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MANAGEMENT OF CARDIOVASCULAR DISEASE AND WELLNESS IN THE DIVINE LIGHT OF SHRIMADBHAGAVADGEETA

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ABSTRACT

Cardiovascular disease is a psychosomatic and lifestyle related disease. It's called Rajrog in Indian medical science. Bhagavadgeeta is a text book of Indian psychology and spirituality, which teaches how to live our life. There are two main characters in Bhagavad Gita: 1. Arjuna and 2. Lord Krishna. Arjuna's mental condition is exactly like that of a common person before suffering from heart disease. Attachment to loved ones, conflict of duty, stress, tension, depression, ego loss, betrayal by loved ones, emotional hurt etc. are the conditions before heart disease. Bhagavadgeeta teaches us to make a balance between materialism and spirituality. If we live our life according to concept of Bhagavadgeeta. We can avoid many lifestyle diseases. Instead of it, Bhagavadgeeta teaches us how to synchronize body, senses, mind, intellect and soul. Mind and body is connected to each other. So, mental fluctuations like stress, tension, aggression, frustration, anger, irritation, dissatisfaction, depression, anxiety, attachment and detachment, illusion etc. are usually come in mind and body also affected from these fluctuations by endocrine glands, due to this many diseases occur in our body but root is exist in mind. Bhagavadgeeta gives tools like Gyanyoga, Karmyoga, Bhaktiyoga to cope from daily routine mental disturbances, how to live our life disease free and get wellness. This research paper describes which concepts of Bhagavadgeeta are useful to managing root cause of cardiovascular disease and getting wellneses in sight of scientific and textual researches.

KEYWORDS: Yoga, Bhagavadgeeta, Stress, Tension, Depression, Cardiovascular disease.

1. INTRODUCTION

According to Global burden disease (2010), CVD is one of the most dangerous ailments. Today, CVD is becoming an epidemic. In India, cardiovascular diseases (CVDs) account for approximately 24.8% of total deaths. Globally, about 235 individuals per 100,000 die due to CVDs, while in India, the number rises to 272 per 100,000, indicating the alarming severity of this health condition in the country (Drairaj et al., 2016). Statistical evidence suggests that nearly one-fifth of all global CVD cases originate in India. A comparative analysis between urban and rural populations reveals that the prevalence of CVDs is significantly higher in urban areas. Much like diabetes, India is emerging as the global capital of cardiovascular diseases—a matter of grave concern, particularly because the younger population is increasingly affected.

Despite continuous advancements in science and the ongoing development of new therapeutic modalities, the incidence of CVDs continues to rise rather than decline. This concerning trend may be attributed to an incomplete understanding of the disease's root causes or an inability to address them effectively. In this context, integrating the spiritual wisdom of the Bhagavad Gita—an eternal guide for humanity—with modern medical science could provide valuable insights into the prevention of CVDs and the promotion of holistic health and well-being.

2. UNDERSTANDING HEART IN BREIF

Before discussing the causes of heart disease, it is essential to understand the function of the heart. The heart is the most active and hardworking organ in the human body. It consists of four chambers: the right atrium and ventricle pump deoxygenated blood to the lungs for purification, while the left atrium and ventricle receive oxygenated blood from the lungs through the pulmonary veins and distribute it throughout the body. Functionally, the heart operates in a rhythmic motion similar to the opening and closing of a fist.

On average, the heart beats about 72 times per minute, amounting to approximately 40 million contractions per year. Due to this relentless activity, the heart consumes more than half of the body's energy derived from food and nearly 25% of its oxygen intake. Over a 24-hour period, the heart pumps about 182 liters of blood (Vangmay 41, 2013). Its rhythmic sounds, representing beat and pressure, can be auscultated using a stethoscope. The total length of the body's blood vessels extends roughly to 7,000 miles, requiring the heart to maintain continuous circulation across this vast network.

3. BLOOD FLOW IN CIRCULATORY SYSTEM

Impure blood from the body → Right atrium → Right Ventrical → Lungs (purification) → Pure blood → Left atrium → Left ventricle → Entire body (utilized by all organs) → Impure blood from the body (Swami Karmanand, S., 2015, p. 34).

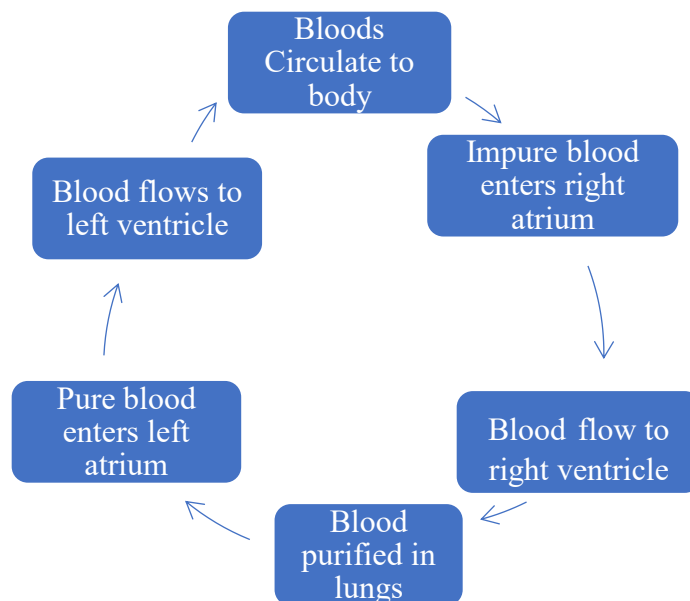


Figure 1:

4. CARDIOVASCULAR DISEASES

According to the World Health Organization (WHO), cardiovascular diseases (CVDs) are a group

of disorders that affect the heart and blood vessels. These include coronary heart disease, cerebrovascular disease, rheumatic heart disease, and

several other related conditions (**Cardiovascular diseases India, WHO**). As mentioned in Yoga as a Therapy: A Practical Guide for Health and Disease by Dr. Satish Pathak (Kaivalyadhama), the major forms of cardiovascular diseases comprise hypertension, heart disease, valvar heart diseases, anemia, and blood-related disorders such as leukemia.

Among various types, three primary forms of heart disease are commonly identified:

1. Angina Pectoris
2. Coronary Thrombosis
3. Coronary Embolism

5. MECHANISM OF CARDIOVASCULAR DISEASES

The primary cause of cardiovascular diseases is the accumulation of cholesterol or plaque within the arteries. This buildup reduces the internal lumen of the arteries, thereby restricting the flow of blood and disturbing its normal rhythm, a condition often associated with high blood pressure (H.B.P). Over time, this leads to arterial hardening, known as atherosclerosis.

When plaque accumulation becomes severe, a blood clot may form, leading to obstruction of blood flow to the cardiac muscles—a condition known as a heart attack (myocardial infarction). Similarly, when small arteries or capillaries supplying the brain are blocked by a clot, it results in a stroke. Such vascular blockages compromise oxygen and nutrient delivery, triggering a chain of secondary disorders affecting multiple organs.

6. CAUSE OF CARDIOVASCULAR DISEASE:

There are many causes of cardiovascular diseases but we can understand it in three major factors: lifestyle, mental situations and Emotional imbalances. Here lifestyle covers diet, sleep, sex, which are essential part of entire animal kingdom. These three are natural in all creatures except humans means balanced but humans have made it unnatural and imbalanced. So, other animals remain safe from such lifestyle disease like heart attack, high blood pressure etc. instead of it two other main factor which are also associated to lifestyle but we consider separate from lifestyle. So, here these are mainly cause of cardiovascular diseases.

1. **Disturbed Lifestyle:** Increased acidity in blood is the root cause of high blood pressure. High blood pressure is first step of cardiovascular disease. Acidity increased due to eating disorder (without appetite fooding, binge eating,) drug abuse, smoking, hyper sexuality. Lack of exercise and lack of sleep, are also part of disturb lifestyle, due to this occur obesity, and metabolism disorders

which are also responsible for cardiovascular diseases. Researches tell us there is a strong link between poor sleep and cardiovascular disease (**Kohansieh, & Makaryus, 2015**). Despite of it a major factor of modern lifestyle, Unhealthy diet is also an important factor for this disease (**Lang et al., 2022**)

2. **Mental situation:** The mind, like all other governing systems of the body, plays a vital role in regulating the functions of the heart. Scientist also accept it heart condition is directly connected to mental situations. Mental situations like worry, frustration, stress (**Wolff, 1950**), anxiety, depression (**Suls et. al., 2005**) also affected cardiovascular diseases.
3. **EMOTIONAL DISBALANCE:** Heart is much closed to our emotional responses. It's found in a research that maximum cardiovascular patients were coping with emotional hurt in previous months. Functioning of heart is done by cardiac Centre which is situated in medulla oblongata. Heart is also connected sympathetic and parasympathetic by nerve. Hypothalamus regulates emotions like anger, fear, love, pain, etc. which affects heart beats (**Pathak, 2018**). There is a strong link between multiple times anger and cardiovascular disease (**Siegel, 1992**).

BHAGAVADGEETA: As a Good health manual.

The Bhagavadgeeta is a two-fold meaning text. on the one hand it talks about victory in worldly life, and one the other, it also shows the path to attaining the spiritual goal of salvation, but the body is the basis for achieving any goal (sharir maddham khaum dharm sadhanam). Bhagavd geeta is not a religious text book but also good health manual. The great dietician Padamshree mentioned lord Krishna, as a psychologist and a counselor (**Kelkar et al., 2025**). To keep the body healthy the mind must also be healthy, because most diseases are caused by impurities of thoughts (**Hey louise, 2022**). To maintain mental health, its essentialto understand the harmony between body, senses, mind, intellect and soul (**3.42 B.G.**). Lord Krishna teaches us how to synchronise body-mind- soul, which is the key of complete health; includes physical, mental, social and spiritual (**WHO**). There are many concepts given in Bhagavadggeta to preventing from disease and promoting good health.

7. MANAGEMENT OF CARDIOVASCULAR DISEASE INSIGHT OF BHAGAVADGEETA

Bhagavdgeeta tells us how to live our life so that we can avoid diseases and achieves our goals. In this same order Bhagavadgeeta tells us how to tackle three major cause of cardiovascular disease which are disturbed Lifestyle, mental situation and emotional

disbalance.

1. **LIFESTYLE ACCORDINGLY BHAGAVDGEETA:** Bhagavdgeeta represents an ideal lifestyle, which can understand as “middle path”. Lifestyle basically cover three things – Diet, Sleep and thought process. It suggests maintain quality and quantity of diet and sleep, because unhealthy diet and poor sleep is also a reason for cardiovascular diseases. It is also said in upnishad

**Āhāraśuddhau sattvaśuddhiḥ, Sattva-śuddhau dhruvā smṛtiḥ
(7.26.2, Chhandogya Upnishad)**

Meaning of this verse is, If taken food is pure then mind becomes also pure and due to pure mind, memory becomes strong and steady. The Bhagavadgeeta presents some verses here which is related to concept of diet

**Bhagavad Gita 6.16
nātyaśnataḥ tu yogo'sti na caikāntamaśnataḥ
na cāti-svapna-śhīlasya jāgrato naiva cārjuna**

MEANING: There is no yoga for one who eats too much or too little, nor for one who sleeps too much or too little, O Arjuna.

EXPLANATION: Here yoga means equanimity of mind. In this state everything will be its own state as well as hormones secretion will be also balanced and yogi will be disease free because diseases are occurred cause of hormones imbalanced. But it's possible only when sleep and diet will balance means as for real need. In other hand after overeating may help “mitigate the rise of risk factors for metabolic and cardiovascular disease” (Cornford et al., 2012), obesity, constipation, acidity, lethargy will be occur. After long time suffering from constipation and acidity, blood of acidity will be increased and due to longtime constipation, lipid profile will be also disturbed and then out of many disease, cardiovascular related problems are also occurred. Because in yoga, tell a dialogue- constipation is the mother of disease. Other side lack of food creates many types of deficiency, which also a cause of many diseases. As such deprivation of sleep increased restless, depression and hopeless (Sullivan & Ordiah, 2018).

**Bhagavad Gita 6.17
yuktāhāra-vihārasya yuktaceṣṭasya karmasu
yuktasvapnāvabodhasya yogo bhavati duḥkhaḥ**

MENAING: Yoga, which destroys sorrows, is achieved only by one who has a proper diet, exercises properly and sleeps and wakes up properly.

EXPLANATION: To a person which take food and

sleep as per real need, this discipline leads to a special yoga state, there is no sorrow. From starting follow these discipline yoga start (Yogsutra 1.1), because discipline is root of yoga, which may starts from any types of disciplines. If

follow these only two things sleep and food in terms of quality, quantity and fix timing for both. Then a person may feel biorhythms which related to biological clock. If a person follow its function according to biological clock then a person may avoid many diseases. “The cardiovascular diseases are closely related to circadian rhythm, which is under the control of the biological clock” (Maemura et al., 2007).

**Bhagavad Gita 17.8
Āyuh-sattva-balārogya-sukha-prīti-vivardhanāḥ
rasyāḥ snigdhaḥ sthīrā hr̥dyā āhārāḥ sāttvika-
priyāḥ**

MEANING: Satwiki person like food which increases mode of goodness, duration of life, purify one's existence and give strength, health, happiness, and satisfaction. Such foods are juicy, fatty, stable, and pleasing to the heart.

EXPLANATION: In this verse lord Krishna indicates that before eating think this food is beneficial for me or not, if beneficial in every direction then take it. It nature of satwik person. All qualities (increasing life, promote health, pleasant to heart...) are natural food like fruits, vegetables, milk, desi ghee, etc. which is beneficial for gut health, which influences digestion, immunity, and over well-being. Extensive evidence connects various aspects of inflammation with an increased risk of cardiovascular disease (Lawler et al., 2020).

**Bhagavad Gita 17.9
kaṭu-vamla-lavaṇātyuṣṇatikṣṇa-rūkṣa-vidāhinaḥ
āhārāḥ rājasasya iṣṭāḥ duḥkha-śokāmaya-pradāḥ**

MEANING: Foods that are bitter, sour, salty, excessively hot, pungent, dry, and burning, which give rise to misery, worry, and disease, are liked by those in the mode of passion (rajas).

EXPLANATION: Excess salty is harmful for hypertension (Kazi, 2025) and due to hypertension renal disease (Heo et al., 2025) and others many cardiovascular diseases occur (Surma et al., 2025). In the

same way, bitter, excessively, burning food are harmful. Due to this food many diseases may come then mind fluctuation is also increased, from which sorrows are arises.

**Bhagavad Gita 17.10
yāta-yāmaṃ gata-rasaṃ pūti paryuṣitaṃ ca yat
ucchiṣṭaṃ api cāmedhyaṃ bhojanaṃ tāmasa-
priyam**

MEANING: Food that is tasteless, stale, rotten, putrid, impure, and the leftovers of others, is liked by those in the mode of ignorance (tamas)

EXPLANATION: Modern food like junk food or fast food is the tamsik food. Researches show stale food is unhealthy, because of 4 hours after cooking, many vitamins like vitamin C, vitamin B are loosed (Williams, 1996), which arises many diseases. Junk foods consumption associated premature heart disease (Bains, 2013) and disturb equilibrium of tridosh (Ramesh & Prasanth, 2025), which is the root cause of diseases. In other hand packed food have loosed panic energy due to these diseases according to yoga.

2. MENTAL SITUATION BALANCED THROUGH BHAGAVADGEETA:

Stress, tension, depression, anxiety and other negative feelings effect on cardiovascular diseases. These are the mental situations which have been copied by everyone day today life. Bhagavadgeeta gives us positive thoughts for handling challenges and deal stress and wellbeing (Sharma, R. R., & Batra, R., 2019). In 1818 Dr. J.C.H Henroth used word "Psychosomatic" which describes that mind and body effects to each other likewise Stress, tension, depression, and anxiety creates diseases in physical body also. First chapter of Bhagavadgeeta is Vishadyoga, Arjun's mental situation is likely to **depression, stress, anxiety** etc given below respectively:

Bhagavadgeeta 1.28

**Dr̥ṣṭvemaṃ sva-janaṃ kṛṣṇa yuyutsuṃ
samupasthitam**

**sīdanti mama gātrāṇi mukhaṃ ca pariśuṣyati // ||
1.28 ||**

MEANING: O Krishna, seeing my relatives, eager for war, arrayed on the battlefield, my limbs are growing weak and my mouth is turning dry.

Bhagavadgeeta 1.29

**Vepathuś ca śarīre me roma-harṣaś ca jāyate ||
1.29 ||**

MEANING: My body is thrilled and trembling

Bhagavadgeeta 1.30

**gāṇḍīvaṃ sraṃsate hastāt tvak caiva paridahyate
na ca śaknomy avasthātuṃ bhramatīva ca me
manaḥ || 1.30 ||**

MEANING: Meaning: O Keśava, The Gandiva bow is falling from the hand, the skin is burning I am unable to remain standing. My mind is reeling, and I see omens of misfortune all around.

Bhagavadgeeta 1.31

**Ni mittāni ca paśyāmi viparītāni keśava
na ca śreyo 'nupaśyāmi hatvā sva-janam āhave ||
1.31 ||**

MEANING: O Keshav, I see only the opposite signs and I do not even see any welfare of the war community by killing them.

EXPLANATIONS (1.29-31): These symptoms likewise; organs loosing (weakness) &, whole body trembles and hair stands on end (numbness /sensation in whole body, skin burning (burning sensation in whole body) (Grover et al., 2013), mouth parching (mouth or throat drying), mind reeling (head heaviness, dizziness), unable to remain standing (lack of energy) (Nosenoor, 2019) all are symptoms of depression as well as feeling negativity as Arjun said I am looking adverse omens, negative thinking also related health problem (Montenegro & Montenegro, 2018).

Bhagavadgeeta 2.6

**na caitad vidmaḥ kataran no garīyo
yad vā jayema yadi vā no jayeyuḥ
yān eva hatvā na jijīviṣāmas
te 'vasthitāḥ pramukhe dhārtarāṣṭrah. || 2.6 ||**

MEANING: We don't even know which is better for us, fighting or not fighting, or whether we will win or let them live. Those whom we don't even want to kill, are the soulful sons of our nation, standing before us to fight.

EXPLANATION: This is a stressful situation where unable to decide which act is right and their result is also unpredictable. Stress is state of worry due to situation (Stress, WHO) everyone has to cope like this situation in their day to day life.

Bhagavadgeeta 2.47

**karmaṇy-evādhikāras te mā phaleṣhu kadāchana
mā karma-phala-hetur bhūr mā te saṅgo
'stvakarmaṇi || 2.47 ||**

MEANING: You have the right only to perform your duty and never to its fruits. Therefore, do not be the cause of the fruits of your actions and do not be attached to not performing your duty.

EXPLANATION: Lord Krishna says you have to do your duties and responsibilities without thinking its result for self and society (Bhattacharjee, G. (2021). It is essential to get the best result for every action, Likewise Newton's third law; each action has a reaction. Therefore, it is not right to waste time worrying about the results of your actions. Moreover, your destiny also has an impact on the results of your actions, which you may not know, hence you should do your work in a better way.

Bhagavadgeeta 2.48

**Yoga-sthaḥ kuru karmāṇi saṅgam tyaktvā
dhananjaya
siddhy-asiddhyoḥ samo bhūtvā samatvaṁ yoga
ucyate || 2.47 ||**

EXPLANATION: O Dhananjaya, give up attachment and become Equanimeous in your intellect towards the straight and the steep, and being established in Yoga, perform your duties; equanimity is called Yoga.

EXPLANATION: Lord Krishna is giving the message through Arjun that whatever difficulties come in life, happiness-sorrow, gain-loss, self-disrespect, hope-despair etc., one has to keep the mind calm in all these situations, this is Yoga. Think logically that if a person does not remain calm in these situations then what will happen, obviously not staying calm will lead to anger, stress, depression which will cause many types of hormonal imbalances which will give rise to many diseases like diabetes, cardiovascular diseases (Kielczewska, A., Kielczewska, A., & Szcześniak, G. 2025).

Bhagavadgeeta 3.35

**śhreyah svadharmo viguṇah para-dharmāt sv-
anuṣṭhitāt
sva-dharme nidhanaṁ śhreyah para-dharmo
bhayāvahaḥ || 3.35 ||**

MEANING: One's own religion, if followed well and not being guilty of other's religion, is the best; killing in one's own religion is beneficial; other religions give rise to fear.

EXPLANATION: Lord Krishna says that you should perform our duties in alignment with our inherent nature and abilities (svadharma). This alignment does not lead to indifference; rather, it enhances our effectiveness and efficiency in work. Consequently, it increases the likelihood of success by fostering authenticity, reducing mental conflict, and promoting sustained engagement with our responsibilities because of derailing from our true nature (swadharm) is the root of many diseases likewise stress, depression, lack of passion and many more (Rastogi, K., 2018).

3. EMOTIONAL BALANCED ACCORDINGLY BHAGAVADGEETA:

Lord Krishna tells us that while performing our duties and responsibilities, we should control our emotions and sentiments and also keep moving forward for the sake of religion, society, friends and family (Patel & Pathak Dr. ravindra, 2025).

**nāsti buddhir ayuktasya na chāyuktasya bhāvanā
na chābhāvayataḥ śāntir aśhāntasya kutaḥ sukham
|| 2.66 ||**

EXPLANATION:

Lord Krishna says that the person whose mind and senses are not stable, his intellect is not stable, the person whose intellect is not stable does not have feelings, a person without feelings cannot have peace and a person without peace can only find happiness.

**yoga-sthaḥ kuru karmāṇi saṅgam tyaktvā
dhananjaya
siddhy-asiddhyoḥ samo bhūtvā samatvaṁ yoga
ucyate || 2.48 ||**

EXPLANATION: Lord Krishna says to Arjun, there should be a sense of oneness in gain and loss, happiness and sorrow, respect and dishonor. There should be neither attachment nor hatred towards any of these. This is the best way to keep emotions in equanimity; this is yoga. This harmonal imbalances is the reason of many diseases.

Tri-vidhaṁ narakasyedaṁ dvāraṁ nāśanam ātmanaḥ

**krodhas tathā lobhas tasmād etat trayaṁ tyajet ||
16.21 ||**

MEANING: Lust, anger and greed, these three are the doors to hell. They destroy the soul, that is, they take it to degradation, and hence these three should be abandoned.

EXPLANATION: Lust (desire for pleasure), anger, and greed are said to be the gateways to hell. If these are not controlled, many mental and physical ailments will arise in life. Lord Krishna calls these three the root of all sins. Lust and anger are also a major factor of cardiovascular diseases. When anger leads to destructive emotions, the chances of heart attack are higher (Kam, 2015). Controlling or balancing of lust, anger, and greed leads to self-knowledge and professional development by Gyan yoga (Medatwal, 2019).

**Sarva-dharmān parityajya mām ekaṁ śaraṇam
vraja;
ahaṁ tvām sarva-pāpebhyo mokṣhayiṣyāmi mā
śucaḥ. || 18.66 ||**

MEANING: Leave all your duties and surrender to only me, the Almighty God. I will free you from all your sins. Do not grieve.

EXPLANATION: Lord Krishna says what have you not done till now, what have you not done that you can do, you have committed so many sins, leave everything and come to the shelter of one God, I will free you from all sins, this assurance is a deep counselling to free the person from the guilt consciousness, which is the root of many mental diseases like depression and so on (Li, J., Tendeiro, J., & Stroebe, M. 2019). Along with this, it gives

inspiration with a new hope and positivity to live life from a new perspective, which protects from mental illness and cardiovascular diseases. This verse related to Bhakti yoga.

Whether Lord Krishna has a historical existence or not, do not fall into this illusion, and Lord Krishna has expressed his presence in everyone's heart. If we meditate on that God in our heart, then that God tells us the way to get rid of all kinds of dilemmas, tensions, anxiety, depression etc., just as Lord Krishna had guided Arjun (Vinoba 2022, January). Meditating on the heart brings about a state of mental and emotional wellness, and also reduces the chances of getting coronary artery diseases (Haripriya et al., 2024).

8. CONCLUSION

Bhagavadgeeta is not only a religious text but also a special text book of psychology. There are three ways to synchronise body, senses, mind, intellect and soul by which the mind can be kept calm and peaceful. The three paths of the Bhagavad Gita are Karma Yoga (performing actions as a duty, leaving the results to God), Bhakti Yoga (serving God with devotion, considering the entire world as a

manifestation of God), and Jnana Yoga (understanding that the soul is a form of the Supreme Being, and that everything else besides the soul or Brahman is transient, perishable, and illusory). Bhagavad Gita tells a way of life to remain physically, mentally and emotionally healthy. In which diet, behavior, thought etc. have been described scientifically as the key to complete health. The root cause of most of the diseases like cardiovascular disease, diabetes are mental imbalances and emotional imbalances likewise excess lust, anger, attachment, greed, depression, anger, ego, greed, love-hate etc. Keeping the mind calm and peaceful under favorable and unfavorable circumstances is the key to prevention of cardiovascular diseases and many other diseases and to health promotion. It's possible easily to mediate our heart because God exists in every heart according to Lord Krishna in Bhagavadgeeta. Researches on Heartfulness meditation also prove it (Nitesh Agrawal et al., 2022) Thus Bhagavad Gita tells the way to eradicate the diseases of life style likewise cardiovascular diseases from the root and also tells the way to prevent the upcoming diseases.

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