

# PREVENTION OF CORONARY ARTERY DISEASE IN INDIA – NEWER INSIGHTS [NOVEL THEORY]

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**T**here is an alarming increase in the incidence of coronary artery disease (CAD) in India and the disturbing fact is that it is observed in the young and presenting the symptoms more as acute coronary syndromes, diffuse disease. The incidence is increasing both in urban and rural regions, but the most disturbing fact is that this epidemic is occurring without any identifiable risk factors i.e. conventional or newer. The burning issue is to reach at the aetiology in our country so that some preventive measures can be initiated to at least halt the galloping pace of the CAD epidemic. Five typical cases of acute myocardial infarction were studied in detail, their personal histories were analyzed, very interesting facts and novel theory was derived. This may explain the gaps in our understanding of the aetiology of CAD in our country. The proposed theory is that the oxidants are slow toxins and their mechanism of causing atherosclerosis by endothelial dysfunction is by Nitric oxide antagonism thus leading to a low grade and chronic inflammation. These chemical agents have also been implicated in the probable causation of hypertension and diabetes which themselves are a very strong risk factors for the CAD. Low grade but constant exposure of various chemicals [from various routes and which can be below toxic levels as tested in the labs before certifying safe for humans] are oxidants to the human tissues particularly to the endothelium leads to endothelial dysfunction and may be the cause of increasing incidence of CAD, Hypertension (HT), Diabetes Mellitus (DM), renal disorders and malignancies.

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