

Smart Heart, Smart India, Smart World (Swasthya Dil, Swasthya Bharat, Swasthya Sansar).

Tapping into the field of Consciousness for Healthy Heart: A New Paradigm and A New Mantra.



Dr. H. K. Chopra*

Dr. H.K. Chopra said that 17.9 Million people die each year from CVDs, an estimated 32% of all deaths worldwide. Heart Attack is rising rather steeply in our country especially in young in 20s & 30s. To a very large extent, heart attack is self-inflicted by our faulty lifestyle, which we adopt right from the childhood. Genetics definitely play a role but it can be modified by lifestyle optimization. The prevalence of Coronary Artery Disease in adults in India in the urban population is 14 percent, while in the rural population it is 8 percent. One should not have heart attack in the prime of his/her life when he/she is important not only to the family, but also to the community, society and nation. In fact, “we are the cause and we are the cure” of this malady of premature heart attack in young by optimizing our lifestyle right from the childhood in accordance with the laws of nature. A healthy heart is an expression of our own perception, thoughts, interpretations and choice making. Enhancing awareness about prevention and timely prediction and treatment of heart attack is the only solution

of reducing the rising menace of heart attack in our country. Women are fortunate to have lower prevalence of coronary artery disease before the age of 45 i.e. menopause. After menopause, the prevalence of CAD is same as men. Over 25 Lac people die of Heart Attack in our country every year. Out of these, 16 lac die within an hour of Heart Attack before even the medical aid is available.

While the mortality rate from cardiovascular disease (CVD) has decreased by 60% in Japan and Finland, 50% in USA, Canada and Australia and 25% in Europe, according to WHO projections, there will be a significant rise in mortality from CVD in India. The female population is under greater risk because metabolic syndrome (a combination of medical disorders like obesity, high blood pressure, diabetes and dyslipidemia etc) is more alarming amongst Indian women, according to the recent data published, the prevalence of metabolic syndrome is highest in India.

Dr. Chopra believes that prevention of coronary artery

disease must begin earlier especially at a young age before being victimized by faulty lifestyle including erratic eating habits, drinking, smoking, high level of stressful life with lack of sleep and burning both the ends of the candle at the same time, coupled with a sedentary lifestyle, uncontrolled hypertension, dyslipidemia and diabetes which harden the arteries of the heart with increase tendency for clotting all of which establish the bedrock of heart disease.

The theme of World Heart day this year is

“Work with your Heart, Know your risk factors”

“ Use your Heart to Beat CVD (Cardiovascular Disease)”

“Have Coordinated Efforts to improve your own Lifestyle and Diet.”

“Motivate yourself and others to reduce CVD Risks”.

One Heart, One Home, One World”.

“Use your Heart” to “Make Perfect Choices” for a Healthy Heart for ourselves, our family, our community, our corporate,

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our society, our nation and the world”.

Dr. Chopra firmly believes that “four sutras for optimal Healthy Heart are love, compassion, peace and harmony” to make perfect choices for healthy heart and beat CVD. These sutras (Suture or stitch) are possible by regular practice of yoga, meditation and perfect lifestyle

optimization, they connect heart with the consciousness by network of nerves fibers of autonomic nervous system (Heart Plexuses) which are chemically mediated, nurtured with human values release natural opiates: endorphins, serotonin, dopamine acetylcholine, oxytocin and nitric oxide which preserve the endothelial functions, thereby maintaining the patency of coronary arteries and the harmonious friendly biochemical environment within the blood vessel the heart thus remains healthy. If kindness, compassion, love, peace and harmony are missing with cynical behavior and hostility, then the heart is undernourished, stressed and the physiology changes to pathology. Fear, jealousy, hatredness, anger, greed, lurking grief, vengeance, vindictiveness, bigotry, arrogance, greed, lust, ego and other negative emotions release jittery molecules (Chemicals) which comprise of epinephrine, norepinephrine and cortisol which produce coronary artery diseases, alter the endothelial functions, agitate the platelets, oxidize Low Density Lipoproteins (LDL). They may enhance the tendency of a vulnerable plaque in the coronary artery to rupture, erode and ulcerate, thereby enhancing aggregation of platelets and

enhance thrombus (clot) formation thus leading to angina, acute Coronary Syndrome, Heart Attack, even sudden Cardiac Death and Brain Attack. Just one fit of anger or negative stress can produce a massive heart attack Dr. Chopra said .

Dr. Chopra is of the firm opinion that the emotion of love, compassion, peace and harmony are the most powerful sutras to have healthy heart and may help in prevention, regression and reversal of coronary artery diseases. This is possible by practicing perfect choices, regular practice of meditation and yoga. Thus, the “Health of the Heart is a Matter of your own choice, and not a Matter of chance”

Dr. Chopra’s firmly believe that Lifestyle optimization is an expressions how to perfect mind set and perfect mind set is an expression of perfect choices and perfect choices tap from the level of consciousness

Energized healthy heart, happiness, prosperity and success are expressions of this field of consciousness. (Silence and infinite love) Experience of this field on daily basis by optimization of lifestyle through all the eight limbs of yoga including Yama, (do and don’ts), Niyama (Self discipline), Asana (Postures), Pranayam (Breathing Exercise), Pratihara (Contemplation), Dharma (Concentration) Dhyana (Meditation), Samadhi (Transcendence). Healthy heart, healthy mind and healthy body are expressions of our consciousness. It is our consciousness which perceives, conceives, constructs and governs us at individual and universal level to have healthy heart. We are all the expressions

and projections of consciousness. Experience it on regular basis by meditation if you want to have a healthy heart .

Most of us are “Busy, Busy & Busy in earning money by faulty lifestyle and loose the health of the heart and then, we are busy, busy & busy in losing that money and trying to earn the Health of the heart” It is gone.

“We can block our coronary arteries and we can unblock them too by optimizing our lifestyle”.

Mahatma Gandhi said that “Health is Wealth, but Wealth is not Health”.

He also said that “Health of the heart is not in the pieces of gold, silver or piles of notes, it is in our own choices”.

We should be “an epitome and apostle of a perfect mind set and perfect choices” to have a healthy heart.

Consciousness (field of infinity) means awareness of ones own existence, sensations, thoughts and feelings and surrounding at an individual level or collective level. Infact whole existence in this universe including human beings, animals, plants, flowers, vegetables, minerals, water, sun, moon, galaxy of stars are all the expressions of existence of consciousness. Thus, Consciousness is beyond energy and matter. The scientific module operates on the reductionist principle conveying thereby that “we are all the hologram of the universe, and the universe is our hologram (every bit of universe is in us and every bit of us is in universe), we are the hologram of our heart, and our heart is a hologram of our mind and body. A drop of blood give information of

the biochemistry or the cell count of the whole body, similarly a bit of any particle gives information of the whole matter. If the parts of a whole are obtained and examined they will give the required analysis to explain how the whole operates, its reason for being, how it interacts with its environment. In other words, the total environment consists of parts, which come together to form a holistic phenomenon. Part of the rationale for this approach may relate to Darwin's theory of evolution which postulates that all life has evolved from simple living entities, which gradually developed complex systems as they interacted with one another, the weak growths giving way to those which were stronger and more competitive.

There is a vedic expression, which says

"As is the Atom, so is the universe"

"As is the microcosm, so is the macrocosm"

"As is the Universal body, So the is the cosmic body ""

"As is the universal mind, So is the cosmic mind"

Dr. Chopra said that "We are not the packages of Flesh and bone with wisps of memory and desire, but we are all a web of information and energy interwoven with emotions and intelligence from

the eye of the consciousness and not from the eye of the body or eye of the mind"

The time to reflect and reassess is now, to the scientific mode of research and to pay more attention to what science has discovered about the constitution of the universe. Scientific theories do not usually last the course as further research reveals new evidence that either overturns, or remodels, previous fixed beliefs.

The reason to look at the universe as a whole is now, which is then broken down into parts. The 'big bang' hypothesis states that the universe began as a single entity which exploded and sent its energy spreading throughout space, much like the result of exploding the atom. Quantum physics then goes on to state that everything in the universe is actually "energy and information" in many different forms and configurations. In other words, there is no solidity in fact, merely a slowing down of vibrations that we can see and feel with our senses by integrating science and spirituality.

Healthy Heart can be achieved by tapping into the field of infinity (Consciousness)

If, indeed, all particles including atomic or subatomic such as

Higgs Boson are conscious and aware of their consciousness that it can be stated that everything in this universe is connected and can be explained by many otherwise imponderable occurrences simultaneously. The 'Big Bang' was wholeness and as it unfolds the parts, of necessity, must be related, if not subsidiary creations must have occurred by insertion, from where? And there is no evidence for the latter

occurrence. We can assume that the universe is, in essence, of one mind and one consciousness. The human consciousness is a trapped universal consciousness and the heart consciousness is a trapped a human consciousness which are all interwoven and interconnected.

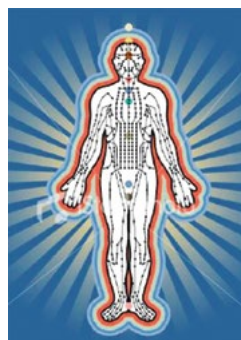
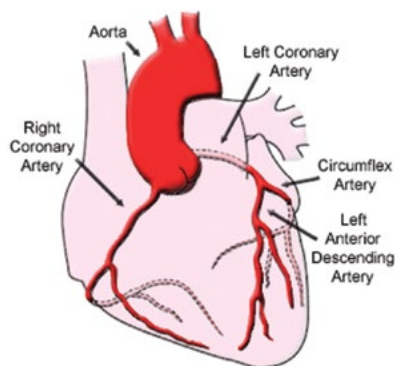
I firmly believe that healthy heart is an integration of Science, Spirituality, Quantum Physics, Humanity and Art from the level of consciousness which is expressed as follows:

"As is the quantum soup, So is the Quark,

As is the Quark, So is the Boson,

As is the Boson, So is the Primordial Sound

As is the PS, So is the Vibration energy (Sattvic/Rajasic/Tamsic) (SRT & PVK)



As are the Vibration energy, So are the Proton, Neutron & Electron,

As are the Proton, Neutron and Electron, So is the DNA

As is the DNA, So is the Intelligence,

As is the Intelligence, So are the Emotions, Perceptions, thoughts, Interpretations, & choices

As are the Choices,

As is the Choice, So is the Mind,

As is the Mind, So is the Body,

As are the Mind and the Body, So is the Lifestyle,

As is the Lifestyle, So is the health of the heart,

As is the Health of the heart, So is the World Around You.”

35 Points Programme for Healthy Heart.

We must take pledge for the following

Say “No” to 7’S

1. Stress
2. Sugar
3. Salt
4. Saturated and transfat
5. Smoking
6. Sedentary Lifestyle
7. Sleep in adequacy

Have Perfect Choices

8. Exercise daily for 30 minutes (Heart Friendly Exercise jogging,

jogging, cycling, swimming, dancing, treadmilling skiing.

9. Meditate for 20 minutes in the morning and evening.

10. Maintain optimum body weight.

11. Practice Self-Massage – “Abhyanga” on daily basis.

12. Eat the right food, at the right time, at the right place, in the right manner, in the right dose, in the right environment. Eat only when you are hungry, eat freshly cooked food in a quiet relaxed atmosphere and eat slowly and don’t eat when you are upset and avoid overeating.

13. Have sattvic vegetarian food and not tamsic or rajsic food. All 6 tastes including sweet, sour, salty, bitter, pungent and astringent should be included in every meal. As most of the coronary artery disease are pitta or kapha imbalances.

14. Eat more natural foods such as vegetables, fruits, salads

15. Take nuts on daily basis such as Almonds, Walnut & Pistachio.

16. Drink adequate water (1.5-2 L per day in consultation with you doctor).

17. Do not eat junk food such as fried food or sweets, etc.

18. Avoid a “pot-belly” abdomen.

19. Avoid unaccustomed exercise.

20. Remain cholesterol-fit.

21. Remain balanced in life.

22. Have adequate sleep for 7-8 hrs everyday.

23. Avoid lust, anger, greed, ego and attachment.

24. Be honest, truthful and dedicated for work.

25. Have good social support system.

26. Work with self-referral and not with object referral.

27. Have perfect choices to achieve any goal in a very peaceful manner.

28. Develop intimate relationship.

29. Become an embodiment of positive emotions such as love, compassion, humility, faith, confidence, peace, harmony, bless and happiness.

30. Have planned daily routine and set weekly, monthly and yearly plans.

31. Not fall victim to sympathetic overdrive.

32. Create heart wellness centre at workplace.

33. Mission Healthy Heart may be launched on TV, Print, Digital & Electronic Media.

34. Create a Smart Heart App.

35. Create Healthy Heart Whatsapp Group.

