



## Stroke : Ayurveda Management

By Vaidya C D Siby  
Chief Ayurvedic Physician

### What is a stroke?

A stroke is also referred to as a cerebrovascular accident .

A stroke is the sudden death of brain cells due to a problem with the blood supply. When blood flow to the brain is impaired, oxygen and important nutrients cannot be delivered. The result is abnormal brain function. Blood flow to the brain can be disrupted by either a blockage or rupture of an artery to the brain.

### What causes a stroke?

The blockage of an artery in the brain by a clot (thrombosis) is the most common cause of a stroke. The part of the brain that is supplied by the clotted blood vessel is then deprived of blood and oxygen. The cells of that part of the brain die as a result. Typically, a clot forms in a small blood vessel within the brain that has been previously narrowed due to the long-term, damaging effects of high blood pressure (hypertension) or diabetes. The resulting strokes are called lacunar strokes because they look

like little lakes. In other situations, usually because of hardening of the arteries (atherosclerosis), a blood clot can obstruct a larger vessel going to the brain, such as the carotid artery in the neck.

### Warning Signs Of a Stroke

- Sudden and severe headache.
- Weakness or numbness on one side of the body (sometimes weakness in muscles of the face can cause drooling)
- Loss of vision or having a visual disturbance, especially if it occurs in only one eye.
- Dizziness or confusion.
- Loss of balance
- Slurred speech or difficulty communicating (including difficulty understanding or having trouble finding the right words)

The appearance of one or more of these symptoms might be a warning sign that a stroke is in progress.

## For registration and further details:

Date & Time  
23<sup>rd</sup> September 2017  
2:00 pm to 3:30 pm

Venue  
Ayur Centre  
Number , 8 Jalan Utara  
46200, Petaling Jaya

Organised By  
Ayur Centre Sdn Bhd

 For registration, please contact:

Call : 03 - 7954 2899 / 016 384 2531

E mail : [ayurcentrepj@ayurcentre.com](mailto:ayurcentrepj@ayurcentre.com) / [s\\_chiramel@yahoo.com](mailto:s_chiramel@yahoo.com)

Website : [www.ayurcentre.com](http://www.ayurcentre.com)