



- Interventional Cardiology & Electrophysiology, Max Super Speciality Hospital, said, "Yoga is the most proven methods to control stress. Meditation has also been scientifically proven to prevent heart diseases. It calms your body and de-stresses you completely. Playing some sport, jogging, reading etc. are some other ways to release stress. You must note that suppressed stress for a long period of time weakens the heart, and makes it prone to several heart problems in the long run".

People who smoke regularly are most likely to have heart problems as compared to non-smokers. Smoking is getting really popular these days, even among the younger generation, and they do not realize the harmful effect of the same. Smoking slowly and gradually affects the heart and leads to blockage and strokes. Heavy and regular drinkers

are also vulnerable to heart diseases. Smoking and drinking weakens the liver and the entire digestive system, producingama, a toxic material that causes heart problems. Many doctors and experts even suggest limiting the intake of tea or coffee. Tea and Coffee is highly consumed these days, and people start their day with it. However, there are some who consume multiple cups of tea/coffee, which has a direct impact on blood pressure.

Ayurvedacharya Dr. Partap Chauhan, Director Jiva Ayurveda, said, "Limiting the consumption of tea/coffee keeps the heart problems at bay. You can make tea with Terminalia Arjuna – it's a scientifically proven herb, easily available these days. You can also powder it and consume it directly. Also you should keep water in a copper pot overnight and then drink for a stronger heart. Wearing

