

- Also called "brain attack", cerebral infarction, cerebral hemorrhage, ischemic stroke or stroke.
- A stroke is caused by the interruption of the blood supply to the brain, usually because a blood vessel bursts or is blocked by a clot. This cuts off the supply of oxygen and nutrients, causing damage to the brain tissue.

Direct Causes :- ① Cerebral Thrombosis

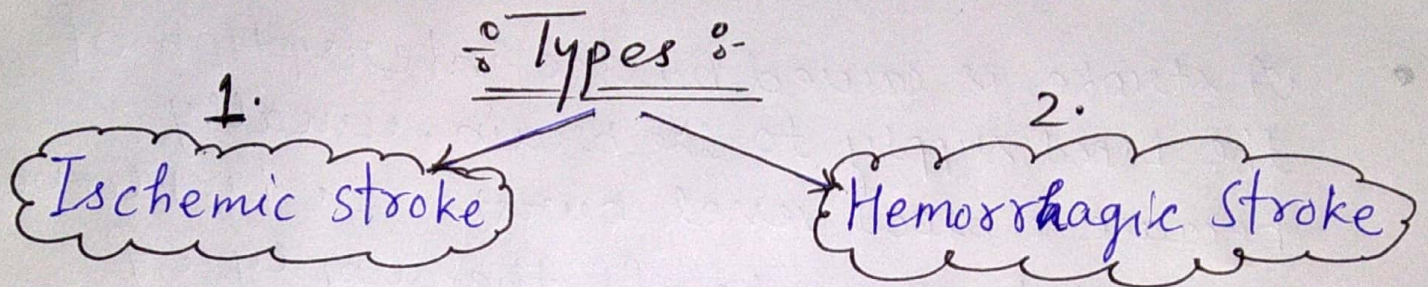
② Cerebral Hemorrhage

③ Cerebral Embolism

① Cerebral Thrombosis :- A blood clot or plaque blocks an artery that supplies a vital brain center.

② Cerebral Hemorrhage :- An artery in the brain bursts, weakens the aneurysm wall; severe rise in BP causing hemorrhage and ischemia.

③ Cerebral Embolism :- A blood clot breaks off from a thrombus elsewhere in the body, lodges in a blood vessel in the brain and shuts off blood supply to that part of the brain.



1. Ischemic stroke :- Occurs when a clot or mass clogs a blood vessel, cutting off the blood flow to brain cells. The underlying condition for this type of obstruction is the development of fatty deposits lining the vessel walls. This condition is called atherosclerosis.

→ Almost 85% of strokes are ischemic.

★ Atherosclerosis :-

- ⊙ "Hardening of the arteries"
- ⊙ "Athero" - gruel or paste
- ⊙ "Sclerosis" - hardness
- ⊙ It's the process in which deposits of fatty substances, cholesterol, cellular waste products, calcium and other substances build up in the inner lining of an artery. This buildup is called plaque.

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2. Hemorrhagic stroke :-

→ Results from a weakened vessel that ruptures and bleeds into the surrounding brain. The blood accumulates and compresses the surrounding brain tissue.

★ Subarachnoid Hemorrhage (SAH)

⇒ Occurs when a blood vessel on the surface of the brain ruptures and bleeds into the space between the brain and the skull.

★ Intracerebral Hemorrhage (ICH)

⇒ Occurs when a blood vessel bleeds into the tissue deep within the brain.

→ 2,000,000 brain cells die every minute during stroke, increasing risk of permanent brain damage, disability or death.

→ Recognizing symptoms and acting fast to get medical attention can save life and limit disabilities.

Signs and Symptoms :-

Sudden Onset CVA -

- ⊙ Usually most severe
- ⊙ Loss of consciousness
- ⊙ Face becomes red
- ⊙ Breathing is noisy and strained
- ⊙ Pulse is slow but full and bounding
- ⊙ Elevated BP
- ⊙ May be in a deep coma

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Common stroke symptoms.....

- ⊙ Weakness or paralysis.
- ⊙ Numbness, tingling, decreased sensation
- ⊙ Vision changes
- ⊙ speech problems
- ⊙ Loss of memory
- ⊙ Loss of balance and coordination
- ⊙ Personality Changes
- ⊙ Mood changes

Yogic Management :-

Shatkarma :- Jal neti, Sutra Neti

Asana :- Mountain Pose, Bhujangasana, Tadasana, Triyak. Tadasana
Kati Chakrasana, Trikonasana, Shashankasana,
Setubandhasana, Vipreetkarniasana etc.

Pranayama :- Alternate nostril breathing, (Nadi Shodhan),
Bhramari Pranayama, Pranakarshan Pranayama
etc.

Mudra :- Gyan Mudra, Chin Mudra, Yog Mudra,
Brahmanjali Mudra, Saman Mudra etc.

Bandh :- Jalandhar Bandh

Meditation :- Soham Dhyan, Antarmoun Dhyan, on Agyachakra
etc.

Relaxation :- Shavasana, Yognidra, Makrasana etc.

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