ഭാവിക്ഷോമലനം തോമസ് തോമസ് ഗ്രാമത്തിയോടെ

ദൃഢമായ സമരത്തിന് സ്വാധീനം നൽകുന്നതിനുള്ള പ്രധാന പാഠം തോമസ് തോമസ് 


drafttext
Keep heart ailments at bay with these 5 spices

Heart diseases including coronary heart disease, hypertension and stroke are the major cause of global mortality. Cardiovascular death rate is higher in Indians compared to global standards with more of young Indians succumbing to the disease. The progression of CVD epidemic is characterized by poor lifestyle, physical inactivity, eating habits, low fruit and vegetable intake, increased stress level and habits like smoking and excessive alcohol consumption. Recent studies conducted by Centre for Chronic Disease Control, India, suggest that the burden of heart diseases may be comparable between rural and urban Indian population.

Signs of Heart Diseases

- Persistent coughing
- Chest discomfort
- Anxiety
- Fatigue
- Rapid or irregular pulse
- Shortness of breath.
- Nausea, Indigestion, Heartburn, or Stomach Pain

If a person is having a good healthy heart, then its credit goes to the quality of blood and blood flow which is the result of quality of the food you consume. One should follow a healthy diet which includes a lot of nutrition, protein etc to retain a healthy heart. Spending few minutes of time in a day in the regular exercise also helps to get strong heart.

Herbs and spices which you use in your everyday food also supports in maintaining a healthy heart. Some of those herbs are –

- **Garlic** – It is one of the most healthy spice in the world and a powerful anti oxidant and blood thinner. The main cause for heart ailments is the increased level of cholesterol in the body. Incorporating garlic in your diet is the best way to keep the cholesterol at bay. Garlic which acts as anti oxidant helps in controlling the blood pressure as well.

- **Coriander Seeds** – Coriander seeds and leaves are rich in anti oxidants and anti platelet compounds. This help in keeping the platelet aggregation under check which usually blocks the proper blood flow to the heart. These seeds also aids in increasing the blood flow. Furthermore, these seeds help in controlling diabetes in the early stage which is the major reason for heart ailments.

- **Turmeric** – In Indian household, turmeric is used for various reasons. As a medicinal property it acts as an anti inflammatory and anti oxidant. Turmeric is a calming
agent which helps in lowering the cholesterol level. It also avoids the hardening of arteries

- **Ginger** – The active ingredient in ginger is gingerol, which helps in relaxing the blood vessels. Often known as “smart man’s aspirin.” Ginger has natural blood thinning and anti-inflammatory properties. Ginger also lowers LDL cholesterol.

- **Fenugreek** – This is an important herb to promote heart health. Fenugreek treats clogged arteries, lowers blood pressure and helps in preventing heart attacks. It also helps in preventing obesity which is also a major reason for heart diseases.

- **Cinnamon** - This common spice has a lot to offer. It prevents oxidative stress of blood cells. The main component in cinnamon – cinnamaldehyde prevents platelet aggregation and prevents blood clot formation. Blood clots in arteries are the cause of sudden heart attacks and strokes. The spice reduces high blood pressure, reduces cholesterol levels and prevents heart diseases.

Prevention is better than cure is a very popular saying in the medical field. You can avoid heart problems by adopting a healthy lifestyle. Including these herbs and spices in your day today diet and avoiding junk will help you in the long run. Make a smart choice now which will pay off for the rest of your life.