

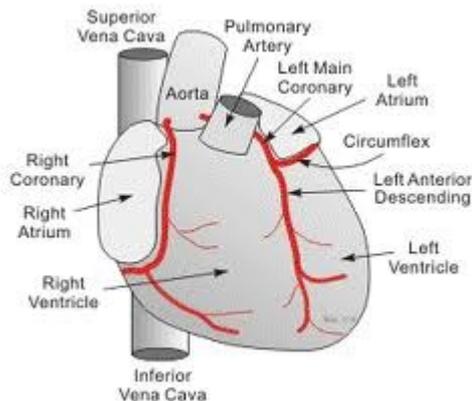
## Ischaemic Heart Disease Its cause and treatment as per Acupuncture Principles



Talk of Heart blockage and immediately there is panic and the only question asked is whether to go for Bypass or whether it is treatable by stent implants.

If one says Acupuncture can cure Heart blockages, it is met with immediate skepticism and shrugged off. But the author has cured many cases of Heart blockages with Acupuncture and saved many from going under the knife or the ordeal of having an implanted wire mesh in the heart.

Let us look at what causes heart blockages in the first place:



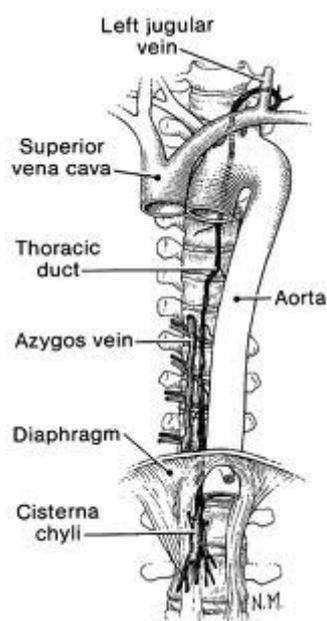
The endothelium of the arteries in the heart is meant to facilitate the smooth flow of blood. When this endothelium get damaged a clot develops at the spot and the subsequent turbulence of blood at the spot disturbs the flow by slowing it down and causes the clot to grow and result is a complete blockage leading to shutting of blood supply to some part of the heart muscle leading to a Heart Attack.

This is an acute incident and can be treated with immediate infusion of anti clotting drugs and of course even acupuncture (emergency points and blood letting from ahshi or sujok heart correspondence points)

The majority of Heart blocks are however slow to develop and the cause is a change in the electrical potential of the endothelium lining which causes it to attract fat particles to get deposited, later there can be calcium deposit on the fat particles and eventually the endothelium grows over this to complete the coronary artery plaques or blockages as they are generally called.

High serum levels of Cholesterol, LDL, VLDL etc. are considered the main risk factors for blocked arteries. However it has been seen that blockages occur inspite of low lipped levels and many persons with high lipid levels do not have any blockages.

Thus it can be concurred safely that the blockages occur mainly due to some reason like roughness of the surface in the endothelium and not simply due to high level of lipid in blood.



An interesting and startling revelation here is the fact that the heart receives ingested fat in the form of chyle through the Thoracic duct entering the Left Subclavian Artery which enters the Left Superior Venacava and then Left Atrium. The Thoracic duct is formed from the lymphatic tributaries in the small intestine. Generally the nutrients absorbed in the intestines go to the liver via the Portal vein, however the fats bypass this route. Thus the heart is designed to receive fat directly from food and without going through the liver.

On first glance it will appear as if the body was designed to have a heart attack. However a deeper understanding along with a vital piece of information tells us that it is not so.

Actually the heart muscle is designed to use only fat as its fuel and not glucose or glycogen as the rest of the muscles. Thus it is clear that Heart thrives on fat and fat is what keeps the heart pumping.

If we understand this then it is illogical to say that fat is bad for heart. Rather the impaired ability of the heart to use this fat leads to high lipid levels and also the dryness in the endothelium causes it to deposit in the arteries and create blockages.

There is also another reason for high lipid levels in spite of low dietary intake and that is absence of essential fatty acids. This causes the body to produce fat through lipogenic mechanisms, but as this fat is not useful it accumulates.

### **Causation of Heart Disease as per Acupuncture Science**

In Acupuncture we know that Emotions are causative factors of diseases. The heart is Heat energy and Sadness is Dryness energy. When there is Emotional Dryness it creates a dry situation in the heart and causes roughness of the endothelial lining which causes fat to deposit and create blockages. Also sadness reduces the pumping of heart directly by lowering metabolism and indirectly by increased vagal tone slowing the heart rate so less fat is utilized by the heart and muscles thus leading to high fat levels. Fat is earth which is son of fire. Since heart is fire it is weakened by excess earth as per mother son law. (strong son weakens mother)

### **Principles of Treatment as per Acupuncture**

Treatment is sedation of Dryness (Metal) & Tonification of Heat (fire) in heart. Also sedation of Humidity (Earth) from Small Intestine Meridian (since small intestines rules arteries) and tonifying wind (Wood)

In case of Calcification of plaques sedation of coldness from small intestines.

## **Points to be Treated**

### **General Treatment**

H4 Sedation H8 Tonification (Sedation of Dryness and Tonification of Heat)

SI 8 Sedation SI 3 Tonification (Sedation of Humidity and Tonification of Wind)

P6 balancing: To balance energy in Chest Region.

Liv. 1 Tonification, SP6, SP3 balancing.

(Liver metabolises fats and spleen deficiency causes fats to float in circulation)

In case of Low Lipid Levels in blood then SI 1 sedation (To reduce dryness in Arteries)

## **Supplementary Treatment**

### **Diet and Lifestyle**

Avoid Tobacco in any form as it causes dryness in body including the Arteries and also micro-circulation of Heart Muscle gets compromised.

Avoidance of both fatty( fried )and dry (baked) foods.

To reduce lipid overload and dryness in system.

Dry fruits should be avoided for the same reason. Red Grape juice is best supplement as it increases flavonoids and heat to combat dryness in system.

Watching sad movies and sad stories should also be avoided. Patient should strive to remain cheerful at all times. If necessary counseling( or tongue puncture as Dr Lohiya Sir likes to call it) should be resorted to correct disorders in thinking process and to help in overcoming social distress.

Nadi Shodan Pranayam can also be of benefit (As the name suggests it helps to clear channels in body). Gradual increase in walking and other exercises should be encouraged.

#### **Final Note**

With such measures it is possible to completely cure Ischaemic Heart Disease in a matter of 3-4 months (alternate day treatment thrice a week) Patient usually comes out of danger in about four days of treatment. Within three months repeat angiography shows reversal of blockages and part of the improvement is also due to increase in collateral circulation .

#### **Moral of the story**

Don't give anyone a heartbreak ,it may give him/her a heart attack !

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