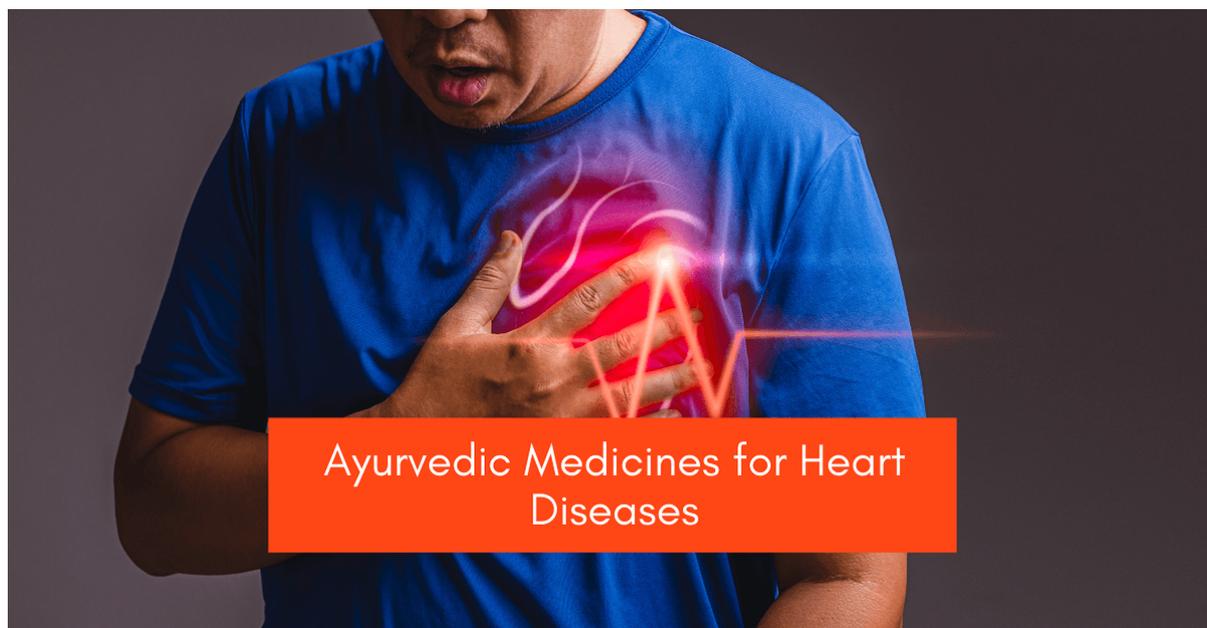


4 Best Ayurvedic Medicines for Heart Diseases



Heart disease is known to be the number of death causing disease in India. And the statistics are just shocking! Accounting for more than 27% of deaths, heart diseases have become disturbingly common in the country.

Today, people as young as teenagers and people in their twenties are succumbing to heart diseases. The situation is such not just in India but all across the globe. This rampant increase in heart diseases has been coined as a global burden.

Stress, a sedentary lifestyle, improper sleep, and a bizarre diet, all of these contribute to devastating heart health. Moreover, increasing cases of type-2 diabetes, triglycerides and high LDL have shown that these add to deteriorating heart health as well.

Hence, it is imperative to act on time and prevent the spread of cardiovascular disease. Modern medicines as well as Ayurveda offer the best curative treatment. However, Ayurveda offers a holistic preventive plan.

Ayurveda utilizes herbal and herbo-mineral medicines that strengthen heart health. **Wellness Mantra's** cardiac medicines or supplements boost blood flow, clear blocks and prevent the occurrence of heart diseases.

Here are some of the best Ayurvedic Medicines for heart diseases:

#1 - Wellness Mantra's BioHart Capsules:



Cardiac health is amongst the most critical concerns for humanity, worldwide. It is one of the leading causes of death across the Globe.

Wellness Mantra's **BioHart™ capsules** are a unique combination of scientifically chosen herbs, well-established to promote cardiac health. BioHart™ is made following the prescribed ancient, authentic ayurvedic shastra, amidst modern world-class facilities with high standards of testing norms.

BioHart™ comprises Ayurvedic herbs like Arjunchhal, Sallaki Guggulu, Haritaki and 7 other wonder herbs that are known to help reduce bad cholesterol, strengthen heart muscles and keep the heart healthy for a happier life.

Also Read: [How to make your heart strong and healthy naturally!](#)

#2 - Cardicare SGC - Millenium Herbals:

Cardicare SGC is a natural formula that treats cardiac issues. This capsule boosts the functions of the heart and helps control hypertension.



It also manages high lipid levels in cardiac patients. Reduces platelet aggregation.

Cardicare SGC is prepared with potent natural ingredients. Moreover, it provides anti-inflammatory and antioxidant actions. Its active vasodilator property helps regulate blood pressure as well as blood viscosity.

This Ayurvedic tonic regulates lipid profile, blood pressure, and decreases platelet aggregation. It prevents the depletion of Co-Q10 in patients suffering from cardiovascular disease.

#3 - Hridyaranava Ras – Baidyanath:

Hridyaranava Ras is an herbo-mineral tonic for heart health.

It helps in the treatment of cardiac disorders. Particularly those diseases associated with difficulty in breathing and heaviness of the chest. It also strengthens the heart muscles.



Hridyarnava Ras helps relieve palpitations, chest pain, restlessness, tiredness, and sleeplessness. This medicine is enriched with herbo-mineral ingredients. Hence, it should only be taken under strict medical supervision by the advice of a medical practitioner.

Also Read: [Cardiac Problem Signs You Should Never Ignore](#)

#4 - Arjunamrita – Baidyanath:

Arjunamrita is an Ayurvedic formulation that contains Arjuna as the main ingredient.

It is enriched with herbs like Vidarikand, Kamalphul, Nagkeshar, and Shatavari. These ingredients make it a potent protector of the heart. Arjunmitra is a great cardiac stimulant.



ARJUNAMRITA

450
ml

This herbal concoction is effective in the treatment of chest injury, weakness and fatigue. It shields against chronic respiratory diseases, cough, as well as throat-related diseases. It is used to treat diseases of the heart, angina, and palpitation.

It is very important to take care of your heart early on in life and only taking supplements won't do the job for you. You need to follow a healthy diet, a properly set routine lifestyle and indulge in physical exercises like yoga. In addition , you can consume Wellness Mantra's BioHart supplements for **cardiac care**. At Wellness Mantra, our vision is to delve into the depth of ayurvedic wisdom and emerge as a leader in the **Ayurvedic Therapeutic** Segment, driven by the values of quality, purity, shraddha, care, trust and above all, service to all of humanity.

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