

A Case Report on Ischemic Stroke and Acupuncture

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Abstract

Case Report

Acupuncture's impact on stroke recurrence was little understood. Ischemic stroke patients who received acupuncture therapy were studied to see whether their risk of stroke recurrence was reduced. Recurrence rates per 1000 person-years fell from 71.4 without acupuncture to 69.9 with acupuncture ($P= 0.01$). It was shown that patients who received acupuncture therapy were less likely to have another stroke (HR 0.88; 95% CI 0.84-0.91). Acupuncture had a positive effect on stroke patients regardless of whether or not they received medical therapy for stroke prevention. The hazard ratios of stroke recurrence for patients who received medication therapy alone, acupuncture treatment alone, or both were 0.42 (95% CI 0.38-0.46), 0.50 (95% CI 0.43-0.57), and 0.39 (95% CI 0.35-0.43) when compared to stroke patients who did not receive either acupuncture treatment or medication therapy. SUXI Healthcare Limited in Shantinagar, Dhaka, Bangladesh was the site of this investigation. A 60-year-old male patient came to us complaining of having left sided weakness for 2 years and difficulty in speaking for the same years. After examine and testes, the patient were treated with acupuncture. Surprisingly after the 2nd session of acupuncture the weakness in left side and difficulty in speaking were seen improving. Later research revealed promising results. Patient's left side weakness improved for the first time in two years, and his speech issues improved as well. According to the results of this research, acupuncture may be therapeutic for those who have had an ischemic stroke.

Keywords: Ischemic Stroke, Stroke, Acupuncture, Scalp Acupuncture, Tongue acupuncture, Suxi Health Care.

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INTRODUCTION

In the globe, strokes are the biggest cause of mortality and disability [1]. Stroke may have a devastating impact on a person's family and on society as a whole. The American Heart Association/American Stroke Association Get with the Guidelines Stroke initiative, which has been implemented in Taiwan, emphasizes secondary stroke prevention as a major performance indicator [2-7]. Antithrombotic treatment is the backbone of stroke prevention in the Get with the Guidelines Stroke program for individuals with ischemic stroke [8].

Stroke rehabilitation is an essential part of the treatment plan for patients who have had a stroke [9]. Stroke patients in Taiwan may get acupuncture, which

is allowed for coverage by the National Health Insurance (NHI), in addition to traditional therapy [10].

The Chinese have used acupuncture for for two thousand years, and it is gradually being incorporated into mainstream healthcare systems across the world, including here in the United States [11]. Acupuncture has gained growing attention in the treatment of stroke patients, with inconsistent outcomes, in addition to numerous pain conditions [12-18]. Acupuncture's effectiveness has yet to be shown, according to meta-analyses. Acupuncture is a safe, low-cost, and feasible alternative treatment for individuals with stroke-related problems that do not respond to standard medical or rehabilitative methods, despite the lack of strong data.

Acupuncture-aided rehabilitation in certain stroke patients may lead to an increase in physical

activity, which may lessen the risk of a future stroke [19, 20]. Increased nitric oxide levels, a better lipid profile, and a reduction in blood pressure are all possible benefits of acupuncture for vascular health [21-25]. Reduced infarct size and better neurological prognosis may be achieved with pretreatment of electroacupuncture in patients with cerebral infarction [26]. Based on these possible auxiliary benefits of acupuncture, we investigate whether the incidence of stroke recurrence was reduced in stroke patients who received acupuncture as opposed to those who did not.

CASE REPORT

A male patient in his 60s who was originally from Brahmanbaria came to see us claiming that he had

been experiencing left-sided weakness for the last two years and that he had been having difficulties speaking for the same amount of time. When we began with the standard tests, we discovered that all of the data were statistically significant and went in the direction that was anticipated. The results of a CT scan on the patient's brain show that there is a little hypodense region in the right frontal lobe. The cerebrum had some signs of mild atrophy along with expanded CSF-filled pockets externally. The ventricles have a little expansion. There was NO evidence of a change in the midline. The CP regions were not considered to be exceptional. Initial findings suggested a lacunar infarct in the right frontal lobe, moderate cerebral atrophy, and sinusitis in the left maxillary region.



Picture A & B: Giving Scalp Acupuncture

We opted to treat the patient with acupuncture on the left leg, left hand, and tongue in addition to acupuncture at the patient's scalp. We performed physiotherapy on the patient, as well as mobilization, and manipulation. Additionally, we used a Chinese approach known as the deep muscle stimulator. The result of the patient's treatment was outstanding. The patient's difficulties in speaking and weakness on the patient's left side were found to improve after the second day of acupuncture treatment.

DISCUSSION

We hypothesized a few reasons for the results of this research in order to better understand how effective acupuncture therapy is in preventing stroke recurrence. Many studies demonstrate that acupuncture is useful in increasing neurological function or physical capacity in stroke patients, despite the fact that systematic reviews have yet to confirm that acupuncture is a reliable rehabilitation technique to improve functional result. Stroke risk may be reduced with increased physical activity, according to research [27]. In addition, we've found that regular physical exercise lowers the risk of dying from a stroke. Together, these data highlight the potential that acupuncture might lower the incidence of recurrent stroke by improving physical activity. Acupuncture's benefits may extend beyond a boost in physical performance. Acupuncture

has been found to decrease blood pressure, reduce the production of inflammatory mediators, and improve the lipid profile. Patients with ischemic stroke who get acupuncture therapy may have a lower risk of recurrent stroke because of the lowered blood pressure, improved lipid profile, and reduced inflammatory mediators.

A 60-year-old man came to see us with complaints of left side weakness and speech difficulty for the last two years. We discovered that the patient's symptoms were caused by an ischemic stroke after conducting a series of tests. We chose to use acupuncture on the patient's scalp, mouth, left hand, and left leg. As part of the treatment, we provided the patient with physical therapy, mobility, and manipulation. We've also introduced a Chinese technique: deep muscle stimulation. The patient's result was fantastic. The patient's left-sided weakness and speaking problems improved after the second day of acupuncture.

CONCLUSION

A further examination was conducted, and the findings were really remarkable. It was the 2nd acupuncture session when the patient's left sided weakness and difficulties in speech began to improve. Ischemic stroke patients have found acupuncture to be useful.

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