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Arterial Complaint at Sight

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Abstract:

The protection of cardiac health is an alternative to defy the danger of collapsing unitary life with respect to organized behavior in terms of maintenance pattern of neighboring components begotten with desirability at a grandeur endowed to people, class and society. Personality traits like optimism and pessimism can affect many areas of cardiac health for well-being. The positive thinking that typically comes with optimism is a key part of effective stress management and is associated with health betterments. If an individual tends to be pessimistic, should not despair while can learn positive thinking skills. Positive thinking often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through a man's head. Some self-talk comes from logic, reason and information, other from misconceptions.

Positive thinking means approaching unpleasantness in more positive and productive fashion. If thoughts that run through head are mostly negative, not only an outlook on life is likely pessimistic, moreover the tense state of brain nerves attribute to heart problem, as a consequence a candidate of socio-cultural mission can fail to involve in welfare acts when one will be disabled. Hence hopes should be accepted and disparities rejected of the mind since the former is strong enough to prevent and reduce the harms of circulatory diseases while the latter either makes the disease invade or grow in an individual's body as per situation. The health states arisen out of anxiety, depression and tension are normalized through training on awareness and life-style pursuit about heart.

Keywords: Arterial disorder, myocardial infarction, socialites, optimism, pessimism

1. Introduction

In most of the people's understanding the disease related to heart is an incurable throughout entire age, has appeared as one of the detrimental cases when taken with the situation of habitual activities as an obstructive thing to make worth application of organs. The body of an individual becomes valid until health related systems function smoothly to hold regularity of structural, functional setting associated with aggregate method persistent to cherish lively features. Maintenance of physical system through medical advice and treatment is a general commitment to take primitive measure under precaution against upcoming possibility of circulatory hindrances. It is followed resorting to avoidance of unhealthy habits and life style of persons susceptible to symptomatic diseases before heart complications in the grown up stage afterward because of less awareness of the symptoms caused from primitive traumas out of arterial blockage of blood to cardiac organ. The training on keeping the disease away from health harm in individual as well as surrounding role to a mass of socialites will help the program of organized endeavors flourish into a gradual trend. Therefore this enhancement of life and environment endowed with action oriented candidate becomes like what furnishes the duty giving pattern into contributive effort which shall fetch rectification to state of missionary proceeding together-with cultivation. The protection of cardiac health is an alternative to defy the danger of collapsing unitary lives with respect to organized behavior in terms of renewal of surrounding system toward a desirability endowed with peoples' admiration.

The medication for stages of heart and coronary heart disease vary as per the type, genesis and prognosis of the case since the two are different depending on the arterial blockage of blood with cardiovascular organ. Heart disease is generally an obstruction against blood flow within artery of the cardiovascular system due to which oxygen, glucose, and other nutrients do not reach the pumping station, as a result cells of its muscles fade away giving rise to different stages later such as arrhythmia, stenosis of artery, transient ischemia, oedema or fluid retention, etc. Coronary heart disease is a blockage of blood circulation system but inside coronary artery and emerges in forms of angina pectoris, atherosclerosis, and myocardial infarction or heart attack. The artery is blocked by undigested food particles which are not utilized by body cells for metabolism, such as fine sugar, salt, protein, lipid, fat, cholesterol, dopamine, aldosterone, creatinine, etc. and the myocardial cells die without nourishment, there energy is not acquired by the body for its vital activities. The training on keeping the disease away from health harm in individual as well as surrounding role to a mass of socialites will help the program of organized endeavors flourish in a gradual feat. Therefore, enhancement of life and environment endowed with action oriented socialites becomes like what furnishes the duty lending pattern into beneficial dedication which shall destine strivers for an accomplishment of majority approach.

2. Methods

The research design has pursued complete guidelines for collecting details, described theme of topic research firstly by selection of destination including two major classification of the project, viz., exploratory research and conclusive research for preparation. A research model had been used to find the best result through a means consisting of some objective find and a set of constraints dependent on the reality feat, the fittest approach should have been accomplished further. Secondly a sampling plan brought upon mechanism by which its units of study were selected from a frame of population. A mixed method of study involved that different response variables were affected by several factors. The data could be classified into primary and secondary categories. Different methods of primary data collection were observation, verbal, interview, telephone, mobile SMS and e- mail contacts. The proposed study on CHD patients had been commenced, through a clear delineation of a conceptual framework in medical sociological perspective on the initial topic, to disclose, describe and analyze their psychological states at and from the disease, thus that was an exploratory. Once a purpose was clearly defined and a full description of the kinds of outcome the researcher had to achieve, then one could proceed to the next step in the research design after a conceptualization of study qualitatively as well as quantitatively both in terms of structural, functional, behavioral, and figurative details about individual, social and cultural aspects. In order to draw meaningful conclusions about medical as well as social science concepts, it was necessarily stipulated what was understood by these ideas in practical words. The research has provided a cognizance about recent threats posed by the genetic killer disease to heart along with its solution followed by doctors, medical workers, patients their family members together with some sociological implications essential to take productive steps in community-oriented domains of mere operational steps. The sample of study had been remained only as available from those CHD victims whose population was thought of not more than 300 interviewees throughout the three different departments of cardiology. On the way 100 coronary heart patients were taken from Vayodhya Hospital, 100 from Shahid Gangalal National Heart Center, and 100 from T.U. Teaching Hospital each within Kathmandu Nepal. The method adopted had become systematic stratified sampling in which the division was 10 with each homogeneous stratum with coronary heart disease only so the information gathered thereby might remain somewhat similar to learning about an individual's appropriateness as to surrounding roles been intervened. The sampling units already below limitation were from the three centers for all arterial defects. At a single universe 100 respondents should have been sought out to conduct the interview from where the full target was availed as best. Several data collected through field work and secondary approach would be categorized, processed, error verified, then edited, coded, tabulated, interpreted, generalized in both qualitative and quantitative ways working out from SPSS on the computer and finally reported in logical sequences.

3. Result

Coronary heart disease conceptualized by patients into their psychological perception as well as mental intuition is given as data interpretation below,

3.1. Fear of Treatment

Fear of Treatment					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	yes	73	24.3	24.3	24.3
	no	161	53.7	53.7	78.0
	Don't know	66	22.0	22.0	100.0
Total		300	100.0	100.0	

Table 1: Fear of Treatment
Sources: Field Survey, 2013

The respondents who feared the medical treatment had a frequency 73 at 24.3% with 24.3 the cumulative percentage and who did not fear that had a frequency 161 at 53.7% with 78.0 the cumulative percentage, and those respondents who did not answer the question had a frequency 66 at 22.0% with 100 the cumulative percentage as they showed a valid result altogether. Thereby the total frequency had been 300 at 100%.

3.2. Scare of surgery

Scare of surgery					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	yes	55	18.3	18.3	18.3
	no	211	70.3	70.3	88.6
	Don't know	34	11.4	11.4	100.0
Total		300	100.0		

Table 2: Scare of surgery
Sources: Field Survey, 2013

Those patients who feared heart surgery had a frequency 55 at 18.3% with 18.3 the cumulative percentage while those who did not fear had a frequency 211 at 70.3% with 88.6 the cumulative percentage and those who did not answer to that had a frequency 34 at 11.4% with 100.0 the cumulative percentage. The total frequency of respondents had already become 300 at 100.0% over there.

3.3 Regret

Regret					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	yes	23	7.7	7.7	7.7
	no	140	46.7	46.7	54.4
	Don't know	137	45.6	45.6	100.0
Total		300	100.0		

Table 3: Regret
Sources: Field Survey, 2013

The respondents regretting the treatment which they early followed had a frequency 23 at 7.7% with 7.7 the cumulative percentage. Those ones not thinking so actually had a frequency 140 at 46.7% with 54.4 the cumulative value and those who did not know the answer had a frequency 137 at 45.6% with 100.0 the cumulative percentage which all showed a validity of value. The frequency of total respondents had become 300 at 100.0% by that.

3.4 Continuity

Continuity					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	yes	16	5.3	5.3	5.3
	no	55	18.3	18.3	23.6
	Don't know	229	76.3	76.3	100
Total		300	100.0		

Table 4: Continuity
Sources: Field Survey, 2013

The respondents who were not benefited from the treatment, but followed the procedure onward had a frequency 16 at 5.3% with 5.3 the cumulative percentage, who did not follow the same again at this circumstance had a frequency 55 at 18.3% with 23.6 the cumulative percentage and those not giving an answer to that question had a frequency 229 at 76.3% with 100 the cumulative percentage as these were validating the result. Their total frequency had already been 300 at 100.0%.

4. Discussion

The human heart is built for amazing endurance, but like any other part of the body, it is vulnerable to breakdowns. Heart problems vary widely in their nature and severity. They may be transient or chronic, slow-developing or sudden, merely inconvenient or fatal. Coronary arteries are shaped like hollow tubes through which blood can flow freely. The muscular walls of the coronary arteries are normally smooth and elastic and are lined with a layer of cells called the endothelium. The endothelium provides a physical barrier between the blood stream and the coronary artery walls, while regulating the function of the artery by releasing chemical signals in response to various stimuli. Stroke is a kind of shock, caused by a lack of blood flow to the brain. This can happen because of a blood clot traveling to the blood vessels in the brain, or bleeding in the brain (York D. o., 2015). Stroke also has many of the same risk factors as heart disease does.

Heart valve diseases occur when one of the four, namely semi-lunar, bicuspid, tricuspid and mitral valves, in the heart doesn't work properly. According to York, blood can leak through the valve in the wrong direction, or a valve may not open far enough and block blood flow. An unusual heartbeat, called a heart murmur, is the most common symptom. Certain heart problems, such as heart attack, heart disease, or infection, can cause heart valve diseases. Some people then are born with heart valve problems.

Coronary artery disease starts when people are very young. Staff remarks before their teen years, the blood vessel walls begin to show streaks of fat. As they get older, the fat builds up, causing slight injury to blood vessel walls. Other substances traveling through a blood stream, such as inflammatory cells, cellular waste products, proteins and calcium begin to stick to the vessel walls. The fat and other substances combine to form a material called plaque. Many of the plaque deposits are soft on the inside with a hard fibrous cap covering the outside. If the hard surface cracks or tears, the soft, fatty matter inside is exposed. Platelets come to the area, and blood clots form around the plaque. Usually, the disease stems from atherosclerosis, a condition sometimes called hardening of the arteries. Coronary heart disease can result in painful episodes of angina (chest pain) or a heart attack or, in the worst case, sudden death (Staff, 2015). Coronary artery disease can also cause heart failure if there has been a heart attack that damaged the heart muscle. Some types of heart disease, closely linked to diet and lifestyle choices, are preventable; others are due to heredity, infections, or other uncontrollable factors.

Sometimes, the blood clot breaks apart, and blood supply is restored. In other cases, the blood clot (coronary thrombus) may suddenly block the blood supply to the heart muscle (coronary occlusion), causing one of three serious conditions, called acute coronary syndromes. When arteries narrow, the heart can't get enough blood and oxygen (Family, 2015). A blocked artery can cause a heart attack. Over time, the similar complaint can weaken the heart muscle and cause arrhythmic heart failure. Heart failure occurs when heart muscle becomes stiff or weak, cannot pump out enough oxygen-rich blood, which causes symptoms throughout body. The condition may affect only the right side or only the left side of the heart. High blood pressure and coronary artery disease are said common causes of heart failure. Usually, the disease evolves from atherosclerosis, a condition sometimes called hardening of the arteries. Coronary heart disease can result in painful episodes of angina (chest pain) or a heart attack or, in the worst case, sudden death. Coronary artery disease can also cause heart failure if there has been a heart attack that damaged the heart muscle (Staff, 2015). Some types of heart disease, closely linked to behavioral disorders, are preventable in early case, others are not resistible due to heredity, infections, or some uncontrollable factors.

Arrhythmias are problems with heart rate (pulse) or heart rhythm. As Family explains this happens when the heart's electrical system doesn't work properly. Certain heart problems, such as heart attack or heart failure can cause interference with the heart's electrical system, at this circumstance some people are found coming with an arrhythmia. Arrhythmias are problems with heart rate (pulse) or heart rhythm. This happens when the heart's electrical system doesn't work properly. The heart may beat too fast, too slow, or unevenly. Heart failure occurs when the heart muscle becomes stiff or weak. It cannot pump out enough oxygen-rich blood, the condition may affect only the right side or the left side of heart. High blood pressure and coronary artery disease are common causes of arrhythmic heart failure.

Heart treatment along medication comprises of drugs like ACE-inhibitors, beta-blockers for future heart attack, calcium channel blockers, diuretics for hypertension and incident myocardial infarction, arrhythmia, angina pectoris, oedema, etc. respectively. Angina pectoris is treated with nitroglycerine, thrombosis that leads to heart attack is initially treated with aspirin and heart attack with statin. Except medicinal facility heart can be treated by resorting to angioplasty, stent implantation where bare-metal or drug-eluting device applies, coronary artery by-pass and organ-transplant operations, being added (William P. Castelli, 1986). Comparatively to treatment kinds, avoidance of risk factors such as smoking, alcoholism, substance abuse, heavy diet, depressive mood and pursuit of healthy life-style including regular exercises, not sedentary lying, eating healthy foods, losing excess weight and stress management can aid a big supplement.

Most of ancestral peoples look bad heart symptoms as incurable, destined throughout age, ill fate, and thus inevitable, because treatments and therapies may not prove worth. They go for treatment and counseling for cardiac health maintenance with only an encouragement from their relational men and women whoever knew some facts regarding type and defects of circulatory system. The patients who were disabled by the effect of heart related severities would stay their long lives without hope of recovery because they regard the treatment of chronic stage of cardiac organ is not acquired. Based on the pessimist expression already had from a disease the tangible action for surrounding fulfillment would not be afforded in which the operational candidates already qualified with talent, educational status and acumen are not indeed a utility.

An association between anxiety and cardiovascular system has been comparatively referred to the relationship between depression and heart disease. However, Cann believes the connection is strong that anxiety disorders can play a major role in heart disease who believes that a really careful look at anxiety would reveal the ways it can severely impact heart disease, both as a contributing factor and as an obstacle in recovery. The effect of anxiety on the heart is termed with a person's thoughts about what lies ahead might be extremely negative and would cause a drastically foreshortened outlook of the future. When some people are anxious, their bodies react in ways that can put an extra strain on their heart. The physical symptoms of anxiety can be especially damaging among individuals with existing cardiac disease. Anxiety may have an association with the following up heart disorders and cardiac risk factors (Cann). Worried condition of brain is harmful in both senses that it can trigger heart troubles and make them more complicate later. The anxious thoughts about the onslaught of heart borne disease can attribute to the severity of subsequent chronic stages with arterial troubles, thereby all weak mood preparations stay on against health orders. Even thinking about stress, Olson cites, could develop more the worrying of mind, so an increased perception almost doubles the risk of heart attack. The association observed between an individual's perception of the impact of stress on their health and their risk of heart attack was discerned independent of biological factors, unhealthy behaviors and other psychological aspects. Stress is a hard-wired reaction meant to protect the body against threats from predators (Olson, 2013). Stress can no doubt occupy the body when faced with multiple demands each day, such as financial, personal, intellectual, and likewise overwhelming workloads, mostly a projection of responsibilities at sight.

Personality traits like optimism and pessimism included in psychological regions is said to affect severely many prospects of personal health and well-being tendencies. The positive thinking that typically comes with optimism is a key of effective stress management associated with health fitness. Indeed, Staff reports, some studies show that personality traits like optimism and pessimism can affect many areas of a man's health and normality. Positive thinking has been found often starting with self-talk, other way the endless stream of unspoken thoughts that run through the head. These automatic thoughts can be positive or negative, coming easily from logical and reasonable sources. Other self-talk may arise from misconceptions that victims self-create because of lacking information and views about a facet.

If thoughts that run through head are mostly negative, an outlook on life is yielded more pessimistic. If thoughts are ever positive, people are likely optimist who always practice positive thinking that comes from use of logic and reason. But misconceptions that is created because of lacking information, can let a chaotic state prevail, meant this opposes bright insight amidst learning alternates. Hence correct intuition should draw out a comfortable impression of the observable quality in accordance with properly internalized terms (Staff, 2015). Notable is again that deep reading and thinking of intellectuals is a cause of coronary heart disease just like the

stress of anxiety is another risk factor for growing up the same heart complication of illiterate patients, because a tense effect on nervous system is connectively so much harmful at cardiac level.

5. Conclusion

Educated and studious people catch coronary heart disease since why the findings have shown those who did not fear, regret medicinal as well as surgical treatments and continued the procedure further could have been intellectuals whose brain work is also a risk factor for heart problem as it causes stress and strain on the nervous from which on cardiovascular system. A few people who were illiterate instead of many others used to take heart disease somewhat lightly before its onset. Patients of arrogant societies have interpreted after its affection as an incurable malady because heart attack and heart failure happening due to high blood pressure were ever heard fatal from numerous clinical reports if they had not undergone stress management therapeutically. Those persons rich in skill and qualification, also seeming prominent about act of benevolence but incapacitated by last stage of coronary heart disease that could be myocardial infarction after which irreversible death challenges their survival feel rest of their ages worthless, caused by psychological trauma from severe effects of heart suffering. Rather they will once consider any heart problem most seriously, correctly and consciously in the manner a successful prevention is done possible at quite primitive phases. After onset they are persuaded to get trained nicely regarding the cause and effect of disease and the possibility of controlling it that no traumatic complaint they could bear long by virtue of medical and surgical alternatives been facilitated. When become debilitated by the paralytic strokes at chronic stage of arterial blockage disorders they would try to be of much and less usage for the majority role by own pre-born capabilities, while were carried onto hopeful stamina, after many other persons in kinship could stem up of formers.

6. References

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