

# ANGINA PECTORIS

Angina pectoris is the discomfort resulting from acute myocardial ischemia.



## Symptoms :

### General

- If pain is severe, sweating and nausea

### Brain

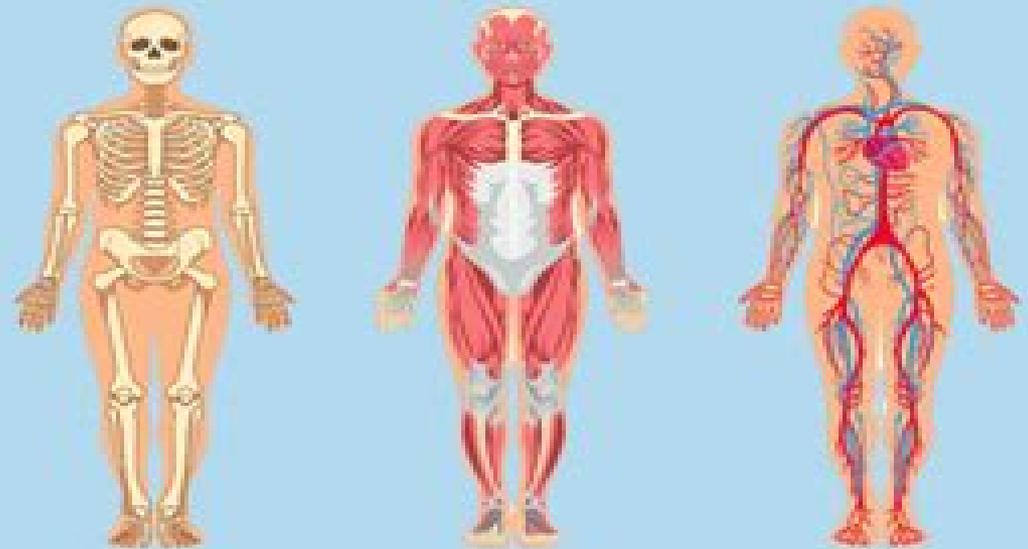
- Dizziness
- Faintness

### Lung

- Dyspnoea
- Choking sensation

### Heart

- Anginal pain at sternum or over left pericardium, Upper arm, Lower jaw
- Pain like constriction or choking
- Radiate to right or left arm or both, neck or jaw



## CAUSES

- Myocardial Ischaemia
- Left ventricular hypertrophy
- Valve diseases
- Hyperinsulinism in diabetic
- Hypertension
- Hyperlipidaemia
- Obesity

## DIET & REGIMEN

Eat plenty of:

- Fruits, vegetables, whole grains
- Lean proteins-Fish, beans, chicken
- Skim milk, low-fat yogurt

Avoid food:

- Foods that contain saturated fat
- Fried foods

## TREATMENT

- Calcium antagonists (diltiazem-DOC)
- B-blockers are contraindicated in Prinzmetal's variant
- Coronary Revascularization

## HOMEOPATHIC MEDICINES

- Arnica montana
- Agaricus muscarius
- Bryonia Alba
- Carbo veg
- Chininum Ars
- Lachesis
- Nux Vomica



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**L Reisser**



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