type of lesion Can be Treated
- Long Term Results Very Good and Predictable
- Can be Tailored For Patient
- Low Mortality
- Less Expensive

- All of these are excellent procedures...But...
- The root cause still remains and needs to be addressed no matter what procedure is done
- Ayurveda Metaphysics Spirituality

# Causes “Behind the Causes” of IHD?

- Samskars...Bad Habits



- ‘Man the Creator’



- Prakriti and Vikriti

- Tobacco
- Negative Emotions..Stress
- Diet and Obesity
- Hypertension
- Diabetes Mellitus
- Sedentary life style
- Psychological Factors
- Hypercholestrolemia
- Infections/Inflammation
- Vitamin Deficiencies
- Genetic Predisposition



# Prakriti and Vikriti

- Prakriti is “Nature” and is the unique combination of the three doshas at conception due to the genetics lifestyle and current emotions of the parents at the time of conception....**Natural**
- The doshas predominant in the parents combine to form the constitution of the foetus
- Balance of doshas change due to weather diet fatigue stress emotions exercise and is called Vikriti...”Deviating from Nature’..**Unnatural**...

# Root cause of Disease...

- “Forgetting our true nature is the root cause of disease” leading to separation from Divinity...Ayurveda
- “Crimes Against Wisdom”....losing awareness...overeating...overdoing everything...

# Life....

- Life is intimately connected with health disease and death....Each death may have an important role to play....

# Life....

We human beings are not aware of what happened before we came into this world and have no idea what happens to us once we are gone....

Life is actually a continuum and has a great bearing on our present birth...and health

**Lao Tzu** ‘What the caterpillar calls the end the world calls the butterfly’...It is actually a Metamorphosis

What the caterpillar calls the end  
the world calls it the butterfly!



# Life....

“There has never been a time when you and I have not existed, nor would there be a time when we will cease to exist. As the same person inhabits the body through childhood, youth and old age, so too, at the time of death he attains another body. The wise are not deluded by these changes”..

Bhagvad Gita 2.12-13

# Life...a continuum...

- “Death” → Desire/Karma → Choose Parent
- Birth/Rebirth
- “Genes” → Constitution/Doshas
- Disease if unbalanced
- “Karmic” Diseases

# Genetic Predisposition...

- **The Jaina Doctrine...** ‘Genes not only bear the genetic traits of their parents, but these also represent the Karmas performed by individuals’ .....**Acharya Mahaprajna**
- ‘Karmas are the cause and genes are their effect. Karmas direct, instruct and motivate genetic codes and genes to function and mutate accordingly’ .....**Dr Sohan Raj Tater**



# Genes...

- Don't blame the genes....
- “Genes load the gun, but environment pulls the trigger” ...Dr David Heber...’The Spectrum’
- “In almost all cases, it is just a predisposition, not a death sentence....”

# Action

- Karma
- Imprint
- Samskar
- Karma: Purushkara Prarabdha Pararabdha
- Prahadara

# Inflammation...

- Sign of excessive “pitta”...fire...sign of a Type A personality...ambitious aggressive impatient angry successful..heartburn...ulcers...
- Ingested food is either absorbed excreted or stagnates..rots...accumulates in different areas
- Accumulation of “ama” or toxins...block the coronary arteries leading to coronary artery disease.

# Life style....

- We know that most patients have unhealthy life styles leading to obesity hypertension Diabetes Mellitus etc but why do people behave

# Stress

■ Hypertension



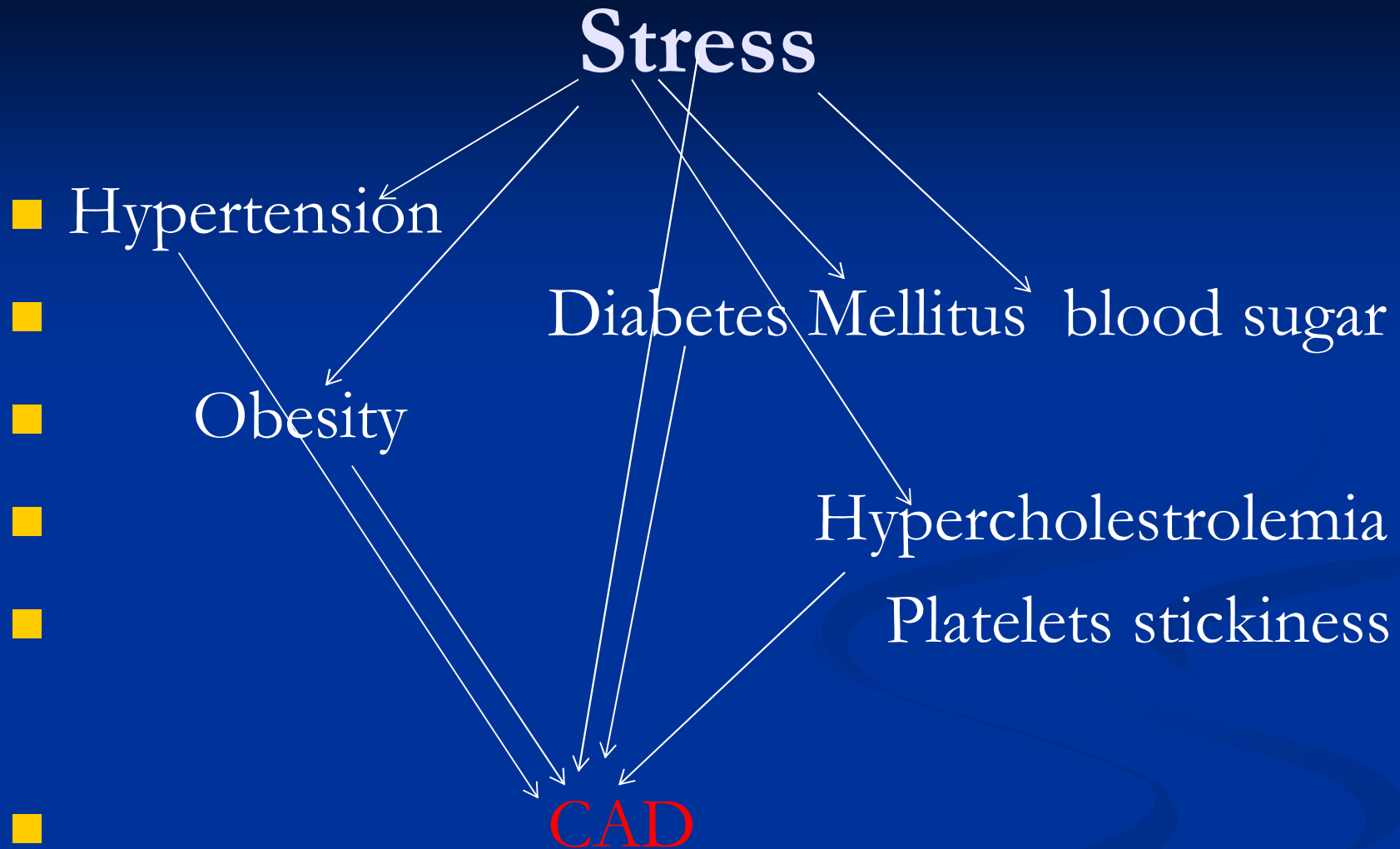
Obesity

Diabetes Mellitus blood sugar

Hypercholesterolemia

Platelets stickiness

**CAD**



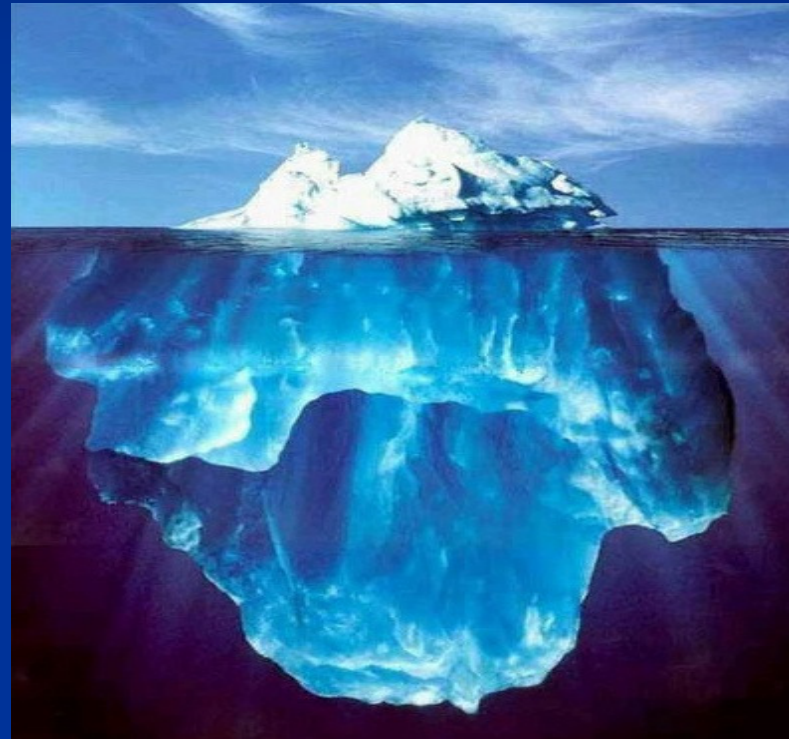
# Stress...

- What Is It??
- Eustress...The Butterfly experiment
- Distress



# Stress...

- How does stress cause disease?
- ...The complex Human Mind...



# The Human Mind...

- Conscious
- Subconscious
- Individual Superconscious
- Universal Superconscious



# Consciousness.....

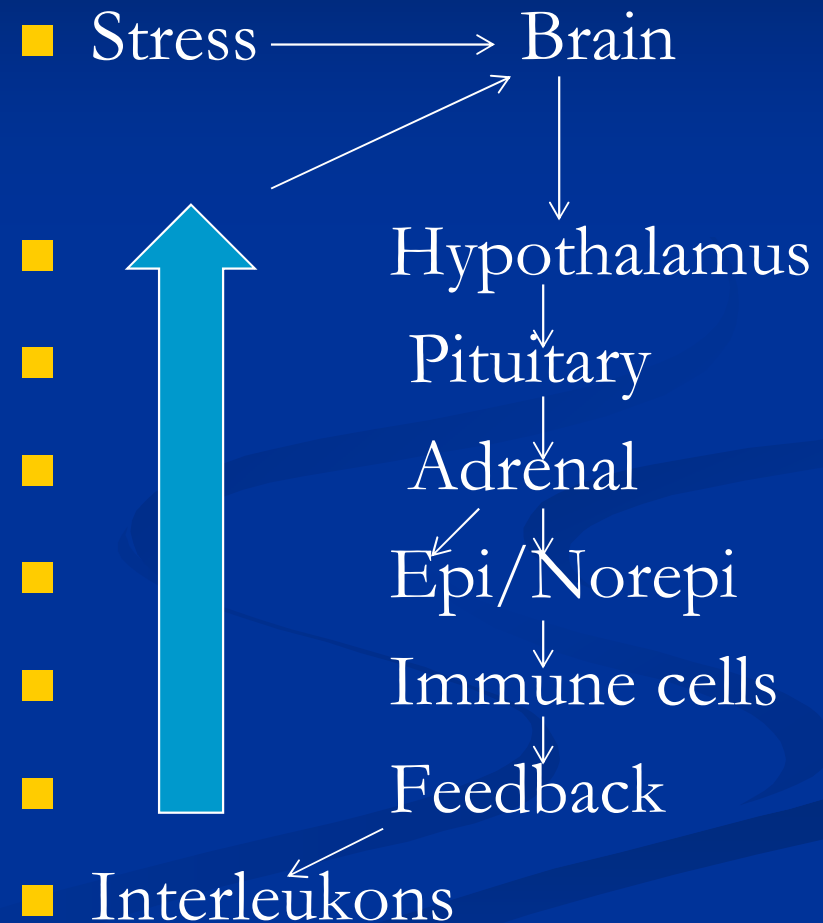
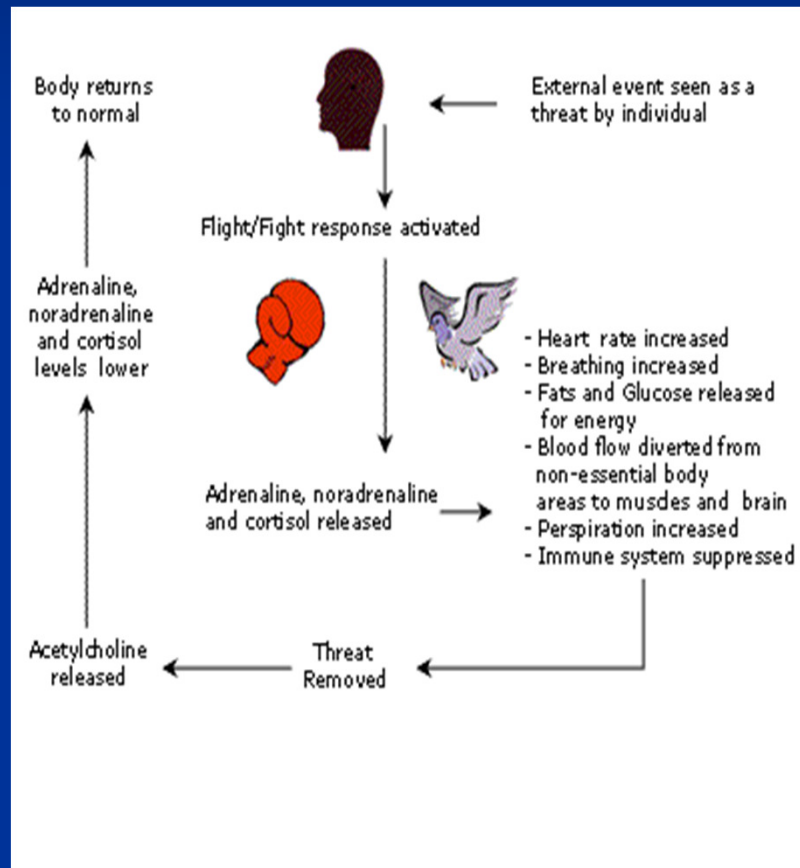
	Level 1	Level 2	Level 3	Level 4
Scientific Term	Conscious Mind	Subconscious Mind	Individual Super-conscious Mind	Universal super-conscious Mind
Popular Term	Ordinary Self	Hidden Self	The Soul	God
Type of Thought	Analytic	Symbolic	Intuitive	Meditative
Susceptibility to Stress	Disparity between expectations and our actual experience	Historic stress that remains unresolved	Failure to pursue the story behind your story	Spiritual ignorance/Alienation from God

# Disease..Dis..ease

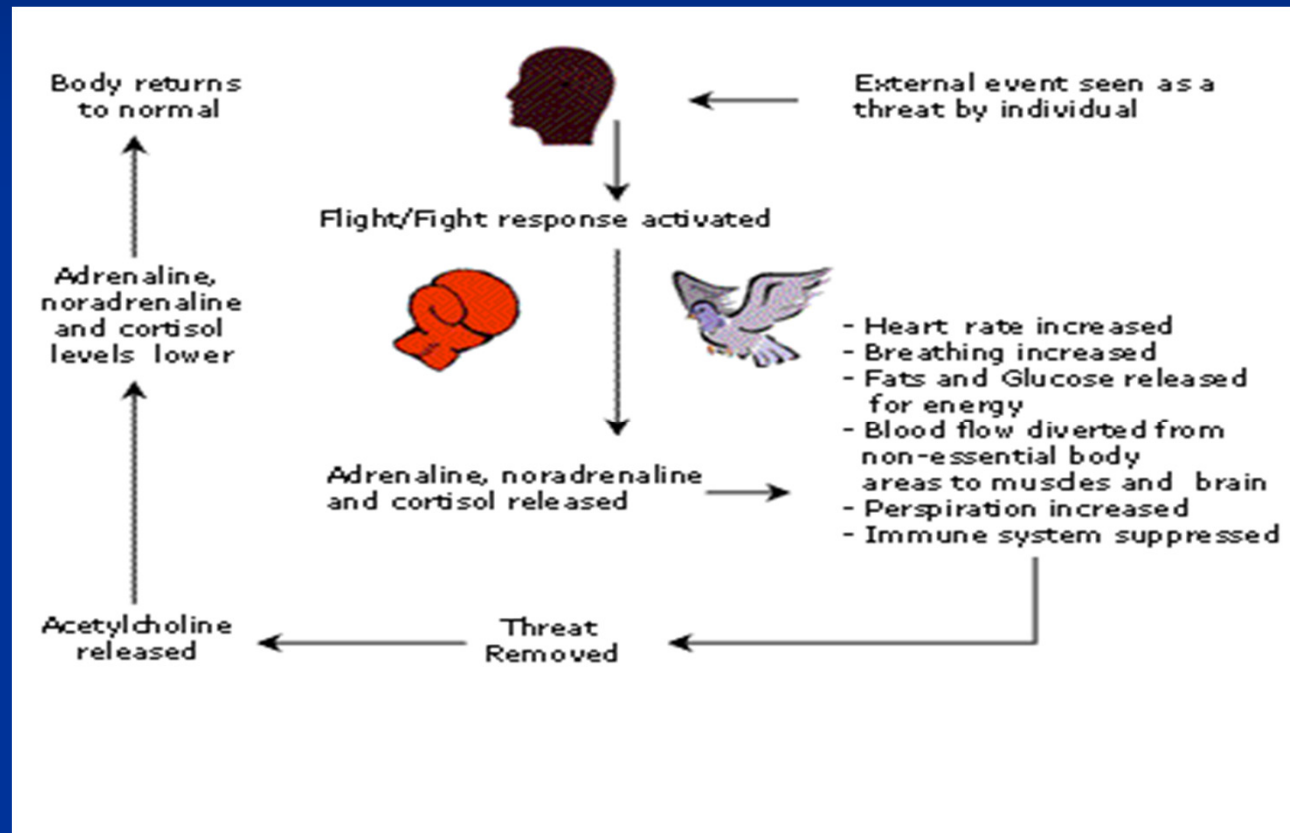
- Our mind gets adversely affected by stress which “causes 50% of what kills us and 50% of what disables us “
- “If you suffer from a physical illness or injury, about 40% of your solutions will come from physical means (surgery, medication, physical therapy, diet change and exercise) and the other 60% will come from your mind“

■ Dr Rick Levy

# Stress is our interpretation of psychological/physical threat



# Stress is our interpretation of psychological/physical threat



# Psychological Factors...

- “A deep seated history of excessive love loss or chronic suffering in loveless relationships...
- Occasionally, the problem is a fear of love itself because of past encounters with love which have been painful “ Dr Levy

- Mind Body and Spirit as well as our emotions and the environment play a very important role in causing disease.

# Negative Emotions...

- Fear...phobias...anger...hatred...jealousy...worry...depression...anxiety are harbingers of disease
- Anger and hostility are significantly associated with CAD as well as poor prognosis in those suffering from CAD (JACC 2009)
- CAD is quite common in those with Depression (JACC 2009)

# Anger...

- Anger is caused by the obstruction of one's desires.
- “It takes at least three hours physiologically for the body to get back in balance, to the place it was before an angry episode.....and many heart attacks happen within three hours of an angry episode” **Nischala....”Yoga as Medicine”**



# Fear...

- Fear causes physical, mental and spiritual disturbances...extreme fright can stop the heart and cause sudden death.
- When subconscious fears repeatedly invade the mind, in spite of one's strong mental resistance, it is an indication of some deep seated karmic pattern...
- A person who dies in terror carries with him that bleak pattern of fear...**Yoganand  
Paramhans**

# Negative Emotions...

- When the ego or “I” consciousness sides with materialistic forces of creation, “doshas” occur
- Kama (Lust)
- Krodha ( Anger)
- Lobha ( Greed)
- Moha (Delusion)
- Mada (Pride)
- Matsya (Envy)

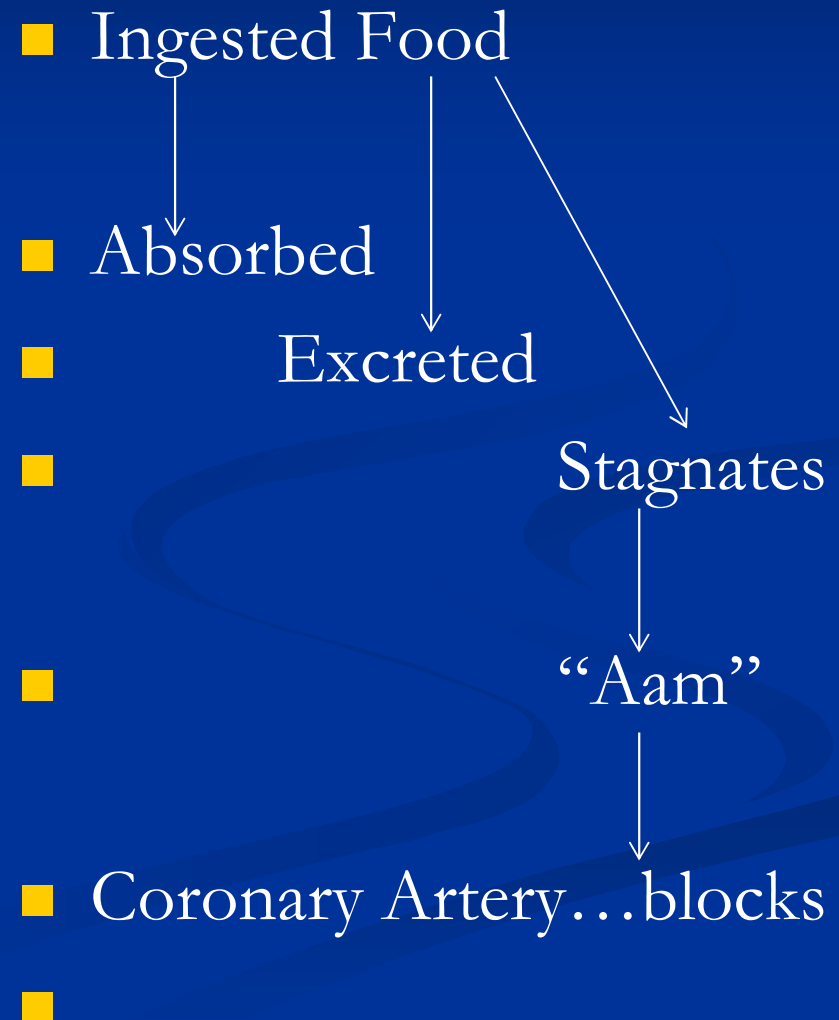
# Negative Emotions...

- All Negative Emotions lead to development of stress which is conducive to development of IHD

# Inflammation...Infection

- Sign of excessive “Pitta” or fire..Type A personality

- Ambitious Aggressive  
Impatient Angry  
Successful Heart Burn  
Ulcers



# Inflammation...

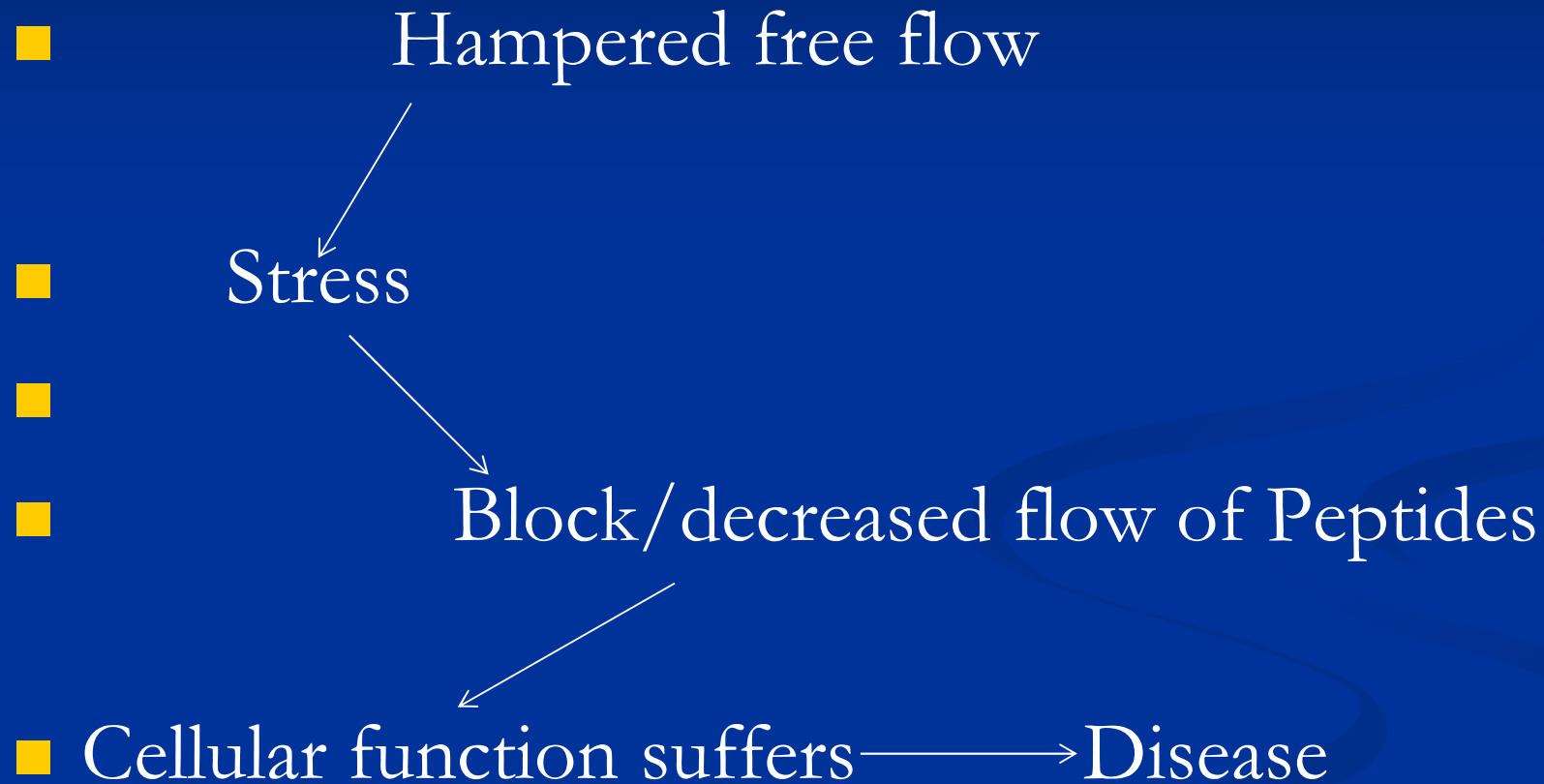
- What is it?
- Chronic inflammation...your body identifies your own tissue as invaders and begins attacking your own organs and tissues ...a vicious cycle ensues
- C Reactive Protein...Interleukin 6

# Depression

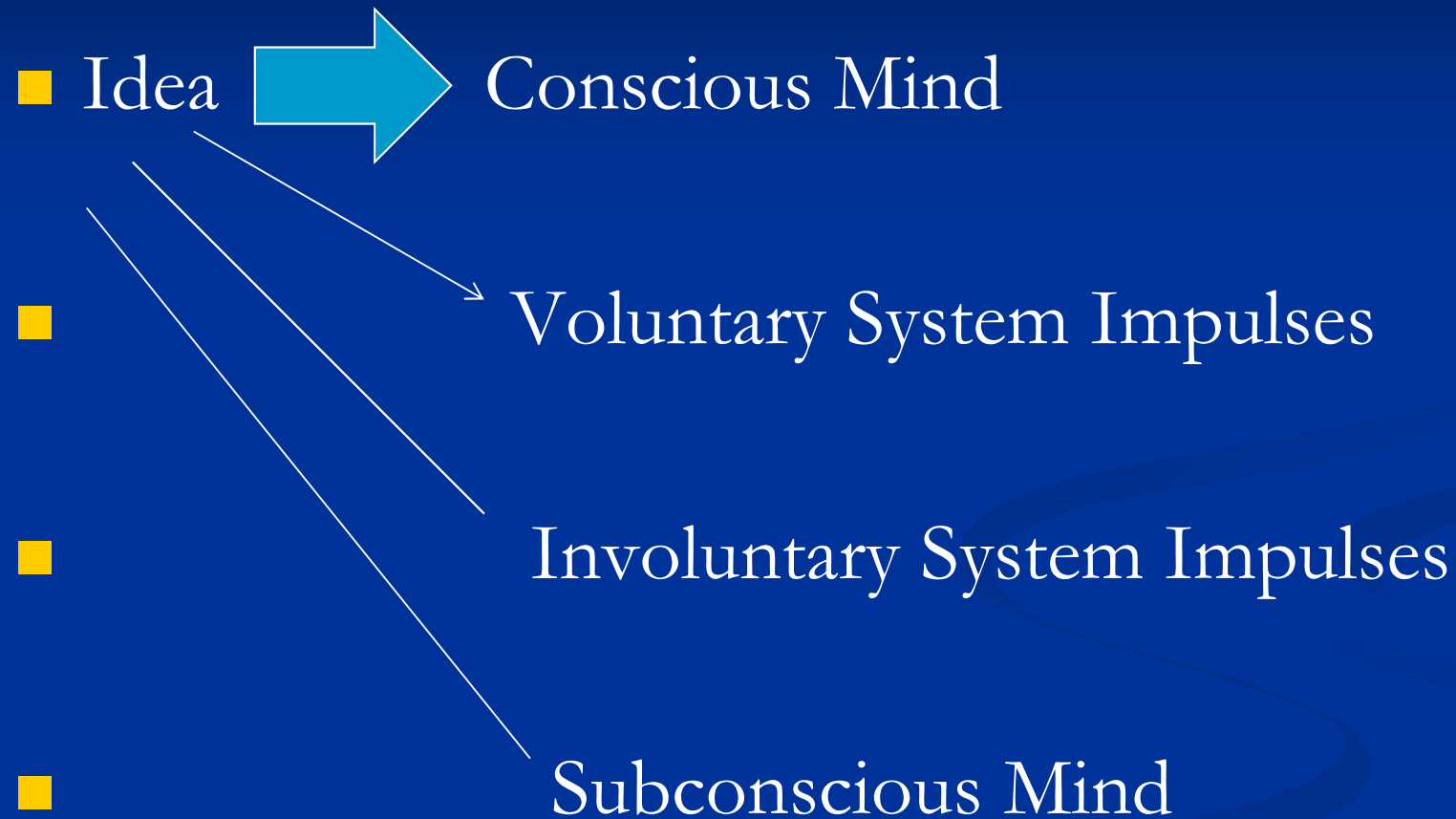
- “Coronary Heart Disease is quite common in patients with major depression”
- “Depressed individuals are more than 1.6 times as likely to develop CHD compared with individuals without depression’...Ziegelstein et al, JACC September 1 2009 Vol. 54, No. 10 Pg 886



# Repressed Negative emotions...



# Thoughts... Things





# Thoughts...

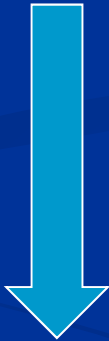
- “Every thought vibrates, every thought radiates a signal and every thought attracts a signal back.”
- This is called the “Law of Attraction”
- “Whether you mull over “heavier” negative thoughts or “lighter” joyful ones, you will attract exactly those vibrations, situations and people into your life” *Esther Jerry Hicks*

# Thoughts...

- “Your living is determined not so much by what life brings to you as by the attitude you bring to life; Not so much by what happens to you as by the way your mind looks at what happens”.....**Kahlil Gibran**



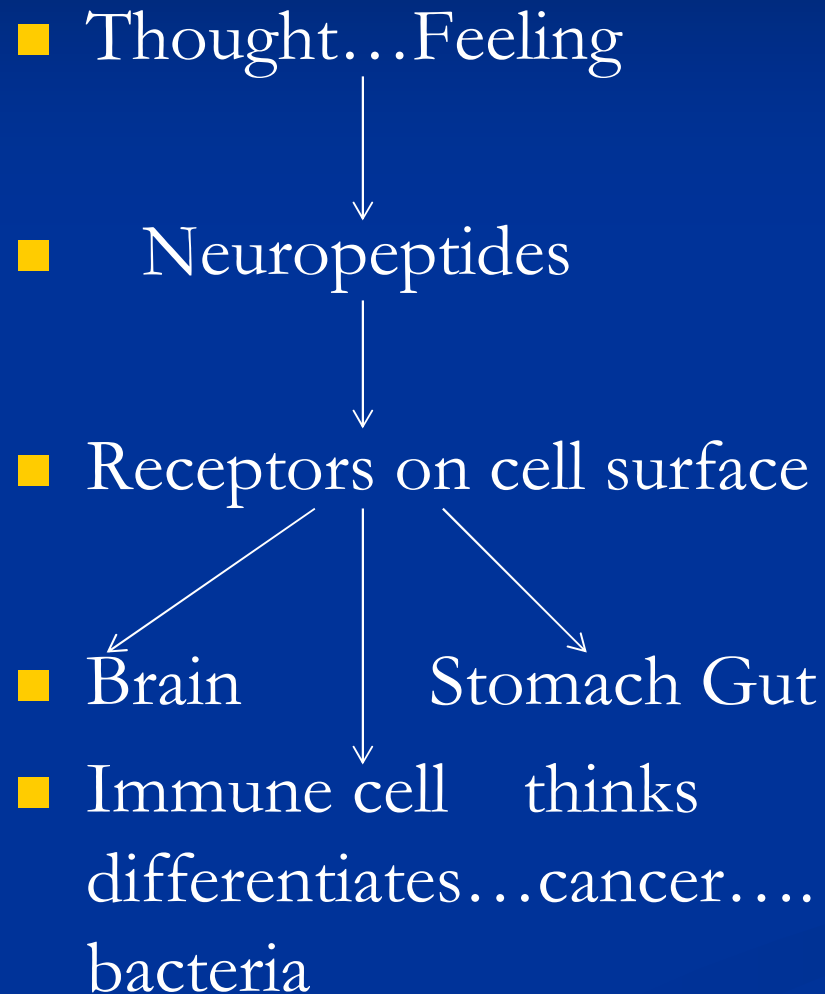
# Thoughts...

- Arise from the gap in between thoughts...it is here that we are in touch with the Cosmic Mind or the Universal Superconscious Mind
- Our mind is berthed from the Cosmic Mind
- Superconscious Mind
- 
- Conscious Mind
- 
- The type of thought we have is dependent on our karmas

# “Molecules of Emotion” Dr Candis Pert

- Information enters the cell when the vibration between the receptor and the key is synchronous
- State of cell changes and a chain reaction ensues
- Translates in to behaviour physical activity and mood changes
- Emotions are therefore cellular signals involved in translating information into physical reality

# Thoughts....



- Every thought can produce changes in any part of the body!
- You are actually communicating with your body through your thoughts and feelings!
- Happy thoughts love compassion forgiveness.. helpful in healing



# Thought



Karma(Action)



Imprint



Samskar



# Thought...Feeling

- Information is thus being exchanged between the mind/cell/back to the mind via feedback loops.
- This is how our emotions cause cellular changes and convert thoughts into material things.

# Creation...

■ God → Vibration → Light...Sound



Creation

■ Aum...Naam ... Shabd...Ameen...Holy Ghost





# Our Origin...

- Creation...Vibration...Aum Shabd Amin ...



- Pranashakti...Life...Birth...Kundalini Shakti..



- Ki...Chi

- Chakras...Energy Centres

# Our Origin...

- How do we actually come into being?....
- **Pranashakti**....Ki, Chi etc



# Pranashakti...

- Life



- Muladhar Chakra...dormant Kundalini Shakti...

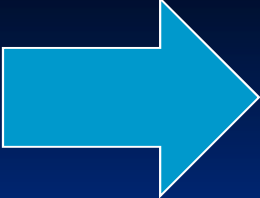


- Controls the physiological system through 72000 nerves

# Pranashakti...

- The Primal cell is lodged in the medulla oblongata from union of sperm and ovum.
- Cosmic energy enters the body from here
- This is known as the “Mouth of God”



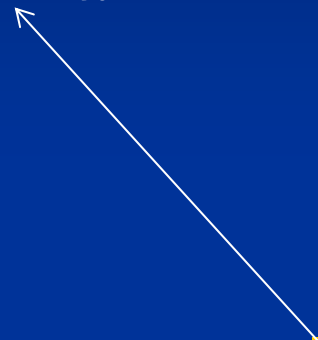
Matter  Energy

- Albert Einstein....  $E=mc^2$

- Information

# Flow Of Energy...

■ Brain    Spine    Peripheral Nerves



■ Spine    Extremities

■ Normally positive...if negative,  
dampened, blocked  poor  
health

# Human Body...

- Visible body

- Invisible body

# Our Body Causal Astral Physical....

- Matter (Physical body)....(Sthula Sharir)
- Energy (Pranashakti).....Astral (Sukshma )
- Mind (Manas).....Astral
- Intellect (Buddhi).....Idea (Karan sharir)
- Soul or Spirit.....Idea
- Good physical, mental and spiritual health depends on the balance of all five





# Tug o War...

- The Soul/Atma has Godly qualities of universal love compassion kindness and empathy...tries to take us back to Divinity
- The Conscious mind looks for sense pleasures..a tug o war ensues..stress and disease



# Dis-ease...

- Every disease in the body begins with dis-ease in the mind
- Not learning lessons of life...misunderstanding.. suppressing our experiences...living a life inauthentic to our highest desires...missing the target!



# Chakras...

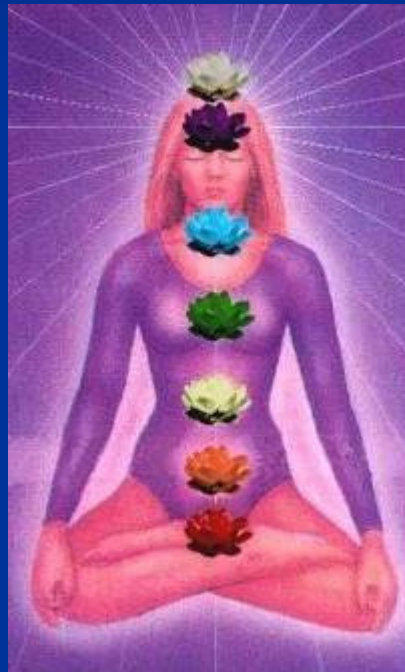
- The Creative Force or Pranashakti differentiates itself into seven subtle vibratory forces called “Chakras “



# Chakras or “Wheels”

- Are junctional points where energy matter and consciousness come together in a very high concentration
- Related to the five elements as well as to an endocrine gland and control the functioning of various parts of the body.
- Various emotional memories stored in these centres...we “feel” certain past memories in different parts of our bodies

# Chakras...



*Sahasrara: Union*

*Ajna: Command Center*

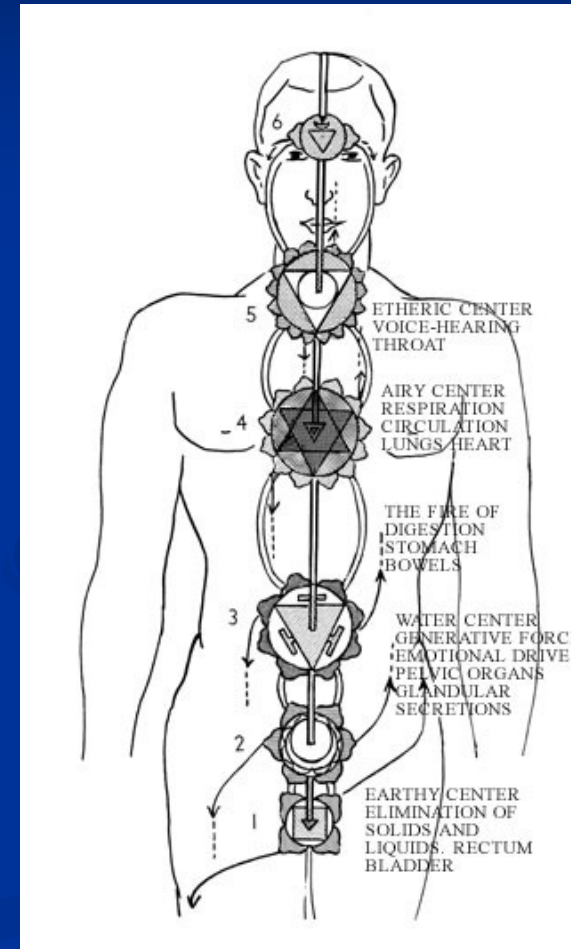
*Vishuddha: Great Purity*

*Anahata: Air*

*Manipuri: Fire*

*Svadhishthana: Water*

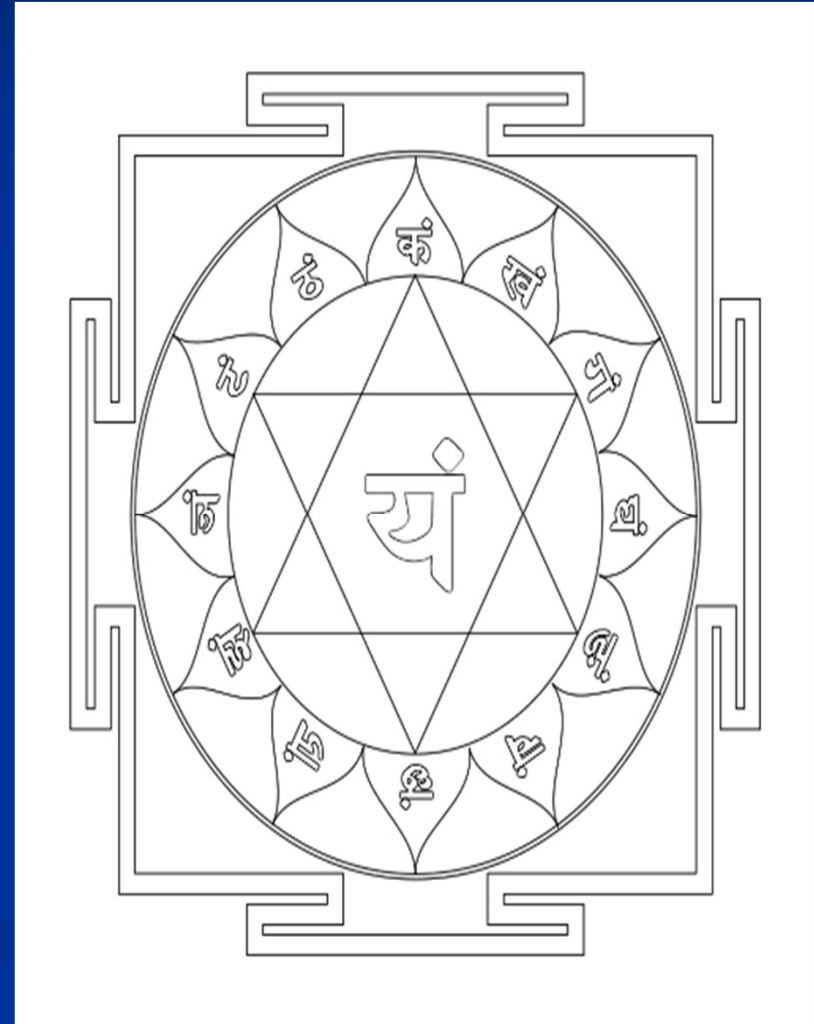
*Muladhara: Earth*





# Anahat or Heart Chakra...

- 12 Petals..bliss peace  
harmony love  
understanding empathy  
clarity purity unity  
compassion kindness  
forgiveness.. Loneliness,  
Depression..Imbalance
- Heart, Lungs Thymus
- Immunity...
- Heart disease occurs due  
to imbalance at this level



# Our Behavior.....

- Why do we behave the way we do?
- We do so because of our habits (samskars), either of a previous birth or developed in this one, based on our “gunas”



# Sankhya Philosophy of Creation

■ Purush (Male)

■ Awareness

■

■ Sattva

■ Mind

■ 5 Senses

■ 5 Motor Organs

■ Organic

Prakriti (Female)

Intelligence

Ego

Tamas

Space Air Fire Water Earth

Inorganic

Mahad

Ahamkar

Rajas

Space

Air

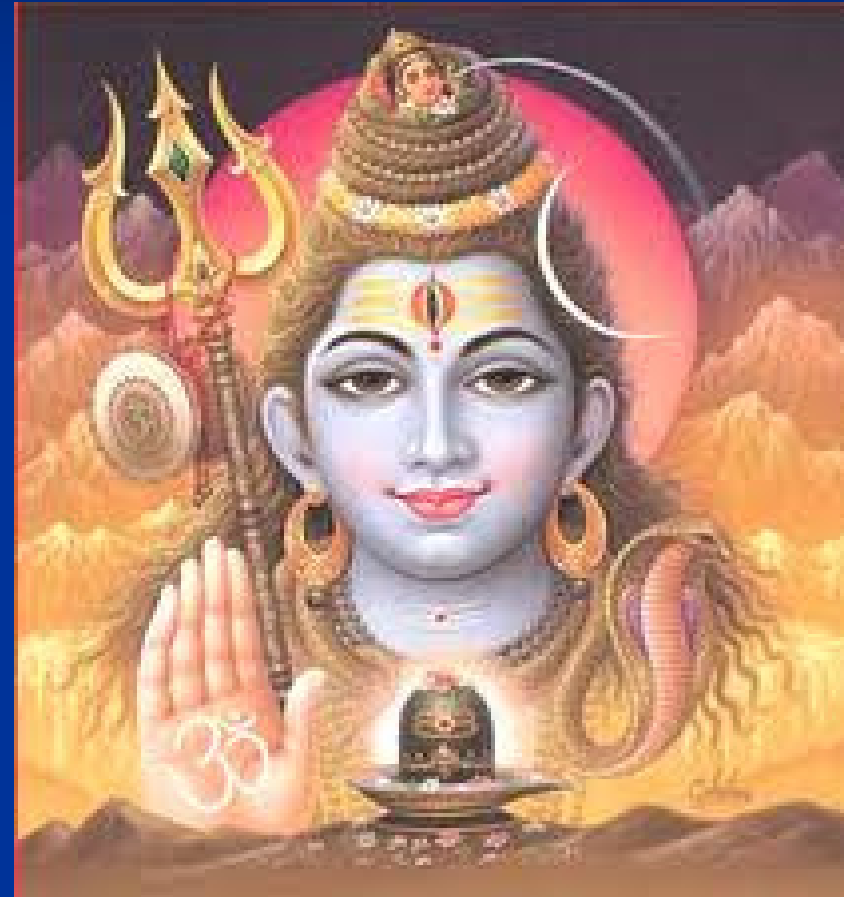
Fire

Water

Earth

# Gunas of Prakriti...

- **Sattva**...purity  
virtue..Spiritual Eye
- **Rajas**...passion..wordly  
activities..Heart Centre
- **Tamas**...Inertia..pride...  
arrogance.....Lumbar....  
Sacral.....Coccygeal  
Centres



# Gunas of Prakriti....

- **Sattva**...purity..virtue...
  - Spiritual eye
- **Rajas**...passion...wordly activities
  - Heart Centre
- **Tamas**...inertia...pride... arrogance...
  - Lumbar...Sacral...Coccygeal

# Human body and the Universe

- Our bodies are holograms of the Universe
- Each part of a hologram contains the whole

# The five elements...Tattvas...

- “Akash” or Ether
- “Vayu” or Air
- “Tejas” or Fire
- “Apas” or Water
- “Prithvi” or Earth
- Human body/Nature interconnected
- “As is the atom so is the Universe
- As is the microcosm so is the macrocosm
- As is the human body so is the cosmic body
- As is the human mind so is the cosmic mind”

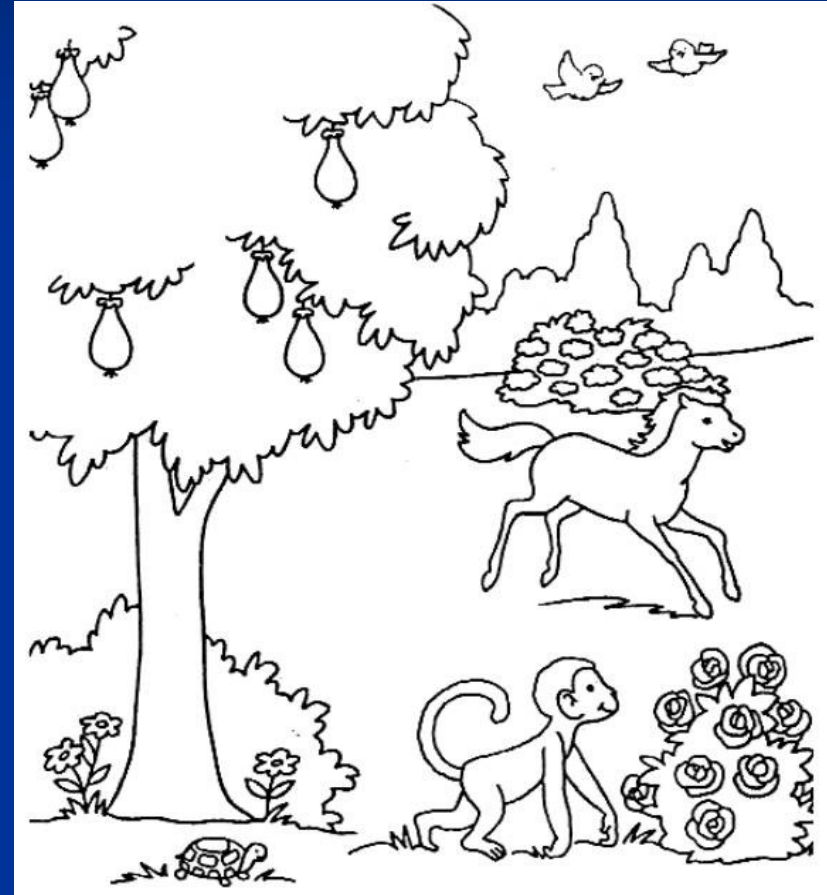
# 5 Elements...Tattvas...Doshas

- Vata      Space/Air    Catabolism  
Deterioration **Related to Movement**
- Pitta      Fire    Metabolism    Digestion  
Absorption **Metabolism/Transformation**
- Kapha      Earth/Water    Anabolism    Builds up  
the body    **Related to Structure**
- They have a Seasonal/Diurnal/Age  
Variation...our Behaviour

# Elements...Predisposition..When Imbalanced

- Vata...anxious worried nervous tendency to Hypertension Irregular heart beat
- Pitta...ambitious “Type A” aggressive overachiever...anger...stress
- Kapha...lazy tendency to gain weight and to development of Diabetes
-

# Man is, therefore, a Creator







# Balance is the Key!

- Balance of Dharma  
Artha Kama Moksha
- Between Self and  
Environment
- Between Mind Body and  
Spirit (Inner and Outer)
- Between the three  
Doshas Vata Pitta Kapha
- Energy/Chakras
- Prakriti/Vikriti



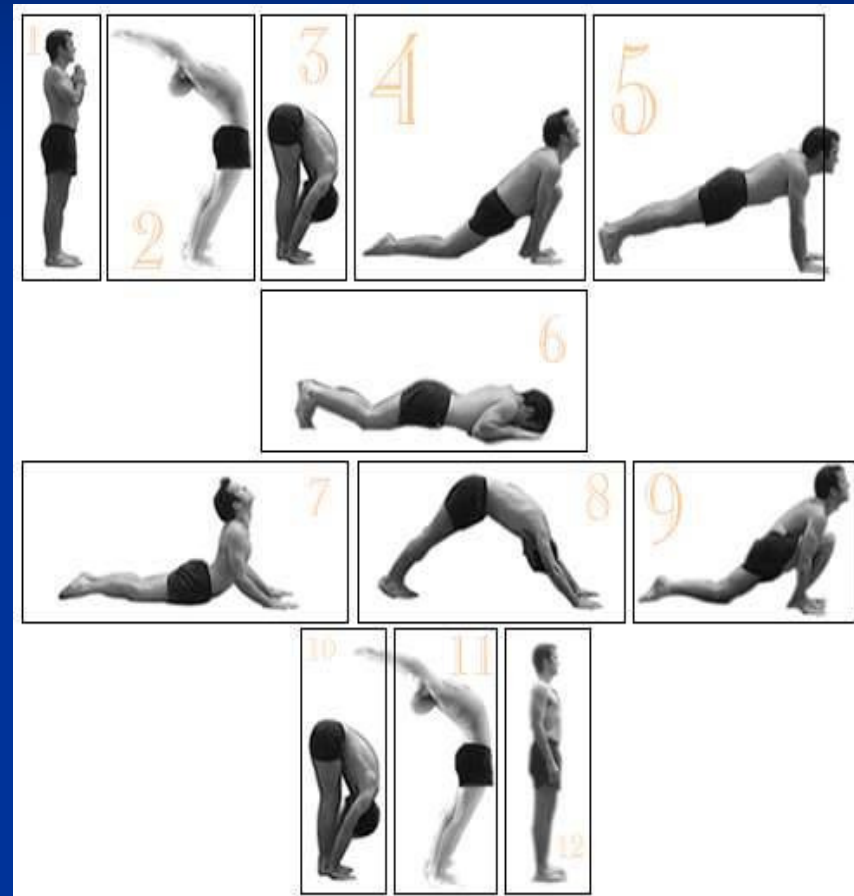
# Balancing Energy...

- Best achieved by Yoga, which essentially means “Union with God” and good health is an important side advantage
- It has eight petals, including Asana, Pranayam, and Dhyan



# Yoga....

- Yoga....Eight Principles
- Yama
- Niyama
- Asana
- Pranayama
- Pratyahara
- Dharana
- Dhayana
- Samadhi



# Balance.....

- **Yama...** self-restraint, moral conduct...non injury to others, truthfulness, non stealing ...
- **Niyama...**self-discipline, purity of body and mind, contentment, devotion to god/guru
- **Asana...**right posture and physical exercises...keeps our body healthy

# Balance..

- **Pranayam**...life force (prana) control...brings peace of mind
- **Pratyahara**...withdrawal of mind from sense objects
- **Dharana**...concentration
- **Dhyana**...meditation...develops our intuition and promotes unity with the Almighty
- **Samadhi**...Oneness with the cosmic spirit

# Yoga....

- Is Prophylactic, Promotive and Curative as it acts on all the five basic causes of disease...lack of exercise, dichotomy between mind and body, stress, pollution and infection..Dr Selvamurthy



# Yoga...

- “This single comprehensive programme can reduce stress, increase flexibility, improve balance, promote strength, heighten cardiovascular conditioning, lower blood pressure, reduce weight, strengthen bones, prevent injuries, lift mood, improve immunity, increase oxygen supply, heighten sexual functioning, foster psychological equanimity, and promote spiritual well being” **Dr McCall**



# Yoga...

■ Benefits Accumulate.....

■ First few weeks  Relaxation Positivity

■ Months  Posture Stress

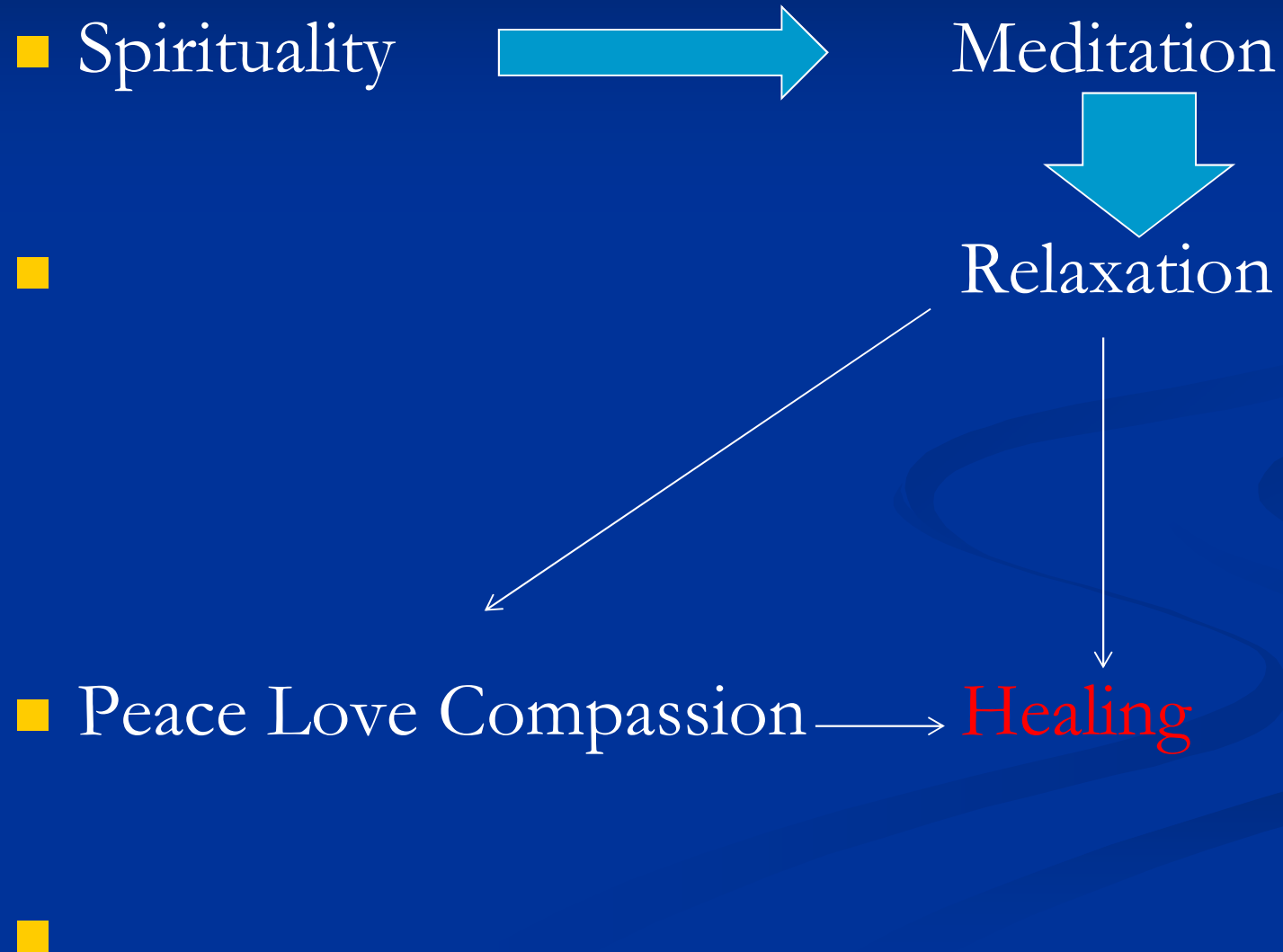
■ Years  Body Mind Spirit



# Yoga...

- Is a full 'package' for body mind and spirit
- Is a way of life and NOT an exercise
- Increases awareness...type of food  
behaviour relationships insight feelings  
satiety...

# Spirituality...How does it help?



# Spirituality...

- Spirituality.....comes in since it is virtually impossible to control our “conscious” thoughts
- “The weight of published evidence overwhelmingly confirms that our spiritual life influences our health. This can no longer be ignored”.... Jeff Levin “God, Faith and Health”

# Yoga...Regression of CAD

- A controlled Trial at the Yoga Institute in Santa Cruz, Mumbai, Assoc Physicians of India 2004 April;52:283-9
- Dr AS Mahajan and colleagues from AIIMS published their work in the Indian Heart Journal in 1999 Jan-Feb;51(1):37-40
- Regression of CAD has also been reported by Dr Selvamurthy and Dr Gupta

# Yoga...Regression of CAD

- “Life style Heart Trial”..Dean Ornish. Published in JAMA and Lancet 1983
- Asana Pranayam Visualisation Meditation  
Relaxation Low-Fat Vegetarian Diet Smoking  
Cessation Group support sessions Aerobic  
Exercise
- LDL levels dropped from average of 144 to 87  
after one year of starting the programme
-

# Yoga...Regression of CAD

- 91% Reduction in frequency of Angina and significant reduction in severity of attacks
- 5 Yrs later blocks had got smaller and PET scans showed that the heart muscle was receiving an increased supply of oxygen carrying blood
- Reversal of heart disease

# Dean Ornish...Preventive Medicine Research Institute

- Changing lifestyle significantly increases  
Telomerase length *Lancet Oncology 2008*
- Lifestyle changes change genes after only 3  
months 500 genes beneficially affected  
upregulated(turned on) disease preventing genes  
or downregulated(turned off) genes producing  
Cancer Heart disease Inflammation etc  
*Proceedings of the National Academy of  
Sciences May 2008*



# Yoga...Regression of CAD

- “Yogic Lifestyle intervention retards progression and increases regression of coronary atherosclerosis in patients with severe coronary artery disease” ... *Manchanda SC et al J Assoc Physicians of India 2000 July; 48:687-94*
- *Regression of CAD also reported by Dr Selvamurthy and Dr Gupta*

# Pranayam...Scientific Facts..

- Reduces Heart Rate
- Reduces Systolic Blood Pressure
- Makes you more alert and relaxed at the same time...the ideal stage



# Pranayam.....

- Pranayam helps us to reverse the flow of life energy...withdrawal from the external engagement of the mind and senses...peacefulness
- It facilitates the flow of the life energy from the spinal centers to the brain, thereby helping in connecting with our true spirit, the essence of the soul

# Pranayam...Scientific Facts...

- Reduces Heart Rate
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# Meditation.....

- “May well be the single most effective means you have available to affect your health and happiness” .....
- “It appears that all the physical and mental benefits of Meditation actually derive from its spiritual effects.....” **Dr Levy**

# Meditation...Medical Benefits...

- Lowers/Normalizes Blood pressure, and pulse rate
- Reduces levels of stress hormones in the blood
- Reduces brain excitability
- Reduces the over-competitive Type A behavior leading to reduction in heart attacks -**Dr. Siegal...Yoganand Paramhans**
- Improves Circulation, Reduces plaques in arteries

# Meditation....

- Recovery from diseases
- Positive impact on physical health
- Reduces fear, anxiety, depression, increases mental clarity, optimism, peace, love
- Develops harmony with nature, intuition, proximity with self





# Meditation...

- EEG studies have demonstrated that the silent repetition of “Aum” causes brain waves to become very relaxed and smooth out while increasing mental clarity – *Dr. Rick Levy*





# Meditation.....

- Studies carried out at Emory University(Cognitive Based Compassion Training) have revealed that levels of IL 6(Interleukin) and Cortisol levels decreased after six weeks of Compassion Meditation and improved further with prolonged meditation...**Dr Lobsang Tenzing Negi**
- Meditation, therefore, is helpful in reducing Stress

# Meditation...

- Change in brain waves...less Beta which is the thinking and stress related wave...increase in Alpha Theta and Gamma waves which are the relaxation and meditation waves
- “Allows long buried thoughts and feelings to surface...is a way of getting the peptides flowing again relieving the body and emotions to heal” **Dr Candis Pert**

# Meditation...Spiritual Benefits..

- Brings you closer to the Divine...to ultimately merge with Him



# CAD

- Prevention is the best form of treatment!

# Prevention...Diet



# Diet...

- Whole foods..whole grains... fresh fruits vegetables nuts seeds beans fresh dairy
- Food should come from the earth
- Avoid processed and preserved food
- Fish helpful
- Fat free milk curd paneer
- No Tobacco
- Less salt/sugar
- No ghee/butter
- Pref Oils..Canola/Olive ?Saffola/Sunflower Mustard/Soyabean?
- No Red meat
- Alcohol?

# Diet...

- Inflammation reducing....

- Inflammation increasing....

- Fruits and Vegetables

- Saturated fats

- Trans fatty acids

- Refined  
Carbohydrates

# Exercise...

- Eat high quality food and digest it properly...exercise
- Aerobic exercise like walking swimming cycling increases blood flow in the body and helps in washing off the debris accumulating in the coronary arteries...reduces inflammation
- Kindles the digestive fire and helps burn up toxins in the body and conditions heart muscles






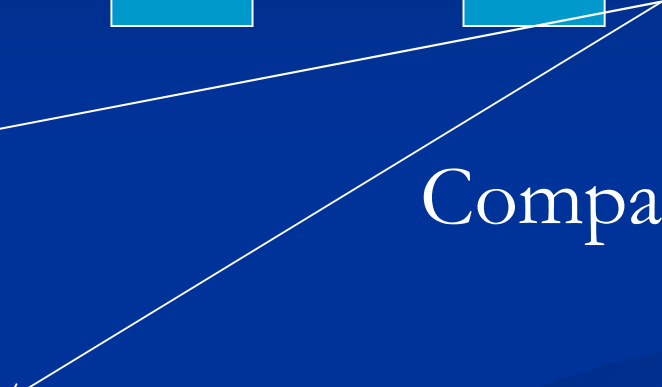



# Caution...

- We need to remember that life style modifications will work only if the patient is well motivated and the motivation is coming from deep inside him otherwise insistence or scaring the patient acts as trigger for fear and may further aggravate the problem instead of helping!
- A lot of patience is needed.

# Suggestions...

- Avoid Negativity be positive happy and compassionate forgiving...”giving is receiving’
- “Unconditional love is the most powerful stimulant of the immune system.. love heals”...Bernie Segal
- Find your unique path...what you have come to do...things only you can do best

# Remember...

- Heart Chakra  Air  Touch
- Love 
- Kindness 
- Compassion 
- Empathy 
- Forgiveness 
- Learn to GIVE in order to receive!
-

## Conclusions...

- All the above are best achievable by being spiritual...connecting to the supreme being by following the teachings of a God realized guru and by practicing Yoga and Meditation or Hypnotic Meditation leading to a state of perfect health, happiness and Bliss!

# Suggestions...

- Let us learn to ‘heal’ the patient rather than” treat” his disease
- Get close to Nature...environment natural surroundings...natural foods...”natural” thoughts...of love compassion kindness empathy...see ourselves in others...learn to forgive...be happy and content...trust nature

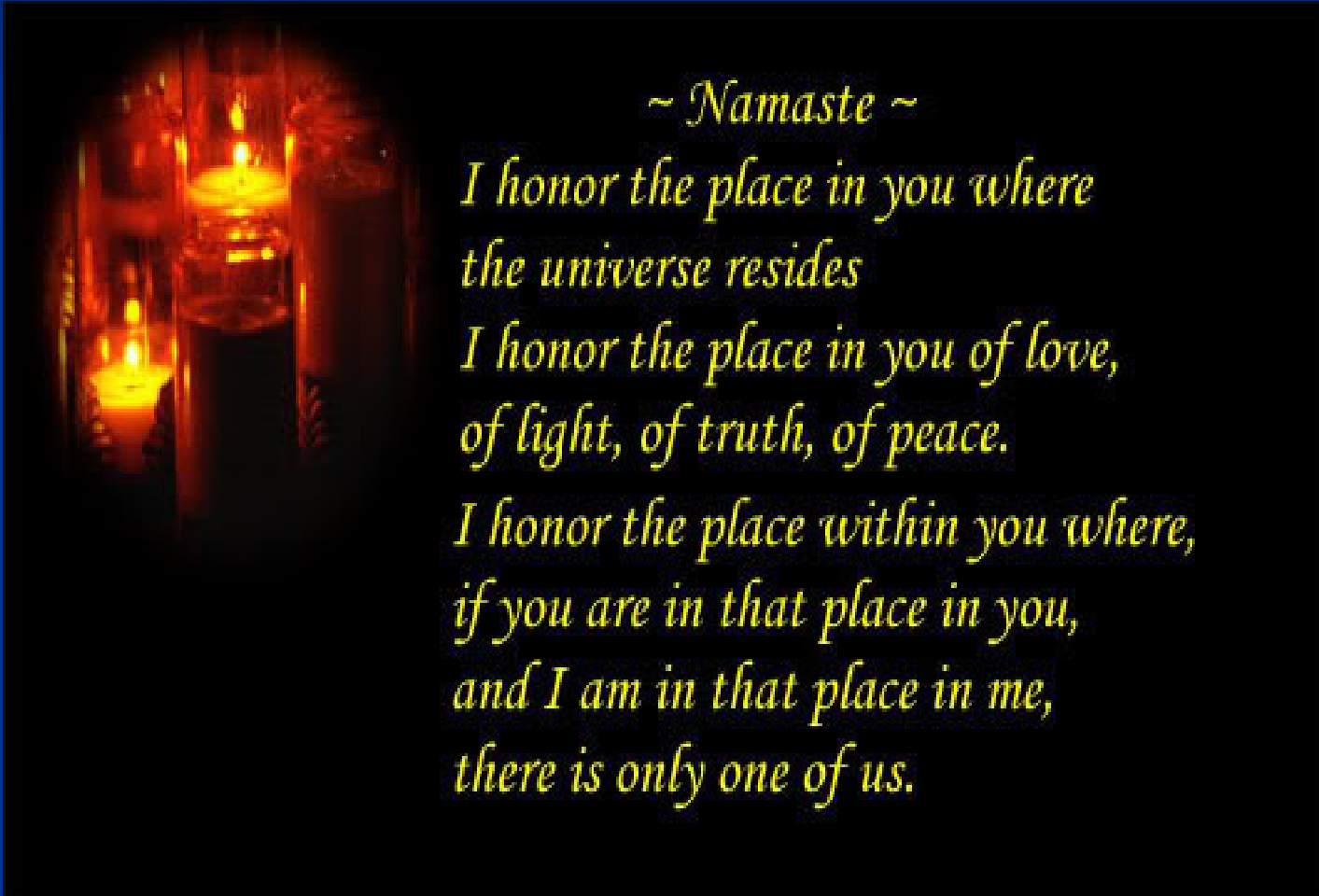
# Conclusion.....

- Medicines and Invasive Interventions though excellent are winning the battle but not winning the war against heart disease!
- A balance between mind, body and spirit is needed.....a holistic approach, right diet, exercise, Stress Management role of spirituality, yoga, pranayam, meditation... address the story behind the story, thought process...negative emotions....

# Spirituality...

- Spirituality means to know who you are.
- The original “you” is full of compassion kindness universal love empathy wisdom and free from any negative emotions...due to the spark of divinity in you!

# Namaste....



*~ Namaste ~*

*I honor the place in you where  
the universe resides*

*I honor the place in you of love,  
of light, of truth, of peace.*

*I honor the place within you where,  
if you are in that place in you,  
and I am in that place in me,  
there is only one of us.*