

JOURNAL OF SCIENTIFIC & INNOVATIVE RESEARCH**Types of cardiovascular disease**

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The cardiovascular system consists of the heart and all blood vessels throughout the body. Diseases ranging from aneurysms to valve disease are types of cardiovascular disease. A person may be born with some types of cardiovascular disease (congenital) or acquire others later on, usually from a lifetime of unhealthy habits, such as smoking, which can damage the arteries and cause atherosclerosis.¹⁻⁴

Some specific terms used to describe the various forms of cardiovascular disease are:

Coronary artery disease-

This is a common form of cardiovascular disease. Coronary artery diseases are diseases of the arteries that supply the heart muscle with blood. Sometimes known as CAD, coronary artery disease is the leading cause of heart attacks. It generally means that blood flow through the coronary arteries has become obstructed, reducing blood flow to the heart muscle. The most common cause of such obstructions is a condition called atherosclerosis, a largely preventable

type of vascular disease. Coronary artery disease and the resulting reduced blood flow to the heart muscle can lead to other heart problems, such as chest pain (angina) and heart attack (myocardial infarction).

Heart attack-

A heart attack (see Figure 2) is an injury to the heart muscle caused by a loss of blood supply. The medical term for heart attack is "myocardial infarction," often abbreviated MI. A heart attack usually occurs when a

blood clot blocks the flow of blood through a coronary artery — a blood vessel that feeds blood to a part of the heart muscle. Interrupted blood flow to your heart can damage or destroy a part of the heart muscle.

Cardiomyopathy-

Cardiomyopathy means diseases of the heart muscle. Some types of cardiomyopathy are genetic, while others occur for reasons that are less well understood. Types of cardiomyopathy include ischemic, which is caused by loss of heart muscle from reduced coronary blood flow; dilated, which means the heart chambers are enlarged; hypertrophic, which means the heart muscle is thickened; and idiopathic, which means the cause is unknown. One of the most common types of cardiomyopathy is idiopathic dilated cardiomyopathy — an enlarged heart without a known cause.

Congenital heart disease-

Congenital heart disease refers to a form of heart disease that develops before birth (congenital). Congenital heart disease is a broad term and includes a wide range of diseases and conditions. These diseases can affect the formation of the heart muscle or

its chambers or valves. They include such conditions as narrowing of a section of the aorta (coarctation) or holes in the heart (atrial or ventricular septal defect). Some congenital heart defects may be apparent at birth, while others may not be detected until later in life.

Aneurysm-

An aneurysm is a bulge or weakness in a blood vessel (artery or vein) wall. Aneurysms usually get bigger over time. Because of that, they have the potential to rupture and cause life-threatening bleeding. Aneurysms can occur in arteries in any location in your body. The most common sites include the abdominal aorta and the arteries at the base of the brain.

Valvular heart diseases-

These are diseases of the heart valves. Four valves within your heart keep blood flowing in the right direction. Valves may be damaged by a variety of conditions leading to narrowing (stenosis), leaking (regurgitation or insufficiency) or improper closing (prolapse). You may be born with valvular disease, or the valves may be damaged by such conditions as rheumatic fever, infections (infectious endocarditis),

connective tissue disorders, and certain medications or radiation treatments for cancer.

Pericardial diseases-

These are diseases of the sac that encases the heart (pericardium). Pericardial disorders include inflammation (pericarditis), fluid accumulation (pericardial effusion) and stiffness (constrictive pericarditis). These can occur alone or together. The causes of pericardial disease vary, as do the problems they may lead to. For instance, pericarditis can occur after a heart attack and, as a result, lead to pericardial effusion or chest pain.

Heart failure-

Heart failure, often called congestive heart failure, is a condition in which the heart can't pump enough blood to meet the needs of your body's organs and tissues. It doesn't mean your heart has failed and can't pump blood at all. With this less effective pumping, vital organs don't get enough blood, causing such signs and symptoms as shortness of breath, fluid retention and fatigue. "Congestive" heart failure is technically reserved for situations in which heart failure has led to fluid buildup in the body. Not all heart failure is congestive, but

the terms are often used interchangeably. Heart failure may develop suddenly or over many years. It may occur as a result of other cardiovascular conditions that have damaged or weakened the heart, such as coronary artery disease or cardiomyopathy.

High blood pressure-

High blood pressure (hypertension) is the excessive force of blood pumping through your blood vessels. It's perhaps the most common form of cardiovascular disease in the Western world, affecting about one in four Americans. Although potentially life-threatening, it's one of the most preventable and treatable types of cardiovascular disease. High blood pressure also causes many other types of cardiovascular disease, such as stroke and heart failure.

Stroke-

A stroke occurs when blood flow to the brain is interrupted (ischemic stroke) or when a blood vessel in the brain ruptures (hemorrhagic stroke). Both can cause the death of brain cells in the affected areas. Stroke is also considered a neurological disorder because of the many complications it causes. Other forms of cardiovascular

disease, such as high blood pressure, increase your risk of stroke.

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