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On
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Free radicals and cardiovascular diseases with special reference to preventive and curative aspect of Unani medicine

Nazeem Fahamiya¹, Mohd. Aslam², Aisha Siddiqui², Mohamed Shiffa³

Abstract

The influence of lifestyle on human health is of worldwide increasing concern. A report, jointly prepared by the World Health Organization and the World Economic Forum, says India will incur an accumulated loss of \$236.6 billion by 2015 on account of unhealthy lifestyles and faulty diet. The disease profile is changing rapidly. Nowadays, not only are lifestyle disorders becoming more common, but they are also affecting younger population.

During the past several years, there has been a growing interest in the medical implications of free radicals. Free radicals can be formed from both endogenous and exogenous substances due to unhealthy lifestyle. Free radicals cause lifestyle diseases such as cancer, cardiovascular diseases, arthritis, atherosclerosis, hypertension, etc. In recent years, a multitude of studies provide comprehensive evidence that increased production of reactive oxygen species are involved in the development and progression of cardiovascular diseases.

The recognition of the occurrence of risk factors and their identification is an important step in overcoming lifestyle-related diseases and building a healthy lifestyle. Hence, in Unani system of medicine more stress has been given for the preventive measures rather than curative. Thus, this paper concentrates on some evidence concerning involvement of oxygen free radicals in cardiovascular diseases due to lifestyle and validates the preventive and curative aspect of Unani medicine in this regard.

¹PG Scholar, D/O Ilmul Advia, Faculty of Medicine, Jamia Hamdard, New Delhi.

² Asst. Professor, D/O Ilmul Advia, Faculty of Medicine, Jamia Hamdard, New Delhi

³PG Scholar, D/O Moalijat, Faculty of Medicine, Jamia Hamdard, New Delhi.