

APOPLEXY

HEAL Information Sheet
Compiled from the writings of
Dr. Christopher



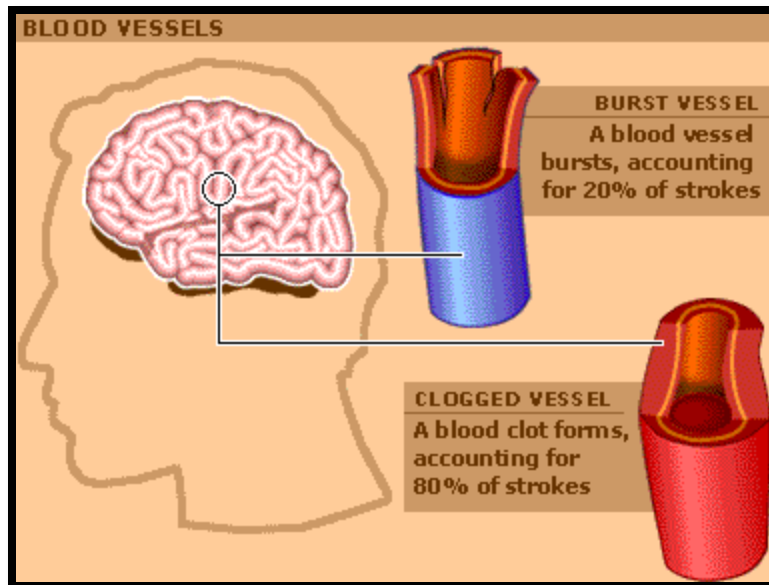
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Definition

Apoplexy is bleeding into the brain or loss of blood flow to the brain, which can result in the sudden loss of consciousness, sensation, and voluntary motion. This is caused by the rupture or obstruction of an artery of the brain, very often resulting in death.

Apoplexy is also the gross hemorrhage into any organ, such as the lungs, spleen, etc. For example, adrenal apoplexy is bleeding into the adrenal glands; pituitary apoplexy is bleeding into the pituitary gland, and so on.

When the word apoplexy (with no organ specified) is used alone, it often refers to stroke symptoms that occur suddenly. Such symptoms can be caused by bleeding into the brain or by a blood clot in a brain blood vessel. Conditions such as subarachnoid hemorrhage or stroke are sometimes called apoplexy.



Symptoms

More than one of these symptoms can appear suddenly and swiftly:



Paralysis: Numbness, weakness or immobility on one side of the body

Nausea: Dizziness followed by vomiting

Headache: An unusually painful headache, followed by a stiff neck and pain in the face and between the eyes

Vision: Decreased ability to see, resulting in blurred or double vision



Aphasia: Difficulty in speaking or in understanding speech



Mental effects: Confusion and problems with perception, memory and spatial orientation

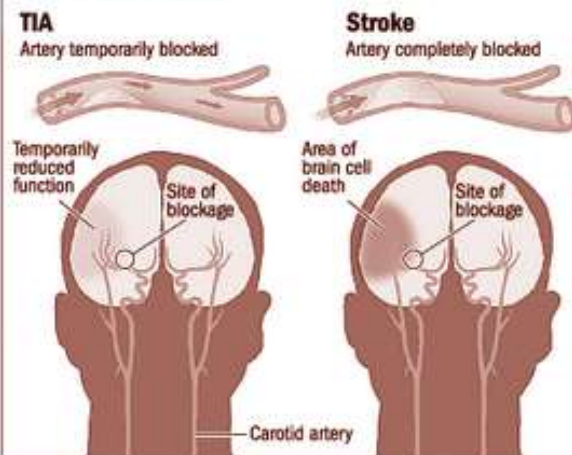
Motor control: Loss of coordination and balance

The Transient Ischemic Attack (TIA)

Even though apoplexy usually gives no warning, there is one possible indication that precipitates this condition – **The Transient Ischemic Attack (TIA)**. TIA is much like an apoplexy attack, whereby blood flow to certain parts of the brain is interrupted. However, TIA is a temporary condition; lasting anywhere between several minutes to 24 hours, and leaves no permanent after-effects. TIA symptoms are similar to those of apoplexy and are a serious warning that a full attack may ensue shortly.

Stroke and mini-stroke

Transient ischemic attacks – TIAs, or mini-strokes – result when a cerebral artery is temporarily blocked, decreasing blood flow to the brain. Many strokes result from a complete blockage of a cerebral artery, leading to death of brain cells and permanent loss of certain functions.



The Washington Post

Herbal Aid

Cayenne



The suddenness with which apoplexy comes necessitates the fastest therapeutic action.

Cayenne pepper may be administered quickly

One teaspoon dry powder to a cup of Hot Water or

4 dropperfuls extract taken straight or in swallow of juice or water.



Tincture of Lobelia

Three drops to one-half teaspoon, according to the size and age of the individual, should be given regularly; the Antispasmodic Tincture is excellent.



Formula for Apoplexy:

- ✓ 1 ounce Black cohosh, fluid extract (*Cimicifuga racemosa*)
- ✓ 1 ounce Wood betony, fluid extract (*Betonica officinalis*)
- ✓ 1 drams Cayenne, tincture (*Capsicum minimum*; *C. fastigiatum*)

Preparation:

Mix thoroughly.

Dosage:

1 teaspoonful every 30 minutes until patient improves and then every 1 to 2 hours as condition warrants.

Care of Patient

Give the patient a foot bath in hot water with 1 tsp mustard and 1 tsp cayenne.

While patient is resting in bed soak a piece of flannel in apple cider vinegar and wring it out.

Wrap this around a hot water bottle, and place it on the feet.

Inject into rectum about 1/4 teaspoonful each: **Lobelia, Scullcap, and Cayenne** in $\frac{3}{4}$ pint of warm (body temperature) water. This will help equalize the circulation and remove pressure from the brain.

If the injection does not evacuate the bowels, repeat. The patient will perspire freely.

Vegetarianism: A heavy meat and starch eater will suffer apoplexy and strokes from heat long before the heat even bothers the vegetarian or fruitarian.

Cayenne and Ginger: For an excellent bath to be used in cases of aches and pains, influenza, apoplexy, etc., mix 1 tablespoon each of Cayenne and Ginger and add to a very hot bath. This will cleanse the pores and remove toxins.