***IQRa NATIONAL UNIVERSITY***

 ******

 ***Department of Allied Health Sciences***

***Program:*** *Doctor of Physical Therapy*

***Name:******kashif nawaz***

***I’d:*** *13410*

***Subject: medicine||***

***Date:*** *25 june2020*

***Submitted To: Dr ahmed hayat***

***Semester: 8th***

 ================================================================================

**QUESTION#1:** What will be the effects of stroke on body if right side of brain is involved?

**Answer:

 Stroke:**

Stroke is a disease that affects the arteries leading to and within the brain. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts.

It is the No. 5 cause of death and a leading cause of disability in the United States.

**The three main types of stroke are:**

* Ischemic stroke.
* Hemorrhagic stroke.
* Transient ischemic attack (mini-stroke)

**Effects of stroke on body if right side of brain:**

The cerebrum is the largest part of the brain. It is made of a left and a right section. The right side of the brain is in charge of the left-side of the body. It also does some of our thought processing, help us know body position, and judge space and distance.

A right brain stroke happens when the blood supply to the right side of the brain is interrupted. Blood brings oxygen and nutrients to brain tissue. When blood flow is stopped, the brain tissue quickly dies

If the stroke occurs in the rightside of the brain, the leftside of the body will be affected, producing some or all of the following: Paralysis on the leftside of the body. Vision problems. Quick, inquisitive behavioral style.

You may have weakness, partial or complete paralysis of one side of your body or just one arm or one leg. If the stroke was on the leftside of your brain, the rightside of your bodywill be affected. If the stroke was on the rightside of your brain, the leftside of your bodywill be affected.

**Symptoms occur suddenly:**

Sudden weakness or numbness of face, arm, or leg, especially on the left side of the body

* Sudden confusion
* Sudden trouble speaking or understanding  [aphasia](https://www.winchesterhospital.org/health-library/article?id=164349)
* Sudden trouble seeing in one or both eyes
* Sudden lightheadedness, trouble walking, loss of balance, or coordination
* Sudden severe headache with no known cause
* Difficulty understanding or expressing the emotional tone of language (unable to change pitch, tone, or rhythm)
* Difficulty with learned movements
* Lack of attention to the left side of the body

**Longer-lasting effects of the stroke may include problems with:**

* Left-sided weakness and/or sensory problems
* Speaking and swallowing
* Vision, including an inability of the brain to take in information from the left visual field
* Perception and spatial relations
* Attention span, comprehension, problem solving, and judgment
* Emotions
* Interactions with other people
* Activities of daily living, such as going to the bathroom
* Mental health, including [depression](https://www.winchesterhospital.org/health-library/article?id=11908) , frustration, and impulsivity

**==============================================================================**

**QUESTION#2:** What will be the physiotherapy treatment of Bell’s Palsy

**Answer**:

**Introduction** Bell’s palsy is a condition that causes a temporary weakness or [paralysis](https://www.healthline.com/health/paralysis) of the muscles in the face. It can occur when the nerve that controls your facial muscles becomes inflamed, swollen, or compressed.

The condition causes one side of your face to droop or become stiff. You may have difficulty smiling or closing your eye on the affected side. In most cases, Bell’s palsy is temporary and symptoms usually go away after a few weeks.

Although Bell’s palsy can occur at any age, the condition is more common among people between ages 16 and 60. Bell’s palsy is named after the Scottish anatomist Charles Bell, who was the first to describe the condition.

##  Physiotherapy Treatment of Bell’s Palsy

**Treatment:** Most people with Bell's palsy recover fully — with or without treatment. There's no one-size-fits-all treatment for Bell's palsy, but your doctor may suggest medications or physical therapy to help speed your recovery. Surgery is rarely an option for Bell's palsy.

### **Physical therapy**

Paralyzed muscles can shrink and shorten, causing permanent contractures. A physical therapist can teach you how to massage and exercise your facial muscles to help prevent this from occurring.

### **Home treatment:**

* an eye patch (for your dry eye)
* a warm, moist towel over your face to relieve pain
* facial massage
* physical therapy exercises to stimulate your facial muscles

### Medications

Commonly used medications to treat Bell's palsy include:

* **Corticosteroids,** such as prednisone, are powerful anti-inflammatory agents. If they can reduce the swelling of the facial nerve, it will fit more comfortably within the bony corridor that surrounds it. Corticosteroids may work best if they're started within several days of when your symptoms started.
* **Antiviral drugs.** The role of antivirals remains unsettled. Antivirals alone have shown no benefit compared with placebo. Antivirals added to steroids are possibly beneficial for some people with Bell's palsy, but this is still unproved.

However, despite this, valacyclovir (Valtrex) or acyclovir (Zovirax) is sometimes given in combination with prednisone in people with severe facial palsy.

### Surgery

In the past, decompression surgery was used to relieve the pressure on the facial nerve by opening the bony passage that the nerve passes through. Today, decompression surgery isn't recommended. Facial nerve injury and permanent hearing loss are possible risks associated with this surgery.

Rarely, plastic surgery may be needed to correct lasting facial nerve problems. Facial reanimation helps to make the face look more even and may restore facial movement. Examples of this type of surgery include eyebrow lift, eyelid lift, facial implants and nerve grafts. Some procedures, such as an eyebrow lift, may need to be repeated after several years.

==================================================================**Question#3:** How will you treat a patient having Migraine at home?

**Answer:

Migraine** A migraine is a powerful headache that often happens with nausea, vomiting, and sensitivity to light. Migraines can last from 4 hours to 3 days, and sometimes longer.

The American Migraine Foundation estimates that more than 36 million Americans get them, women 3 times more often than men.

Emotional triggers: Stress, depression, anxiety, excitement, and shock can trigger a migraine. Physical causes: Tiredness and insufficient sleep, shoulder or neck tension, poor posture, and physical overexertion have all been linked to migraines. Low blood sugar and jet lag can also act as triggers.

**Migraine at home:**

Headaches are a common condition that many people deal with on a daily basis.

Ranging from uncomfortable to downright unbearable, they can disrupt your day-to-day life.

Several types of headaches exist, with tension headaches being the most common. Cluster headaches are painful and happen in groups or “clusters,” while migraines are a moderate-to-severe type of headache.

Although many medications are targeted at relieving headache symptoms, a number of effective, natural treatments also exist

**Effective home remedies to naturally get rid of headaches:**

* Pressure point LI-4, also called Hegu, is located between the base of your thumb and index finger. Doing acupressure on this pointtorelieve pain and headaches.
* Thankfully, drinking water has been shown to relieve headache symptoms in most dehydrated individuals within 30 minutes to three hours.
* Evidence suggests that magnesium deficiency is more common in people who get frequent migraine headaches, compared to those who don’t.
* Cutting histamine-rich foods from the diet may be a useful strategy for people who get frequent headaches.
* Applying peppermint essential oil to the temples has been shown to reduce the symptoms of tension headaches.
* Some B vitamins may have a protective effect against headaches.
* Studies have shown that taking CoQ10 supplements may be an effective and natural way to treat headaches.
* If you’re looking for a natural way to treat chronic headaches, acupuncture may be a worthwhile choice.
* Another study found that people who practiced yoga for three months had a significant reduction in headache frequency, severity and associated symptoms, compared to those who did not practice yoga.
* Avoid hot dogs. Diet plays a vital role in preventing migraines
* Apply lavender oil. Inhaling lavender essential oil may ease migraine pain. ...
* Try acupressure. Share on Interest
* Look for feverfew
* Apply peppermint oil
* Go for ginger
* Sign up for yoga
* Try biofeedback

**Avoid hot dogs**

Diet plays a vital role in preventing migraines. Many foods and beverages are known migraine triggers, such as:

* foods with nitrates including hot dogs, deli meats, bacon, and sausage
* chocolate
* cheese that contains the naturally-occurring compound tyramine, such as blue, feta, cheddar, Parmesan, and Swiss
* alcohol, especially red wine
* foods that contain monosodium glutamate (MSG), a flavor enhancer
* foods that are very cold such as ice cream or iced drinks
* processed foods
* pickled foods
* beans
* dried fruits
* cultured dairy products such as buttermilk, sour cream, and yogurt

## A small amount of caffeine may ease migraine pain in some people. Caffeine is also in some migraine medications. But, too much caffeine may cause a migraine. It may also lead to a severe caffeine withdrawal headache. To figure out which foods and beverages trigger your migraines, keep a daily food diary. Record everything you eat and note how you feel afterward.Apply lavender oil

## Inhaling lavender essential oil may ease migraine pain. According to [2012 research](https://www.karger.com/Article/Abstract/335249), people who inhaled lavender oil during a migraine attack for 15 minutes experienced faster relief than those who inhaled a placebo. Lavender oil may be inhaled directly or applied diluted to the temples.Try acupressure Acupressure is the practice of applying pressure with the fingers and hands to specific points on the body to relieve pain and other symptoms. According to a [2014 systematic reviewTrusted Source](https://www.ncbi.nlm.nih.gov/pubmed/23415783), acupressure is a credible alternative therapy for people in pain from chronic headaches and other conditions. A separate [study](https://link.springer.com/article/10.1007/s10072-012-1069-y) found acupressure may help relieve migraine-associated nausea.Look for feverfew Feverfew is a flowering herb that looks like a daisy. It’s a folk remedy for migraines. According to a [2004 systematic reviewTrusted Source](https://www.ncbi.nlm.nih.gov/pubmed/14973986), however, there’s not enough evidence that feverfew prevents migraines. Still, many people claim it helps their migraine symptoms without side effects.Apply peppermint oil

The menthol in peppermint oil may stop a migraine from coming on, according to a [2010 studyTrusted Source](https://www.ncbi.nlm.nih.gov/pubmed/20456191). The study found that applying a menthol solution to the forehead and temples was more effective than placebo for migraine-associated pain, nausea, and light sensitivity.

## Go for ginger Ginger is known to ease nausea caused by many conditions, including migraines. It may also have other migraine benefits. According to [researchTrusted Source](https://www.ncbi.nlm.nih.gov/pubmed/23657930%22%20%5Ct%20%22_blank), ginger powder decreased migraine severity and duration as well as the prescription drug sumatriptan, and with fewer side effects.Sign up for yoga

Yoga uses breathing, meditation, and body postures to promote health and well-being. [Research Trusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4746941/) shows yoga may relieve the frequency, duration, and intensity of migraines. It’s thought to improve anxiety, release tension in migraine-trigger areas, and improve vascular health.

Although researchers conclude it’s too soon to recommend yoga as a primary treatment for migraines, they believe yoga supports overall health and may be beneficial as a complementary therapy.

## Try biofeedback

Biofeedback is a relaxation method. It teaches you to control autonomic reactions to stress. Biofeedback may be helpful for migraines triggered by physical reactions to stress such as muscle tensing.

**Add magnesium to your diet**

Magnesium deficiency is linked to headaches and migraines. Studies show magnesium oxide supplementation helps prevent migraines with aura. It may also prevent menstrual-related migraines.

You can get magnesium from foods that include:

* almonds
* sesame seeds
* sunflower seeds
* Brazil nuts
* cashews
* peanut butter
* oatmeal
* eggs
* milk

## Book a massage

A weekly massage may reduce migraine frequency and improve sleep quality, according to a [2006 study Trusted Source](https://www.ncbi.nlm.nih.gov/pubmed/16827629). The research suggests massage improves perceived stress and coping skills. It also helps decrease heart rate, anxiety, and cortisol levels.
===========================================================

**Question#4:** Describe Acne Vulgaris and its home base treatment

**Answer:
Acne Vulgaris:**

Acne vulgaris is the formation of comedones, papules, pustules, nodules, and/or cysts as a result of obstruction and inflammation of pilosebaceous units (hair follicles and their accompanying sebaceous gland).

Acne, also known as acnevulgaris, is a long-term [skin disease](https://en.wikipedia.org/wiki/Cutaneous_condition) that occurs when [dead skin cells](https://en.wikipedia.org/wiki/Keratinocyte) and [oil from the skin](https://en.wikipedia.org/wiki/Sebum) clog [hair follicles](https://en.wikipedia.org/wiki/Hair_follicle).[[10]](https://en.wikipedia.org/wiki/Acne#cite_note-Aslam2015-10) Typical features of the condition include [blackheads or whiteheads](https://en.wikipedia.org/wiki/Comedo), [pimples](https://en.wikipedia.org/wiki/Pimple), oily skin, and possible [scarring](https://en.wikipedia.org/wiki/Scar)

Acne develops on the face and upper trunk. It most often affects adolescents.

Acne vulgaris is a skin condition that occurs when hair follicles are blocked with dead skin cells, bacteria, and oil (sebum). The blocked follicles cause blemishes on the skin, including pimples, blackheads, whiteheads, and cysts.

Acne vulgaris is characterized by noninflammatory, open or closed comedones and by inflammatory papules, pustules, and nodules. Acnevulgaris typically affects the areas of skin with the densest population of sebaceous follicles (e.g., face, upper chest, back)

**Home base treatment of Acne Vulgaris:**

* In particular, succinic acid has been shown to suppress inflammation caused by P. acnes, which may prevent scarring ,Also, lactic acid has been shown to improve the appearance of acne scars
* Mix 1 part apple cider vinegar and 3 parts water (use more water for sensitive skin)
* Zinc is an essential nutrient that’s important for cell growth, hormone production, metabolism and immune function. It is also one of the most studied natural treatments for acne
* [Green tea](https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-green-tea) is very high in antioxidants, and drinking it can promote good health. There aren’t any studies exploring the benefits of drinking green tea when it comes to acne, but applying it directly to the skin has been shown to help.
* Aloe Vera is a tropical plant whose leaves produce a clear gel. The gel is often added to lotions, creams, ointments and soaps. It’s commonly used to treat abrasions, rashes, burns and other skin conditions
* Omega-3 fatty acids are incredibly healthy fats that offer a [multitude of health benefits](https://www.healthline.com/nutrition/17-health-benefits-of-omega-3). You must get these fats from your diet,
* Exfoliation is the process of removing the top layer of dead skin cells.
* The relationship between diet and acne has been debated for years. Recent evidence suggests that dietary factors, such as insulin and glycemic index, may be associated with acne
* he relationship between dairy and acne is highly controversial. Drinking milk and consuming [dairy products](https://www.healthline.com/nutrition/is-dairy-bad-or-good) exposes you to hormones, which may cause hormonal changes and lead to acne.

**ROLE OF DIET:**

Specific changes in diet are not recommended to treat acne, but developing information indicates that acne may be related to a high glycemic index and limited data indicate that some dairy, especially skim milk, can worsen acne. There is insufficient evidence to endorse recommendations related to antioxidants, probiotics, and fish oil

**TOPICAL AGENTS:**

The choice of topical agent is based on patient age, acne sites and severity, and patient preference. Most patients should be treated with a combination of medications that affect a variety of acne pathogenesis aspects. The benefit of using sulfur, nicotinamide, resorcinol, sulfacetamide, aluminum chloride, or zinc has not been supported by data

**SYSTEMIC ANTIBIOTICS:**

Moderate to severe acne, as well as inflammatory acne in which topical medications have been ineffective, can be treated with systemic antibiotics. Data are limited regarding the use of antibiotics that are not tetracycline’s or macrolides; therefore, their use should be avoided. Doxycycline and minocycline (Minocin) have been shown to be more effective than tetracycline.

**HORMONAL AGENTS:**

Spironolactone can be of benefit in some females, and combined oral contraceptives containing estrogen are recommended in females with inflammatory acne.

**===========================================================**

**Question#5:** What are the common causes of Headache?

**Answer:

Headache:**

A headache can be a sign of stress or emotional distress, or it can result from a medical disorder, such as migraine or high blood pressure, anxiety, or depression. It can lead to other problems. People with chronic migraine headaches, for example, may find it hard to attend work or school regularly.

Conditions that might cause nonprimary chronic daily headaches include: Inflammation or other problems with the blood vessels in and around the brain, including stroke. Infections, such as meningitis. Intracranial pressure that's either too high or too low.

**Types of headaches**

* Tension headaches.
* Cluster headaches.
* Migraine headaches.
* Allergy or sinus headaches.
* Hormone headaches.
* Caffeine headaches.
* Exertion headaches.
* Hypertension headaches.

Factors associated with developing frequent headaches include:

* Female sex
* Anxiety
* Depression
* Sleep disturbances
* Obesity
* Snoring
* Overuse of caffeine
* Overuse of headache medication
* Other chronic pain conditions

**Common causes of Headache:**

Conditions that might cause nonprimary chronic daily headaches include: Inflammation or other problems with the blood vessels in and around the brain, including stroke. Infections, such as meningitis. Intracranial pressure that's either too high or too low.

**Common**[**causes of headaches**](https://www.webmd.com/migraines-headaches/types-causes)**include:**

**Illness:**

 This can include infections, colds, and fevers. Headaches are also common with conditions like sinusitis (inflammation of the sinuses), a throat infection, or an ear infection. In some cases, headaches can result from a blow to the head or, rarely, a sign of a more serious medical problem.

**Stress:**

Emotional stress and depression as well as alcohol use, skipping meals, changes in sleep patterns, and taking too much medication. Other causes include neck or back strain due to poor posture.

**Your environment:**

Including secondhand tobacco smoke, strong smells from household chemicals or perfumes, allergens, and certain foods. Stress, pollution, noise, lighting, and weather changes are other possible triggers.

**Genetics:**

Headaches, especially migraine headaches, tend to run in families. Most children and teens (90%) who have migraines have other family members who get them. When both parents have a history of migraines, there is a 70% chance their child will also have them. If only one parent has a history of these headaches, the risk drops to 25%-50%.

**Primary headaches:**

Primary headaches are stand-alone illnesses caused directly by the over activity of, or problems with, structures in the head that are pain-sensitive.

This includes the blood vessels, muscles, and nerves of the head and neck. They may also result from changes in chemical activity in the brain.

Common primary headaches include migraines, [cluster headaches](https://www.medicalnewstoday.com/articles/172387.php), and tension headaches.

**Secondary headaches:**

Secondary headaches are symptoms that happen when another condition stimulates the pain-sensitive nerves of the head. In other words, the headache symptoms can be attributed to another cause.

A wide range of different factors can cause secondary headaches.

These include:

* alcohol-induced [hangover](https://www.medicalnewstoday.com/articles/5089.php)
* brain [tumor](https://www.medicalnewstoday.com/articles/249141.php)
* blood clots
* bleeding in or around the brain
* “brain freeze,” or ice-cream headaches
* [carbon monoxide poisoning](https://www.medicalnewstoday.com/articles/171876.php)
* [concussion](https://www.medicalnewstoday.com/articles/158876.php)
* [dehydration](https://www.medicalnewstoday.com/articles/153363.php)
* [glaucoma](https://www.medicalnewstoday.com/articles/9710.php)
* teeth-grinding at night
* [influenza](https://www.medicalnewstoday.com/articles/15107.php)
* overuse of pain medication, known as rebound headaches
* [panic attacks](https://www.medicalnewstoday.com/articles/8872.php)
* [stroke](https://www.medicalnewstoday.com/articles/7624.php)

**Prevention:**

Taking care of yourself might help ease chronic daily headaches.

* **Avoid headache triggers.** Keeping a headache diary can help you determine what triggers your headaches so that you can avoid the triggers. Include details about every headache, such as when it started, what you were doing at the time and how long it lasted.
* **Avoid medication overuse.** Taking headache medications, including over-the-counter medications, more than twice a week can increase the severity and frequency of your headaches. Consult your doctor about how to wean yourself off the medication because there can be serious side effects if done improperly.
* **Get enough sleep.** The average adult needs seven to eight hours of sleep a night. It's best to go to bed and wake up at the same time every day. Talk to your doctor if you have sleep disturbances, such as snoring.
* **Don't skip meals.** Eat healthy meals at about the same times daily. Avoid food or drinks, such as those containing caffeine, that seem to trigger headaches. Lose weight if you're obese.
* **Exercise regularly.** Regular aerobic physical activity can improve your physical and mental well-being and reduce stress. With your doctor's OK, choose activities you enjoy — such as walking, swimming or cycling. To avoid injury, start slowly.
* **Reduce stress.** Stress is a common trigger of chronic headaches. Get organized. Simplify your schedule. Plan ahead. Stay positive. Try stress-reduction techniques, such as yoga, tai chi or meditation.
* **Reduce caffeine.** While some headache medications include caffeine because it can be beneficial in reducing headache pain, it can also aggravate headaches. Try to minimize or eliminate caffeine from your diet.

**Treatment:**

Most occasional tension-type headaches are easily treated with over-the-counter medications, including:

* Aspirin
* Ibuprofen (Advil, Motrin IB, others)
* Acetaminophen (Tylenol, others)

Daily prescription medications, including tricyclic antidepressants, might manage chronic tension-type headaches. Alternative therapies aimed at stress reduction might help. They include:

* Cognitive behavioral therapy
* Biofeedback
* Massage therapy
* Acupuncture.

**===================================================================**

Sir I m kashif Nawaz and im **requesting** that I have already low grade due to passed exams I had get low marks, so im already in low CGPA and want to increase CGPA by requesting you to give me GOOD marks.

Sir its my career question please,

Sir kindly give me good marks