

heart. In essence, it controls the flow of blood throughout our body. Any heart issue might exacerbate pain in other body areas. Worldwide, heart disease is the most common cause of death, according to the World Health Organization (WHO). Cardiovascular disease is responsible for more than 16 million deaths globally each year (CVD). Plaque, a substance that clogs the arteries and veins that carry blood to and from the heart, is the primary cause of cardiovascular disease