

A Case of Acute Ischemic Stroke

Dr. Manasa S D, Assistant Professor, Department of PG Studies in Panchakarma

Introduction

Stroke is sudden onset of a neurological deficit caused by an acute focal injury to the central nervous system due to a vascular cause. The incidence of strokes occurring every year worldwide is about 17 million, and it is the second leading cause of death after coronary artery disease. Acute Ischemic Stroke (AIS) is responsible for almost 90% of all strokes. It occurs when blood flow to the brain is blocked by a clot, a mass of thickened blood. Clots are either thrombotic or embolic, depending on where they develop within the body. A thrombotic stroke, the most common of the two, occurs when a clot forms within an artery in the brain. An embolic stroke occurs when a clot or small piece of plaque (fatty deposit) breaks off from

elsewhere in the body, such as the heart, and travels through the bloodstream and get stuck in a narrower vessel of the brain.

Risk Factors:

- High blood pressure
- Atherosclerosis
- High Cholesterol
- Diabetes Mellitus
- Obesity
- Smoking
- Alcohol Abuse
- Family history
- Age
- Gender: Men are more likely than women to have Ischemic stroke.

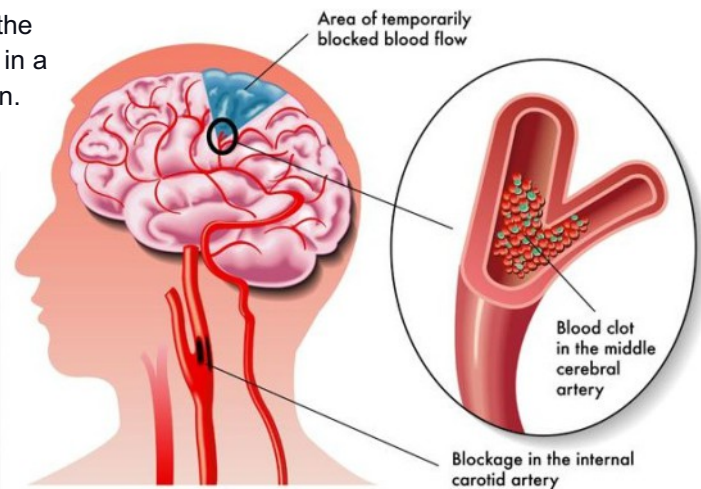
Signs and symptoms of stroke include:

- Trouble speaking and understanding what others are saying.
- Weakness and numbness on one side of the face, arm or leg.
- Vision problem in one or both eyes.
- Sudden severe headache accompanied by vomiting, dizziness and altered consciousness.
- Trouble in walking.

Complications:

A stroke can sometimes cause temporary or permanent disabilities, depending on how long the brain lacks blood flow and which part was affected. **Complications may include:**

- Weakness and loss of movements in one side of the body.



- Difficulty in talking or swallowing.
- Memory loss or thinking difficulties.
- Emotional problems.
- Pain and numbness in the affected side.
- Changes in behaviour and self-care ability.

In Ayurveda, stroke is diagnosed as Pakshaghata. Despite various treatment modalities available in different systems of medicine, Ayurveda has proved to be the most effective form of treatment resulting in the best possible recovery of stroke condition.

A patient diagnosed with Acute Ischemic Stroke – Left Hemiplegia, Right Pontine Infarct approached our hospital. The patient was advised treatment based on principles of Ayurveda and Panchakarma therapies.

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Case Report

A 68 years old male K/C/O DM and HTN since 2years on regular medication came to JSS Ayurveda Hospital on 6/2/20 with complaints of weakness in the left upper and lower limb, inability to walk and total loss of movement in left upper limb since 12 days. The subject was a diagnosed case of Cerebrovascular accident.

History

The patient was healthy 12 days back and suddenly developed giddiness. He had three episodes of vomiting followed by weakness of left upper and lower limb, inability to stand and walk associated with a slight deviation in the angle of mouth to the right side and slurred speech. He was immediately

taken to an allopathic hospital. There, he was diagnosed with Acute Ischemic Stroke and was admitted and treated with antiplatelet, anticoagulant, neuroprotective and other supportive measures. During his course of stay, his condition had marginal improvement. The deviation of the mouth, dribbling of saliva and slurred speech were reduced.

Intervention

At our hospital, the patient was treated with therapies like Abhyanga, different kinds of Sweda, Nasya and Basti for 15 days. The improvements were appreciably noticed within a week. However, he was treated for 15 days. At the time of discharge, the patient was able to walk 1 km without the

support and had gained finger movements.

He was under regular follow up and got readmitted to our hospital after one month for the second course of treatment. This time there was considerable improvement in the strength of his arms, his walking also improved. The patient was able to do all his daily activities without much support.

Though Pakshaghata is challenging to manage, early intervention of Ayurveda treatments maximizes the recovery chances. The classical Panchakarma therapies provide the best neurorehabilitation by strengthening and rejuvenating the muscles and the nerves.

Before



After



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A Report on “Vrutti Darshan” Career Guidance For Budding Doctors

'Vritti Darshana' - A guest lecture series was organized by JSS AYURVEDA MEDICAL COLLEGE AND HOSPITAL, as a part of career guidance to budding Doctors-Interns. It was held from 28th Nov 2020 to 4th Dec 2020. On each day, eminent speakers shared their knowledge and experiences with interns on various topics to guide and direct the junior doctors in their professional career.

- On 28th Nov 2020, Kannada Rajyotsava Awardee, Senior Ayurvedic consultant Dr. A S Chandrashekar, Shekar clinic, Mysuru was the guest speaker. He threw light on the topic “HUMAN VALUES IN CLINICAL PRACTICE” and shared the importance of fundamentals, the practice of compassionate, ethical and safe relationship centred medical care. He cited various examples from his own clinical experiences and motivated the junior doctors.
- On 30th Nov 2020, Assistant professor, Consultant Psychiatrist, JSSMCH, Mysuru, Dr. Shivanand Manohar was the guest speaker. He addressed the interns on the topic “DOCTOR PATIENT RELATIONSHIP AND LIFE DOWNFALL”. He reiterated that doctor-patient relationship is an integral part of health care which involves trust, belief, confidence, counselling, professionalism, etc. Dr. Shivanand explained the reasons for the downfall of life and how to overcome



JSS Ayurveda Medical College & Hospital
No.41/E, Lalithadripura Road, Alanahalli, Mysuru.

“Vrutti Darshan”
Career Guidance for Budding Doctors
Guest Lecture Series
28th Nov. 2020 to 04th Dec. 2020

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SPEAKERS

28/11/2020-Saturday

Dr. A S Chandrashekar
Kannada Rajyotsava Awardee
Sn. Ayurvedic Consultant Shekar Clinic, Mysuru.
Topic : Human Values in Clinical Practice
Time : 4.00pm - 5.00pm

02/12/2020-Wednesday

Dr. Giridhar Kaje
Well Known Ayurvedic Practitioner
Prashanthi Ayurvedic Centre Bangalore.
Topic : Ayurvedic Management In Covid-19
Pandemic
Time : 03.00pm - 3.45pm

30/11/2020-Monday

Dr. Shivanand Manohar
Assistant Professor Consultant Psychiatrist
JSSMCH, Mysuru
Topic : Doctor Patient Relationship & Life Downfall
Time : 4.00pm - 5.00pm

03/12/2020-Thursday

Dr. Srikanth
National Manager Scientific Services-
Pharmaceutical Division
The Himalayan Drug Company, Bangalore
Topic : Soft Skills To Enhance Your
Professional Outlook
Time : 4.00pm - 5.00pm

01/12/2020-Tuesday

Dr. M B Kavitha
Professor Dept. of Swasthavrittha & Yoga
SDMCAH, Hassan
Topic : Ethics in Medical Practice
Time : 4.00pm - 5.00pm

04/12/2020-Friday

Dr. Tapas Brata Tripathy
Professor, Dept. of Swasthvruttha and yoga
SDMCAH, Hassan
Topic : Diagnosis and Management
of Skin Disorders
Time : 4.00pm - 5.00pm

All are cordially invited

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it through introspection. The session was quite interactive and informative.

- On 1st Dec 2020, Professor Dept of Swasthavritta and Yoga, SDMCAH, Hassan, Dr M B Kavitha was the guest speaker. She addressed the interns on the topic "ETHICS IN MEDICAL PRACTICE". Dr. Kavitha discussed the medical ethics and legal aspects that professionals should be aware of. She also explained about the doctor's and patients' rights and responsibilities.
- On 2nd Dec 2020, well known Ayurvedic Practitioner Dr Giridhar Kaje, Prashanthi Ayurvedic Centre, Bengaluru, was the guest speaker. He addressed the interns on the topic- "AYURVEDIC MANAGEMENT IN COVID-19 PANDEMIC". Dr. Kaje spoke on the herbs that are useful in the treatment of Covid-19, and their Mode of action against viral infection. He said, "Ayurvedic Prophylactic measures, medicinal herbs and traditional practices are very significant in finding solutions for present medical conditions".
- On 3rd Dec 2020, National Manager

Scientific Services-Pharmaceutical Division, the Himalaya Drug Company, Bengaluru, Dr. Srikanth was the guest speaker. He addressed the interns on the topic "SOFT SKILLS TO ENHANCE PROFESSIONAL OUTLOOK". He said soft skill is a combination of social skill, communication skill, character, personality traits, attitudes, career attributes, social intelligence and emotional intelligence. It is very much essential for effective communication and patient care.

- On 4th Dec 2020, Professor, Dept of Swasthavritta and Yoga, SDMCAH, Hassan, Dr.Tapas Brata Tripathy was the guest speaker. He spoke on "DIAGNOSIS AND MANAGEMENT OF SKIN DISORDERS". He explained the causes, pathogenesis of skin diseases and differential diagnosis of the conditions based on the appearance of skin lesions. He presented the successful clinical cases with photographic documentation. Vritti Darshan helped the interns to build their professional skills and update their knowledge.
- At the event Dr C G Betsurmam, Executive Secretary, JSSMVP and

Sri R. Mahesh Director, Medical Education JSSMVP were the Patrons. Principal and Medical Superintendent Dr. Sarbeswar Kar and Dean Dr. Rajesh.A.Udapudi were the convenors. Dr. Krishna Prasad, RMO and Dr. Sandhya Rani D, Associate Professor, were the Organizing Secretaries of 'Vritti



Felicitating Kannada Rajyotsava awardee Dr. A.S. Chandrashekar.



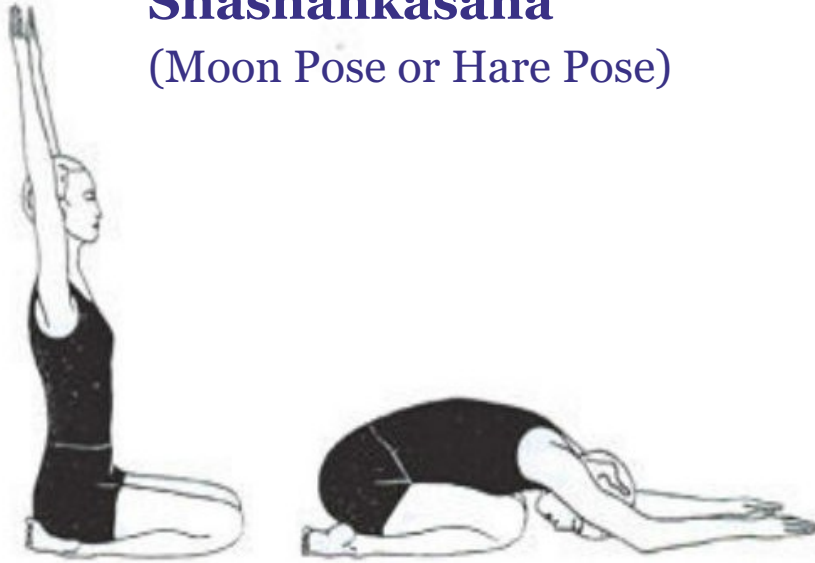
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Shashankasana (Moon Pose or Hare Pose)



Shashanka means hare or rabbit and asana means posture or pose

Shashankasana is a relaxing posture. Here a person resembles like a rabbit or a hare and hence it is named as Shashankasana. 'Shashanka' is also the name of moon.

Method 1: Sit in "Sthithi", by stretching both legs, keeping hands beside the body and spine erect, on a mat. Now, fold left leg at the knee and then fold right leg at the knee, to sit on the heels. Hands should be placed on both thighs. This pose is called as vajrasana or diamond pose.

Method 2: From vajrasana, while keeping the back straight, inhale and stretch both hands upwards, then exhale and bend forward and keep forehead on the floor, while keeping both hands on the floor stretching forward. Maintain the

pose for upto 10 to 20 breaths. Later, inhale and come up by stretching both hands upwards. Exhale to bring both hands down. Then release the legs.

Benefits: Like Shavasana and Makarasana, this is also a relaxing pose. This asana is a stress reliever. It is very useful in hypertension, heart diseases, insomnia (loss of sleep), anxiety and depression, headache, diabetes mellitus, neck and back pain, gastritis, bronchial asthma, indigestion, varicose veins, and obesity.

Who shouldn't do this asana?

Persons who have undergone Heart surgeries or any abdominal/thoracic surgeries, acute knee joint pain or ankle joint pain, women during menstrual cycle and pregnancy and glaucoma patients shouldn't practise this asana.

Plant - Cinnamomum zeylanicum

Family- Lauraceae

Kannada name- Chakke/Dalchini



Cinnamomum zeylanicum(Cinnamon) is the inner bark of a small evergreen tree. It is used as a medicine traditionally since ages.

It is considered as a remedy for respiratory and digestive ailments.

1. In Diabetes 1-2 grams of cinnamon powder when consumed with lukewarm water/ honey, reduces intestinal glucose absorption.
2. For weight loss 1-2 grams of cinnamon powder can be mixed with lemon juice and honey. It should be taken in empty stomach. It also reduces LDL cholesterol.
3. In cough and cold 2-3 grams of powder mixed with honey should be consumed. In case of gastritis- it is beneficial to take it with ghee.
4. Application of Cinnamon Oil is useful in dental caries and toothache.

