

Cardiac Problem Signs You Should Never Ignore



India has seen a large jump in deaths resulting due to cardiac problems. However, cardiac problems often occur after certain signs to the body, ones you must look out for at all times via regular self as well as clinical checkups. Here are some cardiac problem signs you should never ignore:

Possible Cardiac Problem Signs:

#1 - Chest Discomfort:



Chest discomfort is the most common sign of heart danger. It results if you have a blocked artery or are having a heart attack due to which you may feel pain, tightness, or pressure in your chest.

While the sensation for some feels like an elephant on their chest, for some it is more of a pinching or burning sensation. This feeling generally lasts longer than a few minutes and it may happen when you're at rest or when you're pursuing something physical.

Chest discomfort is a very brief pain it is like a spot that hurts more when you touch or push on. Also, keep in mind that you can have heart problems even a heart attack without the sign of chest pain.

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

#2 - Nausea, Indigestion, Heartburn, or Stomach Pain:



Some people have the said symptoms during a heart attack and they may even vomit. This symptom is found to be more prevalent in women than men.

While you can have an upset stomach for many reasons that have nothing to do with your heart. it could be something you ate. However, you need to be aware that it can also happen during a heart attack.

So if you feel this sign and you're at risk for heart problems, let your doctor find out what's going on, especially if you have any of the other symptoms on this list.

#3 - Pain that Spreads to the Arm:

Another usual heart attack symptom is pain that shifts down to the left side of the body. Such pain often starts from the chest and moves outward.

#4 - You Feel Dizzy or Lightheaded:

While a lot of things can make you lose your balance or feel faint for a moment like not having enough to eat or drink. But if you suddenly feel unsteady and you also feel chest discomfort or shortness of breath, you must call a doctor right away.

This could be a sign of your blood pressure dropping because your heart isn't able to pump blood the way it should.

#5 - Throat or Jaw Pain:



Throat or jaw pain by itself mostly isn't heart-related. It is more likely caused by a muscular issue, a cold, or even a sinus problem.

However, if you have pain or pressure in the centre of your chest, one that spreads up into your throat or jaw, it could be a sign of a heart attack.

Also Read: [Heart Problems – How Can Ayurveda Help Prevent It](#)

#6 - You Get Exhausted Easily:

If you suddenly feel fatigued or winded up easily after doing something you had no problem doing in the past such as climbing the stairs or carrying groceries from the car it is time to make an appointment with your doctor right away.

Extreme exhaustion or unexplained weakness, sometimes for days at a time, can be a symptom of heart disease, especially in the case of women.

Ayurveda for Cardiac Problems:



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

BioHart™ comprises 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.

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