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Comprehensive Advanced Specific Summarised Studies -For Homoeopathy Science (CASS Studies) An Official Publication of Bureau for Health & Education Status Upliftment (Constitutionally Entitled as Health-Education Bureau)

Impact of Mental Stress on Cardiovascular Health: Homoeopathic Management

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ABSTRACT:

The impact of poor psychological health and stress has proved to be the main cause of the depreciating cardiovascular system. Psychological stress occurs when an individual interprets the external sources are a threat and coping with it surpasses their psychological abilities putting their general well-being at risk.

Access this Article Online	
Website: https://heb-nic.in/cass-hom/	Quick Response Code:
Received on 21/11/2024	
Accepted on 27/11/2024 © HEB All rights reserved	