

Health Matters

Home remedies for heart palpitations

V.V.S. Manian

Heart palpitations may last for only a few seconds and can occur when you're moving around, sitting or lying down, or standing still. Lifestyle changes or home remedies can help you stop or reduce heart palpitations.

The good news is that not all cases of a fast heartbeat mean you have a heart condition. Sometimes the palpitations are caused by things that make your heart work **harder, like:**

- 1. stress
- 2. illness
- 3. dehydration
- 4. exercise

Other causes may include:

- a. pregnancy
- b. caffeine
- c. other medical conditions
- d. certain medications
- e. illegal drugs
- f. tobacco products

Learn 10 ways you can manage heart palpitations at home, Try relaxation techniques

Stress can trigger or worsen heart palpitations. That's because stress and excitement can spike your adrenaline. Managing your stress through relaxation can help. Good options include:

- 1. Meditation
- 2. Tai chi
- 3. Yoga

Try sitting cross-legged and taking a slow breath in through your nostrils and then out through your mouth. Repeat until you feel calm. You should also focus on relaxing throughout the day, not just when you feel palpitations or a racing heart. Stop and take five deep breaths every 1 to 2 hours to help calm your mind and keep you relaxed.

Keeping your general stress levels low can help you avoid episodes of fast heartbeat and lower your resting heart rate over time. Biofeedback and guided imagery are also effective options.

- 2. Do vagal manoeuvres

The vagus nerve has many functions, including

connecting your brain to your heart. The vagus nerve serves as the body's superhighway, carrying information between the brain and the internal organs and controlling the body's response in times of rest and relaxation. The large nerve originates in the brain and branches out in multiple directions to the neck and torso, where it's responsible for actions such as carrying sensory information from the skin of the ear, controlling the muscles that you use to swallow and speak, and influencing your immune system.

Vagal manoeuvres stimulate the vagus nerve and may help regulate a fast heartbeat. You can stimulate the vagus nerve at home, but you should get a doctor's approval first.

Here are a few ways you can stimulate the nerve:

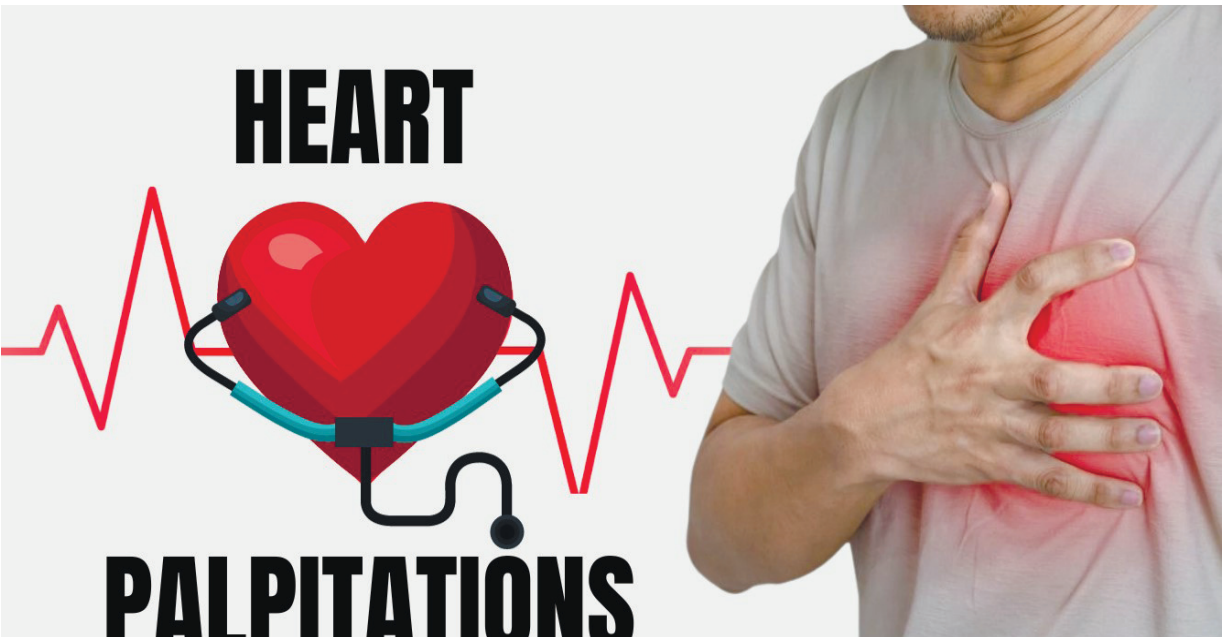
- I. Take a cold shower, splash cold water on your face, or apply a cold towel or ice pack to your face for 20 to 30 seconds. The "shock" of the cold water helps stimulate the nerve.

- II. Chant the word "om" or cough or gag.

- III. Hold your breath or bear down like you're having a bowel movement.

For best results, perform these manoeuvres while lying on your back. Your doctor can show you how to perform them correctly

- 3. Drink enough water.
- Dehydration can cause heart palpitations. That's because your blood contains water, so when you become dehydrated, your blood can become thicker. The thicker your blood is, the harder your heart has to work to move it through your veins. That can increase your pulse rate and potentially lead to palpitations. If you feel your pulse rise, reach for a glass of water. If you notice your urine is dark yellow, drink more fluids to prevent palpitations.



- 4. Restore electrolyte balance.

Electrolytes help move electrical signals throughout your body. Electrical signals are important for the proper functioning of your heart. Some electrolytes that can benefit your heart health include:

- 1. Potassium
- 2. Calcium
- 3. Magnesium
- 4. Sodium

Most of these electrolytes are best obtained from foods. Some good sources of potassium are:

- 1. Avocados
- 2. Bananas
- 3. Sweet potatoes
- 4. Spinach

To increase your intake or calcium, eat more dark leafy greens and dairy products. Dark leafy greens are also a great source of magnesium, as are nuts and fish. Most people get enough sodium in their diet from packaged foods such as deli meats and canned soups. Supplements may help maintain your electrolyte balance, but talk with a doctor before taking any new supplements. Too many electrolytes can cause problems. If you suspect you may have an imbalance, your doctor can test your urine and blood to confirm.

- 5. Avoid stimulants

There are many substances that may make you more likely to have a fast heartbeat. Eliminating these things

from your daily routine may lessen or even stop your symptoms.

They include:

- I. Caffeinated beverages and foods
- II. Tobacco products or cannabis

- III. Heavy alcohol use
- IV. Certain cold and cough medications

- V. Appetite suppressants
- VI. Drugs used to treat mental health conditions
- VII. High blood pressure medications

Illegal drugs like cocaine, methamphetamine, or other amphetamines

Your own triggers will likely be unique to you. Try keeping a list of the things you consume that may cause your heart palpitations. If possible, avoid any items you think may be causing your symptoms and see if your symptoms stop. Before stopping any prescription medications, talk with your doctor if you think prescription medications may be causing your symptoms.

- 6. Try hawthorn berry extract

Hawthorn berry extract is a key component of traditional Chinese medicine and has been used to help with digestive issues and high blood pressure. Hawthorn berry extract may also be able to help reduce heart palpitations. Hawthorn may interact with heart medications, so talk with your doctor before taking hawthorn

extract. Hawthorn is not recommended during pregnancy or breastfeeding and should not be given to children.

- 7. Do Valsalva manoeuvres
- A valsalva manoeuvre is a breathing technique that can help restore a normal heart rate if your heart is beating too quickly. To perform a valsalva manoeuvre, do the following steps in order:

- 1. Pinch your nose.
- 2. Close your mouth.
- 3. Attempt to exhale.
- 4. Bear down, as if having a bowel movement.

- 5. Perform these steps for 10 to 15 seconds.

- 8. Eat a balanced diet.

A nutritious, balanced diet consists of:

- * fresh fruits
- * vegetables
- * whole grains
- * lean proteins
- * healthy fats from nuts or fish

Limit these foods to lower your risk of heart problems:

- * saturated fats
- * trans fats
- * salt
- * sugar
- * processed or packaged foods

- 9. Reduce stress levels

Stress and a rapid heart rate tend to go hand-in-hand. As such, reducing your stress levels as much as possible can help lower your heart rate. It can also lower your risk of high blood pressure and other stress-related health issues. There are a number of effective strategies for reducing stress. Some include:

- * practicing mindfulness
- * trying deep breathing
- * going to therapy
- * watching your caffeine intake
- * exercising daily
- * journaling

- 10. Exercise regularly

Regular exercise is important for physical, mental, and emotional well-being. The American Heart Association recommends 150 minutes

of moderate-intensity aerobic activity per week, or 75 minutes of vigorous aerobic activity weekly. Cardio doesn't have to be complicated. In fact, brisk walks have a host of health benefits, including weight loss, lower blood pressure, and improved cardiovascular health. Additional treatments

In many cases of heart palpitations, no treatment is necessary. Instead, you should pay attention to when you're experiencing palpitations and avoid activities, foods, or anything else that brings them on. You may find it helpful to write down when you experience palpitations to see if you can identify a trigger. Keeping a log may also be useful if you experience more palpitations over time. You can take this information to your doctor at future appointments.

If your doctor identifies the cause of your palpitations, they may recommend treatment. For example, if your diagnostic tests uncover that you have heart disease, your doctor will move forward with a treatment plan in that area. Treatment options for heart disease may include medications, surgery, or the implantation of a device like a pacemaker. When to seek help

Talk with your doctor if you notice your heart rate is faster than normal. Doctors cannot always pinpoint the cause of heart palpitations. They will need to rule out heart rhythm disorders like tachycardia and other medical conditions like diabetes. Hyperthyroidism. There is typically little risk of complications with heart palpitations unless they're caused by an underlying heart condition. If they're caused by a heart condition, you may experience:

- *Fainting if your

heart beats too quickly and causes your blood pressure to drop.

* Cardiac arrest if your palpitations are caused by arrhythmias and your heart isn't beating efficiently

*Stroke if your palpitations are caused by atrial fibrillation.

* Heart failure if your heart isn't pumping well for a long period of time. Diagnosis

Speak with your doctor if you have palpitations with any other symptoms or if you have other concerns about your health. It may be difficult to find the cause of your palpitations. Your doctor may order further tests or refer you to a cardiologist. Tests for heart palpitations may include an ECG or EKG, which shows the electrical activity of your heart. You may also have an echocardiogram, which is an ultrasound test that helps your doctor visualize the different parts of your heart. Other options include a stress test, a chest X-ray, and an ambulatory cardiac monitor test. In some cases, your doctor may also want to run more invasive tests, like a cardiac catheterization. Tips for a healthy heart

Life's simple 7 tips to keep your heart healthy

Exercise moderately for at least 2.5 hours each week. If you'd rather go hard, you can get the same heart-healthy benefits with 75 minutes of vigorous activity. Exercise intensity is unique to you. Exercise that's moderate intensity for you may be vigorous for someone else. Moderate exercise should feel somewhat difficult, but you should still be able to carry on a conversation. Vigorous exercise should feel very challenging, and you'll only be able to get a few words out at a time between breaths.

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IN THE COURT OF THE DEBTS RECOVERY TRIBUNAL, MADURAI
O.A.No.767 of 2022
The Chief Manager, Canara Bank, Mid Corporate Branch, Madurai 625009.Applicant Bank
...Vs...
8. HDFC Bank, Emerging Corporate Group, Radhakrishna Salai, Mylapore, Chennai 600004. Rep. by its Authorized Signatory.8th Defendant.

NOTICE OF HEARING
On 03.10.2023 the Hon'ble Tribunal was pleased to Direct the Applicant Bank to Publish Notice of hearing as against the Defendants in a English Daily, for their appearance on 21.12.2023 before the Hon'ble Debts Recovery Tribunal at No. 4/162 Madurai Melur Road, Uthangudi, Madurai, by 10 a.m. without fail and cause your defense in the Original Application either personally or through your counsel. Please take note that, if you failed to do so, the matter will be decided in your absence by way of expedite.

VS. Karthi B.A.,B.L., M.L.M.
Advocate, Madurai.
Counsel for Applicant Bank.

Keep your LDL, or "bad," cholesterol counts low. Exercise can help with this. Limiting your intake of saturated fats is another lifestyle measure you can take. Sometimes, though, high cholesterol is genetic. Get tested and start medication, if necessary.

Eat a diet with lots of fresh fruits, vegetables, whole grains, and lean proteins.

Get your blood pressure checked. High blood pressure often has no symptoms. Keeping yours in check means eating well, exercising, and taking medications if you need them.

Maintain a moderate weight. Being overweight or obese can increase your chances of developing heart disease. Maintaining a moderate weight can help with anything from your cholesterol counts to your blood pressure levels.

Know your blood sugar. Adults with diabetes have a higher risk of developing heart disease. Keep blood sugars within the recommended ranges. Eating well, exercising, and regulating your levels with medication can help.

Stop smoking if you smoke. There are many benefits to stopping smoking, including lowering your chances of developing:

- * heart disease
- * stroke
- * lung disease
- * certain cancers.

(Sourced from various medical journals)

NAME CHANGE
My daughter, RM.Unnamalai, D/o MR.Ramasamy Date of Birth: 19.06.2007 (Native District: Chennai) residing at Old No.79, New No.4, Muthu mari Chetty Street, Mannady, Chennai 600001, shall henceforth be known as **RM.AISHWARYA UNNAMALAI.** MR.Ramasamy (Father)

FORM NO. INC-26
[Pursuant to Rule 30 of the Companies (Incorporation) Rules, 2014]
Before the (Central Government) Regional Director Southern Region Bench, Ministry of Corporate Affairs
In the matter of sub-section (4) of section 13 of the Companies Act, 2013 and clause (a) of sub-rule (5) of Rule 30 of the Companies (Incorporation) Rules, 2014
AND
In the matter of BLUE PLANET FOODS PRIVATE LIMITED having its Registered Office at NO.213, SECOND FLOOR, FORUM VIJAYA MALL, PLOT NO.183-188, ARCOT ROAD, VADAPALANI, CHENNAI – 600026, TAMIL NADU, INDIA, Having CIN: U55103TN2009PTC071579 ...Petitioner

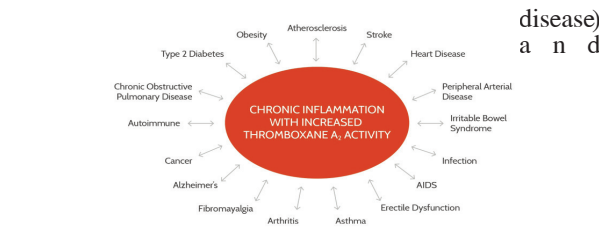
NOTICE is hereby given to the General Public that the Company proposes to make an application to the (Central Government) Regional Director Southern Region Bench, Ministry of Corporate Affairs, Chennai under sections 12, 13 and other applicable provisions, if any, of the Companies Act 2013 & rules made thereunder seeking confirmation of alteration of the Memorandum of Association of the company in terms of the special resolution passed at Extraordinary General Meeting held on Tuesday, December 12, 2023 to enable the company to change its Registered Office from the "STATE OF TAMIL NADU (ROC-CHENNAI)" TO THE "STATE OF KARNATAKA (ROC-BENGALURU)". Any person whose interest is likely to be affected by the proposed change of the registered office of the Company may deliver either on the **MCA-21 portal** (www.mca.gov.in) by filing investor complaint form or cause to be delivered or send by registered post of his/ her objections supported by an affidavit stating the nature of his/her interest and ground of opposition to the Regional Director at the Address **5th Floor, Shastri Bhavan, 26 Haddows Road, Chennai-600006, Tamil Nadu**, within 14 (Fourteen) days from the date of publication of this notice with a copy to the applicant company at its registered office at the address mentioned below:

Registered Office at the:
No.213, Second Floor, Forum Vijayamall, Plot No.183-188, Arcot Road, Vadapalani, Chennai-600026, Tamil Nadu, India
On behalf of Board of Directors of Blue Planet Foods Private Limited
Balasubramanian Goudhaman
Director (DIN: 01854313)
Balaji Balachander
Director (DIN: 03519515)
Place: Chennai
Date: December 13, 2023

Insights into age-related nonresolving inflammation

Aging is associated with chronic, nonresolving inflammation, or "inflammaging" that can lead to tissue dysfunction. New findings reveal insights into the cellular programs and factors that promote the resolution of inflammation during aging. These findings may lead to the development of new strategies to limit age-related organ decline. The resolution of inflammation is an active process that is governed by numerous factors, such as specialised proresolving lipid mediators (SPMs). Recent studies suggest that inflammaging may persist due to an impairment in inflammation-resolution programs and that treatment with SPMs, like resolvins, tempers excessive inflammation and age-related tissue dysfunction.

Co-lead investigators Gabrielle Fredman, PhD, The Department of Molecular and Cellular Physiology, Albany Medical College, and Katherine C. MacNamara, PhD, The Department of Immunology and Microbial Disease, Albany Medical College,



explained, "We realized early on in our collaboration that mechanisms associated with inflammation-resolution in aging were vastly underexplored. So, we combined our collective expertise to tackle some gaps in this arena."

To explore SPM-initiated mechanisms that limit features of inflammaging, researchers conducted a novel series of studies using the ligand, or chemical messenger, Resolvin D2 (RvD2). RvD2 acts via a specific G-protein-coupled receptor called GPR18, which investigators found was associated with maintaining tissue homeostasis during aging. Using mice to model normal, healthy aging, investigators identified key pathologic changes in the liver that occur in middle-age, including steatosis (fatty liver

collagen deposition.

They observed that these changes correlated with a reduction in proreplicative (protective) macrophages.

Because transcriptional analysis showed that Gpr18 was increased in aged macrophages relative to young, they investigated its role in aging by generating a conditional knockout mouse wherein only myeloid cells lack GPR18 and through treatment of mice with GPR18's ligand, RvD2.

Together, their studies demonstrated that myeloid-specific GPR18 limited steatosis and collagen accumulation in the liver. Furthermore, adding RvD2 from an external source to activate GPR18 improved liver histopathology.

They also found that RvD2 treatment increased

bone marrow and blood monocytes, as well as their precursors.

To examine how bone marrow function contributed to liver pathology they conducted bone marrow transplants in which they reconstituted young mice with the marrow from either young or old animals, with or without RvD2 treatment.

Dr. MacNamara noted, "These studies revealed that donor marrow from aged animals was sufficient

to induce collagen accumulation in the liver, demonstrating that aging bone marrow contributes to liver pathology. Importantly, however, this could be improved with RvD2 treatment." Dr. Fredman commented, "Together, these studies demonstrate that RvD2-GPR18 signaling controls steatosis and fibrosis and provides a mechanistic-based therapy for promoting liver repair in aging."