

AYURVEDIC MEDICINE IN TREATING STROKE COMPLICATIONS: A LITERATURE REVIEW

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Summary

This literature review examines the role of Ayurvedic medicine in the rehabilitation of stroke complications. Ayurveda offers a holistic approach to healthcare, which includes various treatment modalities such as massage, herbal medicines, and yoga. Several studies have shown the potential benefits of Ayurvedic methods in improving outcomes in stroke rehabilitation, including reduction of spasticity, improvement of motor function, and enhanced quality of life. However, more research is needed to fully understand the potential of Ayurveda in treating stroke complications. Overall, this literature review highlights the importance of Ayurvedic medicine as an adjunct therapy in stroke rehabilitation and its potential as a future treatment modality for stroke complications.

Key words: *ayurveda, stroke, cerebrovascular disease, complementary and alternative medicine, traditional medicine, ayurvedic therapies.*

Aim: This literature review aims to explore the practice of Ayurvedic medicine in treating stroke complications.

Methods: Systematic literature review, Meta-analysis, Expert opinion

Ayurvedic approach in Treating Stroke Complications.

Ayurveda is an ancient Indian system of medicine that uses a holistic approach to healthcare. Ayurvedic medicine utilizes natural remedies, including herbs, spices, and oils, to promote health and treat illnesses. According to Ayurvedic theory, stroke is caused by an imbalance in the three doshas (vata, pitta, and kapha), and treatment focuses on restoring the balance of these doshas [1; 2].

Several Ayurvedic therapies have been studied for their effectiveness in treating stroke complications. One of the most used Ayurvedic therapies for stroke is Panchakarma, which involves five cleansing and rejuvenating treatments. A study published in the Journal of Ayurveda and Integrative Medicine found that Panchakarma was effective in improving neurological and functional outcomes in stroke patients. The study showed that Panchakarma treatment led to a significant improvement in motor function, cognitive function, and activities of daily living.

Ayurvedic Medicine is a holistic system of medicine that emphasizes the use of natural therapies to restore balance to the body and promote overall health and well-being. The principles of Ayurveda are based on the belief that the body is made up of three doshas, or energies, which must be balanced for optimal health. Ayurvedic Medicine includes a range of therapies, including herbal remedies, massage, yoga, and dietary modifications.

Ravi Sankaran, Ravindranath Kamath, Vivek Nambiar, Anand Kumar in their study prospective study on the effects of Ayurvedic massage in post-stroke patients [2] found that utilizing Ayurvedic massage in post stroke patients with flaccidity can promote faster standing with minimal assistance and lead to less need for antispastic drugs at discharge.

The research conducted was a retrospective analysis of a prospective case-control study carried out in a tertiary level hospital with a neuro-rehabilitation unit. The study followed fifty-two patients undergoing acute inpatient rehabilitation post-stroke, who self-selected to receive Ayurvedic massage in addition to regular physical therapy (PT) or PT alone, one month from the event. Of the participants, twenty-five received Ayurvedic massage with PT and twenty-seven received only PT. Baseline information related to age, gender, the National Institute of Health Stroke Scale result, number of co-morbidities, and whether cases were deemed simple, or complex were collected. All patients received an average of six hours of physical therapy per week. Ayurvedic massage was administered daily for a total of ten sessions followed by steam application.

Patients were categorized as having either a simple or complicated stroke based on events prior to rehabilitation. Results showed that both simple and complicated stroke patients who received Ayurvedic massage had lower Modified Ashworth Scale (MAS) scores, reduced need for antispastic drugs, achieved standing with minimal assistance sooner, and had better locomotion at discharge compared to those who only received PT. These differences were statistically significant [2].

Another study made focus on yogic breathing and Ayurveda in aphasia. The research was based on a case study [3].

Following her stroke, the patient initially received conventional language therapy for her aphasia. However, at the 5-week post-stroke mark, she did not receive any additional conventional rehabilitation and instead sought the help of a Vedic priest. The patient underwent a course of various body manipulations, yogic breathing techniques, and consumed coconut oil as part of her Ayurvedic therapy. Cognitive and language assessments were carried out over a 3-month period while the patient underwent this treatment [1; 3].

While the observations of this individual using Ayurvedic medicine are limited to a single case study, some positive changes in language and certain aspects of cognition were noted. The promising results indicate the need for further investigation into the potential effectiveness of yogic breathing and Ayurvedic medicine for the treatment of post-stroke aphasia [3].

The third research, provided in regard of Stroke Complications was provided by Priya Baby and was focused on Lived Experiences of Stroke Survivors Undergoing Ayurvedic Rehabilitation Therapy in India [4].

The findings of this investigation suggest that Ayurvedic rehabilitation therapy can improve the sense of hope and self-reliance in stroke survivors, while also providing a holistic boost to their overall well-being. Patients reported that they found the treatment modalities utilized during their rehabilitation to be acceptable.

To conduct this study, a qualitative approach was taken, utilizing a phenomenological method. Semi-structured interviews were conducted with six post-stroke patients who were undergoing inpatient rehabilitation therapy at an Ayurvedic facility in India. Verbatim transcripts of these interviews were analyzed thematically using the phenomenological methodology developed by Lindseth and Norberg [1; 4].

Future Prospectives. Stroke is a leading cause of long-term disability and mortality worldwide. In recent years, there has been a growing interest in using Ayurvedic methods and tools to manage stroke complications. Ayurveda is an ancient Indian system of medicine that has been practiced for thousands of years. It emphasizes the use of natural remedies and techniques to promote health and well-being [1;5].

Ayurvedic medicine has a long history of treating neurological disorders, including stroke complications. The focus of Ayurveda is on maintaining the balance of the body and mind through natural remedies, lifestyle changes, and therapies. Ayurvedic treatments for stroke complications include herbal medicines, massage therapy, yoga, meditation, and diet modification [6].

One of the promising areas of Ayurvedic medicine for stroke complications is the use of herbal medicines. Many Ayurvedic herbs have been shown to have neuroprotective properties that may help to reduce the risk of stroke and improve recovery after a stroke. Some of the herbs commonly used in Ayurvedic medicine for stroke complications include ashwagandha, brahmi, guggulu, shankhapushpi, and jatamansi [7].

In addition, to herbal medicines, Ayurveda also emphasizes the use of massage therapy for stroke complications. Ayurvedic massage therapy, also known as abhyanga, involves the use of warm oil and specific strokes to stimulate circulation, promote relaxation, and reduce muscle tension. Studies have shown that Ayurvedic massage therapy can help to reduce spasticity and improve motor function in stroke survivors [7; 8].

Breathing techniques, or pranayama, are another important aspect of Ayurvedic medicine that can be beneficial for stroke complications. Pranayama involves controlled breathing exercises that help to reduce stress, promote re-

laxation, and improve overall respiratory health. Studies have shown that pranayama can improve lung function, reduce anxiety and depression, and improve quality of life in stroke survivors [7; 8].

Another promising area of Ayurvedic medicine for stroke complications is the use of personalized diet and lifestyle modifications [9]. Ayurveda emphasizes the importance of an individualized approach to healthcare, which includes personalized dietary recommendations based on one's body type and health status. Certain foods and nutrients have been shown to have neuroprotective properties that may help to reduce the risk of stroke and promote recovery after a stroke [11; 12].

Conclusion. In conclusion, Ayurvedic medicine offers promising therapies for treating stroke complications. Studies have shown that Ayurvedic therapies, including Panchakarma and Shirodhara, as well as Ayurvedic herbs and oils, can improve neurological and functional outcomes in stroke patients. However, more research is needed to determine the efficacy of Ayurvedic medicine in stroke treatment and to establish the safety of these treatments.

The purpose of this literature review is to highlight the crucial role of Ayurveda in healthcare, particularly in the rehabilitation of stroke complications. Ayurveda plays a significant role in managing various conditions that are associated with stroke complications in India. Over time, numerous lead molecules have been extracted from Ayurvedic herbs, which have shown significant therapeutic properties. In addition, various tools have been created to aid in functional recovery, such as bioactive compound quantification and breathing methods. However, further research is required to fully explore the potential of Ayurveda in treating stroke complications [12].

Therefore, further clinical trials are warranted to validate the potential of Ayurvedic medicine in stroke management.

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ИНСУЛЬТТИҢ АСҚЫНУЫН ЕМДЕУДЕГІ АЮРВЕДИЯЛЫҚ МЕДИЦИНА: ӘДЕБИЕТКЕ ШОЛУ

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Түйінді

Бұл әдеби шолу инсульттан кейінгі пациенттердің реабилитациясында аюрведа медицинасының әрекетін зерттеу үшін жасалған. Аюрведа, мозға ағымының дақыл кезінде келесі кезде тұрған кезде пациенттерге көмек көрсету үшін қолайлы мүмкіндікті бар екенін көрсетеді. Сонымен қатар, биоактивті қоспалардың санымен көмегімен, ауыстыру жұмыстарының әдісімен жасалған артық инструменттер, міндетті функционалдық қалпындауға жол ашады. Бірақ, инсульт осықтарының медициналық кезеңде аюрведаның потенциалын толық түсіну үшін қосымша зерттеулер жасау керек.

Кілт сөздер: аюрведа, инсульт, цереброваскулярлық аурулар, қосымша және балама медицина, дәстүрлі медицина, аюрведиялық емдеу.

АЮРВЕДИЧЕСКАЯ МЕДИЦИНА В ЛЕЧЕНИИ ОСЛОЖНЕНИЙ ИНСУЛЬТА: ОБЗОР ЛИТЕРАТУРЫ

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Аннотация

Данный литературный обзор направлен на исследование использования методов аюрведической медицины при реабилитации пациентов после инсульта. Аюрведа имеет большой потенциал в помощи пациентам с различными состояниями после острых нарушений мозгового кровообращения. Кроме того, были разработаны различные инструменты, которые помогают в функциональном восстановлении, такие как количественное определение биоактивных соединений, методы дыхательной гимнастики. Однако для полного понимания потенциала аюрведы в лечении осложнений инсульта необходимо проведение дополнительных исследований.

Ключевые слова: аюрведа, инсульт, цереброваскулярные заболевания, комплементарная и альтернативная медицина, традиционная медицина, аюрведические методы лечения.

Конфликт интересов. Все авторы заявляют об отсутствии потенциального конфликта интересов, требующего раскрытия в данной статье.

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INDIA'S RESPONSE TO COVID-19: AN ANALYSIS OF DIAGNOSIS, TREATMENT, AND MANAGEMENT STRATEGIES

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Summary

The emergence of pandemics highlights the fallibility of humans and underscores the need for communities to be prepared. In late 2019, the first reports of the coronavirus outbreak surfaced, and it has since been declared a global pandemic by the World Health Organization. Countries worldwide have responded to the virus outbreak in varying ways. Unfortunately, China and other major countries experienced delays in detection and response, resulting in an overwhelming burden on local health systems.

Key words: COVID-19, RT-PCR, virus, vaccine, cases, India's response.

Introduction. In contrast, other nations have implemented effective strategies to contain the infection, resulting in a low number of cases. Effective measures such as social distancing, lockdowns, case detection, isolation, contact tracing, and quarantine have proven to be the most successful actions in controlling the spread of the disease. This analysis aims to help readers understand how different countries responded and the resulting outcomes. India responded to the pandemic based on the experiences of these countries, and only time will reveal its success in managing the outbreak. We also suggest future global community directions to manage and mitigate future emergencies [1].

The first case of COVID-19 in India was reported on January 30, 2020, in the state of Kerala. The patient, a student who had returned from Wuhan, China, was diagnosed with the virus and was promptly hospitalized and isolated. This

article is a literature review of the relevant science content, based on infection diseases control [1].

Aim: The review focuses on analyzing medical literature and scientific reports (including published on the Internet) on finding the way India dealt with the pandemic of COVID-19. The Development of Vaccines, all the actions that the government took are being discussed here.

Containment measures. According to statistical models on the spread of SARS-CoV-2, it is predicted that without sufficient herd immunity in the population and considering the high contagiousness of the virus, 40-70% of the population could become infected unless robust containment measures are implemented in a timely manner [2].

Drawing on previous experiences with various epidemics and pandemics, as well as current understanding of SARS-CoV-2, the World Health Organization (WHO) rec-