

ISSN : 2456-5474

Vol.-6th Issue-2nd March- 2021

RNI : UPBIL/2016/68367
Bi-lingual/Monthly



Innovation



The Research Concept

Multi-disciplinary Peer Reviewed/Refereed International Research Journal
Publisher : Social Research Foundation, Kanpur (SRF International)

S
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F

— Impact Factor —
SJIF = 6.122
IJIF = 4.112



Indexed with
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Cardiovascular Disease and Its Psychological Interventions

Paper Submission: 02/03/2021, Date of Acceptance: 20/03/2021, Date of Publication: 23/03/2021



Priyanka Jha
Research Scholar,
Dept. of Psychology,
Kolhan University,
Chaibasa, Jharkhand, India



Firoz Ibrahimi
Head,
Dept. of Psychology,
Karim City College,
Jamshedpur, Jharkhand, India

Abstract

Cardiovascular disease is one of the leading problem seen by the physician and it is not easily treated. In some instance, behavioral therapy may serve as a useful adjunct to the pharmacological treatment of this disease. There is evidence indicates the literature on that relaxation therapy and stress management merit in combination with medical treatment result in significantly greater reductions.

Recent clinical research on the psychological treatment of cardiovascular disease is rewarded in four categories as Hypertension, Cardiac arrhythmia coronary artery disease and peripheral circulatory disease. In the treatment of hypertension bio-feedback of blood pressure, electromyography and galvanic skin responses both are very useful, as systematic relaxation training of either an active or passive- meditative nature bio feedback of heart rate has shown some utility.

Keywords: Cardiac, Coronary, Cardio-vascular, Myocardial Infraction, Ischemia, Fibrillation, Stress, Anxiety, Autonomic Nervous System, Depression, behavioral mechanism.

Introduction

The coronary heart disease (C.H.D) is known as many technical name as coronary artery disease (C.A.D), Ischemic heart disease (I.H.D). It involves the reduction of blood flow to the heart muscle due to buildup of the plaque in arteries of the heart. It is the most common of the cardiovascular disease. Its types include Stable Angina, Unstable Angina, and Myocardial Infraction or sudden cardiac arrest.

Aim of the study

This study is focused upon the relation of Psychological symptoms like, stress, anxiety and depression with the Cardio-vascular diseases. This paper is an attempt to point out the importance of Psychological treatment along-with medicines in case of such diseases, which may save several valuable lives.

Common Angina

Common angina or stable angina is the most common form of angina. It usually happens when the person exert yourself and goes away with rest, for example – pain that comes when person walking uphill or in the cold weather may be cause angina.

Angina is chest pain or discomfort when there is not enough blood flow to the heart muscle. The heart muscle needs oxygen that the blood carries. Angina may feel like pressure or squeezing pain in chest. It may feel like indigestion and also feel pain in shoulders, arms, back, and jaw.

Uncommon Angina

Unstable angina is a condition in which heart don't get enough blood flow and oxygen. It may lead to the heart attack. Angina is a type of chest discomfort caused by poor blood flow through the blood vessels of the heart muscle.

Myocardial Infraction

Limitation of blood flow to the heart cause ischemia is known for cell starvation secondary to the oxygen and this is called a myocardial infraction is commonly known as heart attack.

Ventricular Fibrillation

Chronic high grade narrowing of the coronary arteries can induced transient ischemia which leads to the induction of ventricular arrhythmia, which may terminate in to a dangerous heart rhythm known as ventricular fibrillation which often leads to death.

Anxiety

The anxiety is caused for the heart disease has been mentioned around for as long as the history of medicine has been documented.