



Management Strategies for Myocardial Infarction

P Veeresh Babu* and G Dhananjaya Reddy

Department of Pharmacology, Gokaraju Rangaraju College of Pharmacy,
Hyderabad, Telangana, India

***Corresponding Author:** P Veeresh Babu, Department of Pharmacology, Gokaraju Rangaraju College of Pharmacy, Hyderabad, Telangana, India.

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Myocardial infarction (MI) mainly refers to ischemic myocardial necrosis. Reduction in coronary blood flow due to narrowing or blocking of the coronary arteries is responsible for myocardial infarction. Myocardial ischemia, which develops due to lack of blood flow and oxygen will subsequently develop into ischemic myocardial necrosis. Obstruction of coronary artery due to the lytic products of atherosclerotic plaque is the mechanism involved in the pathogenesis of myocardial infarction. Clinically, patients with myocardial infarction are present with discomfort, chest pain, shortness of breath, nausea, feeling faint, cold sweat, fatigue, body or stomach pain.

Different treatment systems

The present treatment goal of myocardial infarction is the restoration of coronary blood flow by breaking the blockade and prevention of myocardial necrosis.

Allopathy therapy include use of ACE inhibitors, Aldosterone receptor antagonists, β -receptor blockers, Angiotensin receptor blockers, etc. Left ventricular remodeling is the major goal of the allopathy therapy.

Ayurveda is the oldest system of medicine it offers diverse herbal medicinal plants which show promising results in curing heart ailments which includes Rasona - *Allium sativum*, Amalaki - *Embilica officinalis*, Gokshura - *Tribulus terrestris*, Guggulu - *Commiphora mukul*, Arjuna - *Terminalia arjuna*.

Siddha, traditional system of medicine was originated from Dravidian culture. It helps to strengthen and renovate the organs. Medicines for Heart diseases include Karpoorathi chooranam, Elathi mathirai, Pitha Kritham, Marutham pattai, Arasam pattai.

Unani

Diet, Drug, other regimes helps to prevent and manage MI in this system of medicine. Amraze mufrada-sue tarkeeb-khilqat-majari is the term used to describe MI by Unani physicians. Some of

the medicines include Bandarajoboya, Aabresham, Lehsun, Ushna, Rehan, Zafran, Daroonje aqrabi, Haleela kabuli etc.

Telemedicine according to the American Telemedicine Association, "tele-medicine" and "telehealth" are the exchange of medical (healthcare) and health information from one site to another using electronic means of communication, including the telephone, internet, or videoconference, to improve or maintain patients' health status.

Surgeries

Angiography, coronary artery bypass grafting and non-invasive cardiovascular imaging are the different surgical methods available. Angiography helps in restoring blood flow in coronary blood vessels while coronary artery bypass grafting helps to find alternate route of blood flow to the cardiac muscle. Many advanced non invasive techniques are available.

Stem cells

Catheter is used to insert the stem cells taken from bone marrow into the heart muscle. Once in place, stem cells help regenerate damaged heart tissue as primarily they are pluripotent in nature. They offer ocean of possibilities in curing heart ailments.

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