

ARTERIOSCLEROSIS

Arteriosclerosis is a disease process which is commonly called "hardening of arteries". It is caused mainly by deposits of calcium and fats on the inner lining of the artery walls which leads to the thickening and loss of elasticity of the artery walls. Eventually there is narrowing of the artery which decreases the blood flow to their respective tissues.

Atherosclerosis is a clot formation in the narrowed arteries and thickening of arteries takes place only in advanced stages or old age.

CAUSES

- 1) High levels of cholesterol, triglycerides and low-density lipoproteins (LDL) in the blood.
- 2) Diets rich in fats - oils, butter, cream, cheese etc.
- 3) Obesity.
- 4) Hypertension (high blood pressure).
- 5) Diabetes.
- 6) Excess intake of calcium (arteriosclerosis).
- 7) Stress.
- 8) Sedentary life.
- 9) Smoking.
- 10) Family history of atherosclerosis.

ATHEROSCLEROSIS

- a. Pain in limbs when walking.
 - b. Fatigue.
 - c. Giddiness.
 - d. Paralysis.
 - e. Stroke.
 - f. Cardiac diseases.
 - g. Ischemic heart diseases.
 - h. Myocardial infarction.
- 2) Cerebro-vascular diseases.

DIETARY MANAGEMENT

- a. Avoid foods rich in fats, oils, butter, ghee, nuts etc.
- b. Avoid foods rich in cholesterol: ground nut oil, ghee, butter, whole milk, eggs, lard (fats derived from pig meat), tallow (fats derived from goat or sheep mutton), oily fish, meats and red meat - all non-vegetarian food contain cholesterol in varied amount.
- c. Remember vegetable oils like safflower oil, cotton seed oil, mustard oil, etc do not contain cholesterol.
- d. Increase intake of foods that contain PUFA's (poly unsaturated fatty acids): flax / linseed oil is the richest source of PUFA's. Other oils that contain PUFA's are safflower oil, soybean oil, cottonseed oil, maize oil, sesame oil, rich bran oil, ground nut oil, mustard oil and olive oil. As all oils are high in fats, its consumption should be limited; the intake should not exceed 20gms a day.
- a. Sesame oil and almond oil hinders the absorption of LDL (low-density lipoproteins), so it is advisable to replace other cooking oils by sesame oil.
- b. Consume food rich in magnesium.
 - i. Sea food, sea plants like Japanese sea plants, green leafy vegetables, nuts, whole grains, peas, lotus stem, pulses, legumes and oil seeds.

- c. Avoid eating junk food - pizza, burgers etc.
- d. Reduce calcium intake (reduce but do not completely avoid calcium as it is needed for maintenance of our body):-
 - i. Milk and sea food, nuts, whole grains.
 - ii. Should avoid custard apple which is high in calcium.
 - iii. Note: Calcium from green leafy vegetables and cereals are not absorbed adequately due to presence of oxalic acid, phytic acid and fibre. Hence vegetables and cereals should be consumed regularly.
- e. Consume lots of fresh fruits and vegetables.
- f. Increase intake of fibre: whole grains, bran, oat, green leafy vegetables, peas, beans, potatoes, raw vegetables, salads, dried fruits and fresh fruits.
- g. Eat fruits and vegetables with the skin.
- h. Increase intake of vitamin C, it maintains the elasticity and integrity of the artery walls.
 - i. Citrus fruits, green leafy vegetables and vegetables- cabbage, broccoli, tubers.
- i. Avoid non-vegetarian food especially red meat.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .