



Review

Vitamin E in the prevention of ischemic heart disease

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Abstract:

Ischemic heart disease (IHD) has now assumed a global dimension. It still remains one of the major health problems not only in the advanced countries, but also, is becoming a serious health issue in the developing and the economically weaker countries. Apart from other factors, changing economic scenario, stress and strain in daily life as well as altered dietary habits in the populations appear responsible for the increased incidence of cardiovascular disease (CVD). The treatment modalities, invasive, non-invasive and pharmacological are economically no dearer, even to population of affluent countries. Likewise, treatment costs of serious cardiovascular diseases are becoming difficult to be borne by population of the developing nations. Prevention of IHD would be a better way to protect the population from physical and economic disaster. The current article comprehensively describes the relation between oxidative stress and cardiac disease, explains the direct effect of reactive oxygen species on cardiac function and projects how the use of vitamin E can be of benefit in the prevention of IHD with concluding remarks highlighting the need for inclusion of a fruit and vegetable rich diet and regular exercise to keep the dearer heart active and healthy.

Key words:

ischemic heart disease, reactive oxygen species, oxidative stress, vitamin E
