

Chapter 4: Naturopathic Therapeutic in Cardiovascular Care

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Abstract

Although people need cardiovascular health for their overall well-being, the global population faces increasing cardiovascular diseases. The prevention and treatment methods show insufficient effectiveness which requires further investigation. Naturopathy medicine uses different supplementary therapies to treat and prevent diseases in primary healthcare itself. The approach provides patients with access to various natural treatment methods. Naturopathy uses a holistic method which combines preventive care with individualized treatment for each patient. CVDs develop from both changeable and unchangeable risk factors like high blood pressure, diabetes, obesity, abnormal cholesterol, smoking, lack of physical activity, family history and mental stress. Heart diseases can be prevented through the effective treatment of these specific factors. Heart dietary therapy requires patients to follow a plant-based diet that includes whole foods which contain low salt and high potassium and fiber and omega-3 fats and antioxidant fruits and vegetables and the same supervised fasting approach. Naturopathic treatments like water therapy and mud therapy and fasting therapy help improve heart health. Naturopathy research shows the method provides effective treatment for cardiovascular disease. Mind-body practices which include yoga and meditation decrease stress levels while they enhance heart function. The methods produce an effective result which decreases blood pressure for all individuals. Naturopathic treatment begins with lifestyle modifications because these changes enable the body to achieve natural healing. Clinical research studies show that magnetotherapy and heliotherapy provide effective results when used as supplementary treatments. The emerging therapies show potential to assist patients who receive treatment through main medical procedures. The research studies which investigate Naturopathy for heart health demonstrate that natural treatments effectively treat and prevent heart disease while providing value through disease prevention and enhanced quality of life. Naturopathy shows potential as a treatment option which helps people maintain heart health and avoid developing heart disease. The evidence-based method enables complete heart disease management.

Keywords: Cardiovascular health, (CVDs); Naturopathy, Holistic care, Preventive cardiology, Lifestyle modification, Smoking, Sedentary lifestyle, psychological stress, Dietary therapy, Plant-based nutrition, Omega-3 fatty acids, Antioxidants.

1. INTRODUCTION

Cardiovascular disease includes many disorders that affect the heart and blood vessels and atherosclerosis leads to artery hardening through plaque buildup in arteries which occurs throughout time.(Farley et al., 2012) S1 Cardiovascular health serves as a vital component of overall human health yet people worldwide face rising rates of cardiovascular diseases because healthcare systems lack effective methods for disease prevention and patient treatment. The existing increase of this phenomenon demonstrates that healthcare systems need to develop better treatment methods. The year 2017 witnessed cardiovascular disease which resulted in approximately 17.8 million global fatalities which establishes the condition as a significant worldwide death cause. CVD caused approximately 330 million years of life loss and resulted in 35.6 million years of disability according to the data. The CVD statistics demonstrated that the condition creates a worldwide health burden which matches its major impact on human health in different regions of the world. The researchers found that focused prevention and intervention efforts deserve special attention because they show significant effects on public health(Roth et al., 2020).

Role of Naturopathy in prevention and management

Naturopathy plays important role in preventing diseases and managing health problems. Regarding treatment approach, it uses natural methods like proper diet, exercise and herbal medicines to keep body healthy. Naturopathy actually uses different natural therapies to treat and prevent diseases. It definitely combines many healing methods together. Naturopathy medicine offers various methods for basic health care(Smith & Logan, 2002). This approach uses simple and natural ways to treat patients. cardiovascular disease is a leading cause of death, but lifestyle interventions are underutilized. The study actually found that Naturopathy care, when added to regular treatment, reduced heart disease risk and metabolic syndrome cases significantly. One study actually showed that Naturopathy can reduce heart disease risk and may increase worker productivity. This approach focuses on preventing heart problems before they start. Complete Naturopathy treatment effectively reduces heart disease risk and provides money benefits without affecting life quality in short time only(Seely et al., 2013).

2. PRINCIPLES OF NATUROPATHIC MEDICINE IN CARDIOVASCULAR CARE

Holistic approach (body-mind-sprit) - Mind-body treatments like meditation, yoga, and relaxation help control heart disease by reducing stress and managing blood pressure problems. These methods work on the whole person - body, mind, and spirit - and can only be effective when they lower risk factors like high blood pressure and metabolic issues. These therapies help build strength and improve health, working as useful additions to regular treatment for reducing disease and keeping the heart healthy. This approach itself supports better recovery and long-term wellness(Prasad, 2016).

Prevention focused care- Naturopathic medicine focuses on prevention of cardiovascular disease through individualized lifestyle counselling and nutritional guidance. This approach emphasizes disease prevention strategies that address the condition itself. The study shows that combining naturopathic treatments with

regular medical care can, reduce heart disease risk factors in high-risk patients. This approach itself may lower heart problems and healthcare costs without affecting quality of life(Herman et al., 2014).

3. ETIOLOGY AND RISK FACTORS OF CARDIOVASCULAR DISORDERS

Multiple factors cause cardiovascular disorders through their genetic, lifestyle and environmental impacts while high blood pressure, diabetes, smoking, obesity and family history of heart disease serve as primary risk factors for these conditions. Cardiovascular disease actually causes the most illness and death worldwide. It stands as the most critical health issue throughout the world. Almost 50 percent of US adults demonstrate major cardiovascular disease risk factors which include smoking and high blood pressure and high cholesterol levels that can result in heart failure and arrhythmias. Atherosclerosis progresses slowly through prolonged unhealthy lifestyle choices which Benjamin et al.(2018, 2019)identified as one of the primary factors that lead to heart disease.

Modifiable factors-Urbanization actually changes risk factors for heart disease, and this can definitely be modified through proper interventions.When people move to cities, they are getting more heart problems only because of bad lifestyle changes like eating too much fatty food, sitting all day, and becoming fat with high blood pressure. Basically, when people live in cities, the environmental and lifestyle changes dramatically increase their chances of developing atherosclerosis and the same cardiovascular diseases(Yusuf et al., 2004).

Hypertension-As per medical research, hypertension happens when family genes and outside factors work together. Regarding this condition, both inherited traits and environmental elements play important roles in its development. Environmental factors like salt intake, obesity, lack of physical activity, and poor diet actually contribute to health problems. These lifestyle factors affect people's wellbeing in significant ways. Genetic factors, environmental conditions, and lifestyle habits contribute to hypertension. Regarding this condition, multiple factors work together to cause high blood pressure in patients. Blood pressure control surely varies because of genetic factors and early childhood development. Nutrition during pregnancy and early life can influence both these factors. Some ethnic groups with salt-sensitivity show higher blood pressure when they eat salt. This was good when salt was less available, but regarding modern diets with more salt, it creates health risks(Yusuf et al., 2004).

Diabetes- actually promotes cardiovascular disease through several related processes. These processes work together to increase heart problems in diabetic patients. high blood sugar damages blood fats through increased sugar coating and oxidation, which only makes blood vessels stiff and causes artery blockage to get worse. Higher levels of fats in blood like fatty acids and triglycerides, and these fats only help in making plaques that block arteries. Diabetic cardiomyopathy only shows changes in heart structure and how the heart works. These effects actually increase the chances of heart attacks, stroke and heart failure(Leon & Maddox, 2015).

Obesity- actually increases the risk of heart disease. People with obesity have higher chances of getting cardiovascular problems. Basically, obesity increases triglyceride and LDL cholesterol in blood, and these

create the same small plaques that form in artery walls, these plaques can develop into atherosclerosis, which is the most common type of heart disease. Obesity causes increased inflammation and blood vessel problems, which itself leads to more heart disease, obesity have more risk factors like high blood pressure and high cholesterol only, which increase the chances of getting heart disease(Pinckard et al., 2019).

Dyslipidemia- causes heart problems because it has bad cholesterol and fats in blood that only block the arteries. This blocking makes heart disease risk more(Du & Qin, 2023).

Smoking - is actually a major risk factor that causes heart disease. It actually causes coronary heart disease, stroke, and peripheral arterial disease. These conditions affect the heart and blood vessels in the body. Smoking damages the blood vessel walls and increases harmful stress in the body, leading to inflammation and blood clots. These changes speed up the blockage of arteries and increase the risk of heart problems. As per medical studies, stopping smoking early can greatly reduce heart disease risks. Regarding continued smoking, it maintains high chances of cardiovascular problems(Gallucci et al., 2020).

Sedentary lifestyle- sitting too much increases heart disease death risk. Regarding better heart health, people should sit less and do more physical activity(Warren et al., 2010).

Non-modifiable factors-the article actually suggests that age's impact on CVD risk factors can be reduced, which means age is not completely unchangeable as a risk factor(Kannel & Vasan, 2009).

4. DIETARY THERAPY (NUTRITION IN CARDIOVASCULAR CARE)

There is much evidence that shows the preventive and healthy role of diet in cardiovascular care. Prevention of CVD (cardiovascular diseases) is mainly done by lifestyle modification from unhealthy eating to healthy eating, sedentary lifestyle to active lifestyle. Mediterranean diet (Med diet), DASH diet, low sodium diet, antioxidant rich diet plays an important role in the management of cardiovascular health. These diets produce the pro-inflammatory cytokines that reduce the synthesis of anti-inflammatory cytokines. This diet deals with hypertension, atherosclerosis, excess weight, arteriosclerosis, hyperlipidaemia and all(Ference et al., 2018). Unhealthy diet, high sodium diet, trans fat rich diet, salty, spicy diet and low number of vegetables, fruits, nuts, seeds etc can contribute to CVDs specially atherosclerosis, hypercholesterolemia, ischaemic heart disease and other cardiovascular issues. It has been also studied that vegetarians have a lower mortality rate than non-vegetarians due to cardiovascular problems(Salehin et al., 2023).

- **Whole-food plant-based diet.**

Plant based diet plays an important role in the prevention of cardiovascular diseases. A plant-based diet can reduce the morbidity rate of CVDs especially ischemic heart disease, blood pressure, glycaemic and lipid control and it reduces the use and need of pharmacological interventions (medication). The American college of cardiology (ACC) promotes healthy patterns for cardiovascular diseases preventive intervention just by eating diet rich in vegetables, fruits, whole grains, legumes, lean proteins, and omega 3 and omega 6 fatty acids and restrict the intake of

processed foods ,saturated fats , trans fat, sodium salts and added sugars(Salehin et al., 2023) Specific macro and micro nutrients have the preventive role in the CVDs , whole plant based diet like vegetables, fibres, seeds , nuts have phytonutrients like phytosterols , allicin that maintains the health heart and its related organs. It has been known that the plant diet has a significant role for cardiovascular health protection. This diet reduces the risk factors for cardiovascular diseases like low density lipoprotein (LDL) . Plant based diets not only prevent CVDs but also protect the environment from its degradation, global warming and save nature. Plant based diet includes Mediterranean diet, dietary approach to stop hypertension (DASH diet) , Portfolio diet, vegetarian and vegan diet as well(Trautwein & McKay, 2020).

- **Omega-3 fatty acids (flaxseed, walnuts, chia).**

Dietary fats also play a major role in cardiovascular health; it is said that quality fat is more than quantity of fat. Unsaturated fatty acids such as monounsaturated fatty acids (MUFA) oleic acid and polyunsaturated fatty acids (PUFA) are mainly omega 6 fatty acids such as linoleic acids and omega 3 fatty acids such as alpha linoleic acids. PUFA plays an important role in lowering the risk of CVDs especially coronary heart disease (CHD) by about 10%. Replacing saturated fatty acids (SAFA) with polyunsaturated fatty acids in the diet lowers the LDL (low density lipoprotein) without affecting HDL (high density lipoprotein) and TG (triglycerides) levels. The LDL level decreases more when SAFA is replaced by PUFA than by MUFA(Trautwein & McKay, 2020).

The **flaxseeds** have a significant role in CVDs including antihypertensive effects, anti-atherogenic effects, cholesterol lowering effect, anti-arrhythmic effect and anti-inflammatory effect. Flaxseeds are rich in omega 3 fatty acids alpha linoleic acid, lignans helps to ensure the cardiovascular health(Parikh et al., 2018).

The **walnuts** are the plant-based compound rich in anti-oxidant properties and are used as a good source of fat and protein to maintain heart health. Walnuts used as walnut protein powder, walnut peptides, plant-based walnuts, rich in omega 3 fatty acids harmonise the activity of heart and related organs(X. Zhou et al., 2022).

- **Chia seeds** are staple grains and they have many health benefits. They are healthy seeds and have the cholesterol lowering effect; they mainly lower the level of total and LDL cholesterol without any change in HDL cholesterol. When chia seeds are combined with soy,oats and nopal they reduce the level of triglycerides. Chia seeds are highly consumed by people of Latin America and it maintains the lipid profile of those people as it is rich in omega 3 fatty acids(Dickens et al., 2023).
- **Antioxidant-rich foods (fruits, vegetables, herbs).**

Regular intake of vegetables, fruits, cereals, legumes, nuts can lower the risk of CVDs. They contain a high amount of antioxidants in their main composition. Some studies suggest that some antioxidant

rich foods have beneficial effects on the heart system and their bioactive products are polyphenols, polysaccharides, anthocyanins, epigallocatechin gallate, quercetin, rutin and puerarin. Their mechanisms mainly included reducing blood pressure, improving lipid profile, ameliorating oxidative stress, mitigating inflammation and regulating gut microbiota. Some antioxidant rich natural products such as beetroot, garlic, ginger, almonds, soursop, arjun tree, moringa and green tea have the best cardio-protective effects(D. D. Zhou et al., 2021).

Lycopene present in tomatoes are not only responsible for colouring the tomatoes but it also has the beneficial effects on CVDs. it has the strongest antioxidant capability among highest carotenoid pigments. Regular consumption of lycopene has the beneficial effects on heart, endothelium, blood vessels. Lycopene reduces the chronic inflammation just by reducing the oxidative stress from cardiovascular organs and it also has neuroprotective activity. Lycopene is naturally present in tomatoes, grapefruit, watermelon, apricot, papaya and guava(Przybylska & Tokarczyk, 2022).

5. HYDROTHERAPY

Multiple factors cause cardiovascular disorders through their genetic, lifestyle and environmental impacts while high blood pressure, diabetes, smoking, obesity and family history of heart disease serve as primary risk factors for these conditions. Cardiovascular disease actually causes the most illness and death worldwide. It stands as the most critical health issue throughout the world. Almost 50 percent of US adults demonstrate major cardiovascular disease risk factors which include smoking and high blood pressure and high cholesterol levels that can result in heart failure and arrhythmias. Atherosclerosis progresses slowly through prolonged unhealthy lifestyle choices which Benjamin et al.(2018, 2019)identified as one of the primary factors that lead to heart disease.

Water therapy or use of hot baths or sauna baths have beneficial effects on CVDs. Hot water therapies reduce the risk and increase the prevention of CVDs. Water therapy improves the functioning of the heart and reduces the age-related risk for cardiovascular diseases and prevents the thickening of vessels of the heart. The application of dry sauna bath, hot immersion bath and Water therapy (far infrared sauna) greatly deals with the cardiovascular functions and health. The application of heat to the body causes the reduction in resistance of systemic vessels and the blood pressure(Brunt & Minson, 2021).

6. YOGA AND MIND-BODY INTERVENTIONS

It is already proven that yoga has an effective role in the management and prevention of cardiovascular diseases. Now a days yoga is attracting people as an effective therapy for cardiovascular diseases and yoga could be used as an adjuvant therapy for cardiac ailments(Mooventhana & Nivethitha, 2020). It has been studied that yoga maintains the physical as well as mental and emotional health of individuals and it includes various asanas(postures), pranayama (breathing techniques), meditation, mudras, bandhas that not only prevents CVDs but also reduces the stress of individuals(Sharma et al., 2024).

- **Asanas: For heart health):** Yogic asana or posture plays an important role in the prevention of cardiac diseases and also maintains heart health. yogic asana including marjari asana, halasana, shavasana, vrikshasana, tadasana , setubandhasana, uttanasana, supta baddha konasana (WHO) maintains the health of musculature of heart and reduces the work load from the heart. yogic asana effectively prevents cardiac morbidity(Sharma et al., 2024).
- **Pranayama: For stress & BP control:** The various breathing techniques including Anuloma- viloma pranayam, kapalbhati, Bhastrika can reduce the stress and maintain the blood pressure in normal levels(Gokal et al., 2007).Hypertension is a worldwide problem and the use of alternate nostril breathing techniques can reduce the problem. The alternate nostril breathing technique has a positive impact on the systolic and diastolic blood pressure. The pranayama maintains the blood pressure of hypertensive patients and healthy individuals and pranayama could be used as both therapeutically and preventive measure for blood pressure management(Nam et al., 2024).
- **Meditation and relaxation techniques:** Meditation and relaxation techniques maintain the health of the heart. It has been studied that om recitation, udgith, and pranav meditation has positive impacts on the heart health(Gokal et al., 2007). Heart failure is the leading cause of morbidity worldwide and meditation, relaxation techniques and mindfulness reduce the stress load in the patients(Cavalcante et al., 2023). The practice of mindfulness meditation leads to a reduction of heart stress which results in protection against cardiovascular diseases according to van der Zwan et al. 2015. The practice of yoga helps people maintain their cardiovascular health because it decreases multiple important risk factors which include blood pressure and cholesterol levels and body weight and stress. According to some studies, regular yoga practice helps people with atherosclerosis because it slows down their condition while also improving their endothelial function and restoring their blocked coronary arteries. The program helps people develop their physical abilities while also improving their mental health which helps them control and prevent heart-related medical conditions. The research requires larger multicenter studies to validate the findings and determine their impact on death rates according to Manchanda 2014.
- **Mud therapy:** Mud therapy actually uses clean clay and soil for healing treatments. This method definitely helps reduce skin problems and body pain through natural earth materials. Mud therapy is actually a complementary treatment that doctors use in Naturopathy. It definitely helps support the main treatment methods. Mud can be applied through direct and indirect methods. The direct method uses mud baths, while the indirect method itself involves mud packs for further treatment. It contains both organic and inorganic substances(*Therapeutic Uses of Mud Therapy in Naturopathy* | Request PDF, n.d.). These components work together in the system. The inorganic part has minerals like sodium, magnesium, and zinc, while the organic part itself contains humic acid which further helps the mud retain water. Mud pack therapy actually uses mineral-rich, cooled mud on specific body areas like abdomen and eyes. This treatment helps the body heal naturally. Also, it shows important effects on high blood pressure and heart health itself. These methods activate the parasympathetic nervous system and reduce sympathetic activity,

which lowers blood pressure and heart rate. Regarding thermal effects, they promote blood vessel relaxation and improve blood flow. These compounds surely exhibit anti-inflammatory properties that reduce inflammation throughout the body, they improve blood vessel function and make arteries less stiff. Basically, these mechanisms work together to reduce blood pressure immediately and may lower CVD risk, making mud pack therapy the same as a helpful additional treatment for hypertension(Fraiola et al., 2011; Sathyanath et al., 2022; Valsakumar et al., 2021).

8. FASTING THERAPY

Complete digestive system rest through fasting enables the body to initiate its natural healing process. The body uses this treatment to access its stored energy reserves which the body employs to execute both repair and detox procedures. The practice of fasting differs from both starvation and the act of eating less food. Fasting involves establishing predetermined periods during which we consume minimal or no food in order to achieve health advantages. The definition of fasting requires people to refrain from eating food for a specific duration which alters their bodily functions. The body actualizes fat metabolism and detoxifies expired cells during this time period. People practice intermittent fasting through alternate day or twice weekly fasting while they use periodic fasting methods which last three or more days every few weeks. The program permits participants to consume only water or foods with extremely low caloric content. The body initiates fat metabolism and cellular cleansing processes when you begin your fasting period. The process decreases inflammation while enhancing metabolic efficiency and metabolic syndrome management plus brain disease treatment and cancer control (Longo & Mattson, 2014). Fasting establishes heart disease prevention through better cholesterol control which decreases harmful blood fat levels. The treatment aids in weight loss while enhancing insulin function that regulates blood pressure and decreases obesity complications. The combined effects of these two factors result in decreased cardiovascular risks which benefit heart health just like maintaining a healthy cardiovascular system does(Hailu et al., 2024).

- **Therapeutic fasting (short-term, supervised)**

Intermittent fasting is one of the most attention gaining fasting nowadays with the calorie restriction but it is less calorie restriction than traditional calorie restriction fasting. Intermittent fasting is taking normal daily intake of calories with minute calorie restriction. Intermittent fasting commonly used are 16:8, 18:6, 20:4, in which 16 hours is the fasting period and 8 hours is the window phase in which calorie consumption is done by the patient. During the days of fasting period the body utilises ketone bodies for the energy because glucose concentration in the body decreases; this results in the biochemical transformation of lipids and causes decrease in the blood lipid level. The intermittent fasting increases the adiponectin level (collagen like plasma protein) which exhibits anti atherosclerotic properties and anti-inflammatory properties. Intermittent fasting maintains the blood pressure in normal levels and reduces the cardiovascular disease factors(Malinowski et al., 2019).

9. Lifestyle Modification

Basically, lifestyle modification means changing daily habits the same way to improve health and well-being. The study shows that a 10-day yoga and naturopathy program actually improves vagal function. This helps the body shift toward parasympathetic dominance(Shetty et al., 2024a).

10. Role of Magnetotherapy & Heliotherapy

Magnetotherapy and heliotherapy are the naturopathy modalities that are used to deal with various health ailments. Both are completely natural modalities and used naturally with no or minimum adverse effects.

- **Magnet application for circulation and stress reduction**

The magnetic field produced by the application of a magnet can effectively trap the harmful cells floating in the blood vessels and then this magnetic field treats them(Wei et al., 2012). The magnets embedded in steel stents are used to increase the capture and holding capacity of endothelial cells of the heart and enhance the healing of blood vessels rapidly. The stent is magnetised by a high-power magnet named neodymium magnet generate a strong magnetic field and it attracts the endothelial cells labelled with superparamagnetic iron oxide nanoparticles (SPIONs). thus, magnetic application can increase the healing of endothelial cells of heart and reduces complications like thrombus formation and promotes healing of heart(Uthamaraj et al., 2015). Stress artificially produced in the heart by pharmacological interventions could also be reduced by the use of magnetic therapy and measured by the magneto cardiogram(Brockmeier et al., 1997).

- **Sunlight exposure for Vitamin D, mood, and cardiovascular function**

Sunlight present in natural environment maintains the circadian rhythm and proper heliotherapy means exposure to natural sun during early morning hours reduce the risk of cardiac ailments and vitamin D synthesised in the skin of body in the presence of sunlight regulated the circadian rhythm, maintains the proper ranges of blood pressure, proper functioning of cardiac musculature and blood clotting time. Heliotherapy or sun exposure maintains the mood of humans. During winter season low sunlight exposure reduces the synthesis of Vit D levels and are associated with hypertension, cardiac arrest, stroke and heart failure. The vit D produced in the body by the exposure of UVB sunlight and thus helps to maintain heart health. UVA sunlight activates the nitric oxide (NO) pathway and enhances the release of NO from the skin and NO is responsible for blood vessels dilation thus it reduces the risk of hypertension or lower the increased blood pressure and improves the blood circulation throughout the body. It also reduces the risk of obesity by enhancing metabolism and improves the functioning of the heart. This regular sunlight exposure boosts the vitamin D synthesis, balances mood and maintains cardiac health(Bhatnagar, 2017).

11. Evidence-Based Research on Naturopathy in Cardiovascular Care

Naturopathy shows good results regarding heart care treatment. Research evidence supports natural methods for managing cardiovascular problems effectively.

Whole-System, Multi-Modality Naturopathy.

A systematic scoping review reported that comprehensive, multi-modality naturopathy treatment using nutrition, lifestyle changes, water therapy, herbal medicines, physical treatments and mind-body practices worked well for heart diseases and other health problems. The comprehensive approach actually demonstrated effectiveness in managing various health conditions(Myers & Vigar, 2019).

Worksite-Based Prevention Study.

worksite-based prevention studies only focusing on workplace health programs. These studies examine how companies can prevent diseases and promote worker wellness at job sites.

Companies actually try to improve employee health by focusing on diet, exercise, and stopping smoking habits. However, these wellness programs are not common in most workplaces and often lack proper planning. Basically, this creates the same major health problem for everyone, as workplace health programs could serve as valuable platforms for detecting and addressing heart disease risks(Biffi et al., 2022).

Combined Yoga and Naturopathic Lifestyle

A combined yoga and naturopathic lifestyle offer a complete approach to health and wellness. This integration helps people achieve better physical and mental well-being through natural methods. Yoga and Naturopathy actually help people change their daily habits to live more naturally. These practices guide individuals toward a simpler, healthier way of life. Evidence further suggests that these practices enhance cardiac autonomic regulation itself in both healthy and clinical populations. These traditional practices hold cultural importance, but their scientific effects on high blood pressure remain unclear, this study was designed to examine how Yoga and Naturopathic treatments affect the body's automatic nervous system functions in patients with hypertension(Shetty et al., 2024b).

12. Preventive Cardiology through Naturopathy

Naturopathy is helping to prevent heart diseases through natural methods. This approach is becoming popular for keeping the heart healthy without using medicines. As per the Naturopathic approach, cardiovascular disease prevention involves lifestyle counselling regarding healthy habits, proper diet and self-care for each individual. This complete method aims to reduce risk factors like high blood pressure and cholesterol as per healthy lifestyle changes. Regarding long-term heart disease risk, this approach leads to significant decreases(Decker, 2001). As per the study, personalized Naturopathy care was given regarding health promotion counselling, nutritional therapy, and dietary supplements, naturopathy doctors gave these treatments in only seven planned sessions at workplace clinics. The main aim was to encourage better eating habits and physical activity, as we are seeing both these factors play an important role in reducing heart disease risk only(Seely et al., 2013).

CONCLUSION

Naturopathy offers a complete approach to keep the heart healthy and prevent heart diseases. This method uses proven treatments to manage cardiovascular problems effectively. Basically, this approach uses simple lifestyle changes like proper diet, yoga, fasting, and natural treatments like water therapy and mud therapy to control the same major health problems - high blood pressure, obesity, and stress. Combining these methods with regular treatment will help reduce disease problems and improve life quality, this approach can lower heart disease risks effectively.

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Authors' Contributions

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