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**Question no:1**

**Stroke**

The brain is an extremely complex organ that controls various body functions. If a stroke occurs and blood flow can't reach the region that controls a particular body function, that part of the body won't work as it should.

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.

Effects of stroke:

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.

The effects of a stroke depend on several factors, including the location of the obstruction and how much brain tissue is affected. However, because one side of the brain controls the opposite side of the body, a stroke affecting one side will result in neurological complications on the side of the body it affects

Right Brain

If the stroke occurs in the right side of the brain, the left side of the body will be affected, producing some or all of the following:

* Paralysis on the left side of the body
* Vision problems
* Quick, inquisitive behavioral style
* Memory loss

Potential Effects Of A Right Brain Stroke Consist Of:

Loss of Mobility and Control of the Left Side of the Body: Like what was mentioned above, damage to the right side of the brain can result in a loss of functionality in the left side of the body. This means that a stroke survivor can potentially lose the ability to move their left hand, arm, leg, foot, or left-side face muscles.

Unilateral Neglect: Mostly prominent in right-brain affected stroke patients, Unilateral Neglect (or Hemi spatial Neglect) refers to an unawareness of objects to one side of the body or personal space. In severe cases, a side can be completely ignored when carrying out certain tasks and everyday functions.

Denial Syndrome or Anosognosia (Self-awareness): Due to various parts of the brain that remain unaffected after a stroke, stroke survivors will mentally believe that they are carrying out their physical functions in a normal fashion despite their actual inability to do so. These issues can also lead to a stroke survivor not wanting to undergo physical rehabilitation, which can put them at risk for further injury if left unresolved.

Emotional Indifference: A lack of emotion or change in emotional affect can be exhibited after a stroke, rendering the survivor to act as if nothing serious—physical or mental—needs to be addressed. This kind of indifference or unmotivated behavior can make initiation of or following through with the rehabilitation process difficult. Learn more about coping with emotional changes after stroke here.

Visual & Spatial Issues: Stroke survivors can experience a myriad of issues when it comes to visual and spatial comprehension. Primarily, a survivor will have trouble judging their location amid objects in their surroundings. This can manifest in difficulty feeding themselves, climbing up and down stairs, and changing clothes. Additionally, one may lose the ability to visually and mentally recall certain objects. A new rehab approach for retraining the brain in these areas is with the use of virtual reality. Learn how the SaeboVR can make recovery exercises fun!

Social Challenges: In many cases, a stroke survivor will have a difficult time recognizing certain social behaviors and cues. Things like body language, nonverbal communication, humor and sarcasm have the potential to go unnoticed.

Lack of Focus: One may not be able to give their full attention to a subject for extended periods of time. This inability can also surface if a stroke survivor is trying to follow directions, answer questions, or solve problems with basic reasoning practices (instinctual errors).

Loss of Hearing & Musicality: When considering the range of variables that make up one’s persona—emotions, actions, and mental processes—it’s important to realize that a person’s hearing and understanding is made of similar components. This means that a stroke survivor may have trouble picking up on certain sounds, which could result in miscommunication or an inability to appreciate the musicality of speech and tone altogether.

**Question no: 2**

**Bell’s palsy:**

Bell's palsy, also known as idiopathic facial palsy, is a form of temporary facial paralysis or weakness on one side of the face.

 It results from dysfunction of cranial nerve VII (facial nerve) which directs the muscles on one side of the face, including those that control eye blinking and closing and facial expressions such as smiling.

The facial nerve also carries nerve impulses to the tear glands, the saliva glands, and the muscles of a small bone in the middle of the ear.

The facial nerve also transmits taste sensations from the tongue.

Bell's palsy is the most common cause of facial paralysis, although its exact cause is unknown

Causes:

Any viral infection or swelling around the facial nerve can put pressure and eventually leads to bell’s palsy.

Most scientists believe that reactivation of an existing (dormant) viral infection may cause the disorder. Impaired immunity from stress, sleep deprivation, physical trauma, minor illness or autoimmune syndromes are suggested as the most likely triggers.  As the facial nerve swells and becomes inflamed in reaction to the infection, it causes pressure within the Fallopian canal (a bony canal through which the nerve travels to the side of the face), leading to the restriction of blood and oxygen to the nerve cells.

Management:

Medical management:

For individuals with new-onset Bell’s palsy, steroids are highly likely to be effective and can increase the probability of recovery of facial nerve function.  In most instances, oral steroids should be started within 72 hours of symptom onset if possible, to increase the probability of good facial functional recovery.  Some individuals with co-existing conditions may not respond well to or be able to take steroid drugs.  Antiviral agents (in addition to steroids) might increase the probability of recovery of facial function, although their benefit has not been clearly established.  Analgesics such as aspirin, acetaminophen, or ibuprofen may relieve pain.  Because of possible drug interactions, individuals taking prescription medicines should always talk to their doctors before taking any over-the-counter drugs.

Physical therapy management:

Your physical therapist will immediately:

* Educate you about how to protect your face and your eye
* Show you how to manage your daily life functions while you have facial paralysis
* Explain the expected path to recovery, so that you will know the signs and symptoms of recovery
* Evaluate your progress,

**The first priority is to protect your eye.** The inability to completely and quickly close your eye makes the eye vulnerable to injury from dryness and debris. Debris can scratch the cornea and could permanently harm your vision. Your physical therapist will immediately show you how to protect your eye, such as:

Using self-made and commercial patches

Setting a regular schedule for refreshing eye fluids

Carefully closing the eye with your fingers

During recovery:

Your physical therapist will help you regain the healthy pattern of movements that you need for facial expressions and function.

Your physical therapist will be your coach throughout this challenging time, guiding you through special exercises that are designed to help you relearn facial movements based on your particular movement problems.

"Initiation" exercises. In the early stages, when you might have difficulty producing any facial movement at all, your therapist will teach you exercises that cause initiate facial movement. Your therapist will show you how to position your face to make it easier to move (called "assisted range of motion") or how to "trigger" the facial muscles to do what you want them to do.

"Facilitation" exercises**.** Once you're able to initiate movement of the facial muscles, your therapist will design exercises to increase the activity of the muscles, strengthen the muscles, and improve your ability to use the muscles for longer periods of time ("facilitate" muscle activity).

Movement control exercises. Your therapist will design exercises to:

* Improve the coordination of your facial muscles
* Refine your facial movements for specific functions, such as speaking or closing your eye
* Refine movements for facial expressions, such as smiling
* Correct abnormal patterns of facial movement that can occur during recovery

Others:

* Neuromuscular Retraining (NMR)
* Electromyography (EMG) and mirror biofeedback Trophic Electrical Stimulation (TES)
* Proprioceptive Neuro Muscular Facilitation Techniques
* Kabath technique
* Mime therapy

**Question no:3**

**Migrain:**

Migraine is a neurovascular disease caused by neurogenic inflammation and characterized by severe, recurring headaches

It usually characterized by the severe pain on one side of the head as compare to the pain in rest of the head second most common cause of headache, more commen in Women

It is usually an episodic headache associated with certain features such as sensitivity to light, sound, or movement; nausea and vomiting often accompany the headache.

Home based treatments:

* 1. Avoid exposure to light:

People generally avoid exposure to light as they are sensitive to light that will exaggerate the symptoms. Bright or flickering light, even from your computer screen, can cause migraine headaches. If you’re prone to them, cover your windows with blackout curtains during the day. Wear sunglasses outdoors. You might also add anti-glare screens to your computer and use daylight-spectrum fluorescent bulbs in your light fixtures.

* 1. Caffeine intake:

People usually take more caffeine in order to subside the pain as caffeine works with the blood flow and migraine is also a condition related to blood flow.

* 1. Nuts intake:

People in the surrounding take almonds, cashew, peanuts, sesame seeds and others and other nuts with that of milk to relieve their symptoms. It is because these are magnesium rich components and helps in relieving the symptoms.

* 1. Essential oils:

People also use essential oils to relieve their symptoms. These different oils have their own characteristics properties.

* 1. Compression:

Putting pressure on head by binding it tightly with a cloth to stop receiving the painful stimuli.

* 1. Balms:

Certain people have their own herbal balms that they apply to get the satisfaction from pain relieving.

* 1. Sleep

Adequate sleep can also make them stress free and helps in pain relieving.

* 1. Spiritual activities:

Some people recite different surahs and do namaz as they consider sajda as the treatment while many yoga expers also recommend the same position

* 1. Avoid music:

Some people also avoid the loud noises as it flare up the symptoms.

* 1. Avoid fragrances:

People generally avoid sharp fragrances to not make their headache severe.

**Question n0:4**

**Acne vulgaris:**

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.

Also known as common acne, one of its main causes is hormones, especially around puberty.

Causes:

Hormonal:

Hormonal activity, such as occurs during menstrual cycles and puberty, may contribute to the formation of acne. During puberty, an increase in sex hormones called androgens causes the skin follicle glands to grow larger and make more oily sebum. The androgen hormones testosterone, dihydrotestosterone (DHT), and dehydroepiandrosterone (DHEA) are all linked to acne.

Medical conditions that commonly cause a high-androgen state, such as polycystic ovary syndrome, congenital adrenal hyperplasia, and androgen-secreting tumors, can cause acne in affected individuals.

Infections:

The anaerobic bacterial species Cutibacterium acnes (formerly Propionibacterium acnes) contributes to the development of acne, but its exact role is not well understood There are specific sub-strains of C. acnes associated with normal skin and others with moderate or severe inflammatory acne.

 It is unclear whether these undesirable strains evolve on-site or are acquired, or possibly both depending on the person. These strains have the capability of changing, perpetuating, or adapting to the abnormal cycle of inflammation, oil production, and inadequate sloughing of dead skin cells from acne pores

diets

High-glycemic-load diets have been found to have different degrees of effect on acne severity] Multiple randomized controlled trials and nonrandomized studies have found a lower-glycemic-load diet to be effective in reducing acne

Stress:

There are few high-quality studies to demonstrate that stress causes or worsens acne.[60] Despite being controversial, some research indicates that increased acne severity is associated with high stress levels in certain contexts, such as hormonal changes seen in premenstrual syndrome.

**Treatment:**

So the treatment of acne vulgaris depends upon

* the skin type,
* acne type,
* hormonal conditions,
* dietary factors,
* mental health
* and environmental factors.

**Preventive treatment:**

Sun protection:

* a good sun block or an aloe vera gel as a substitute for sun block.

Don’t pick:

* if you have acne issues try not to pick them it will leave a scar on your face.

Diet modification:

* avoid high glycemic food it will flare up your acne.

Exercise:

* that help relieve stress and improves mental condition. Keeps the body ina good state after relieveing stress.

 **Home based treatments for acne vulgaris:**

Skin toner:

* It starts with maintain the PH level of the skin with a good home made toner. That is made up with the apple cider vinegar diluted in water .

Skin cleanser:

* a good skin cleaning agent is raw milk (cow, goat) that removes the dirt particles stored in the pores.
* And a good skin cleansing face wash or soap that must have antibacterial properties (neem soap or face wash)

Pores shrink:

* in order to shrunken the pores mud musk with rose water (if oily skin) s a good combination or simple rose water spray can work wonders on the skin.

ice cube:

* Apply an ice cube wrapped in a cloth on your skin every night before going to bed can cause pores to shrink and thus will eventually leads to less chances of acne development.

Egg whites:

* paste of egg whites can be used to remove black heads .

Scrub:

* For bumps: bumps are tiny sebaceous outgrowth caused by the blockage of the sebum
* a good scrub that must have fine granules ( honey+ powdered sugar or powdered sugar + coconut oil) can do wonders on bumps and exfoliate dead skin and helps in the removal of black and white heads.
* Green tea and cinnamon both have anti bacterial properties so can be a good source of treating acne caused by the bacterial infections.

Few more tips:

* Cleanse your skin after every exposure to heat whether in kitch or in outside environment:
* Drink plenty of water to remove toxins from the body
* Detox water can also be useful to be am acne fighter

**Question no: 5**

**Headache:**

A headache is a very common condition that causes pain and discomfort in the head, scalp, or neck. It’s estimated that [7 in 10](http://www.takingcharge.csh.umn.edu/conditions/migraine) people have at least one headache each year.

Headaches can sometimes be mild, but in many cases, they can cause severe pain

Doctors have identified several different causes of headaches.

Primary causes of headaches are causes that aren’t related to separate medical conditions. These headaches are the result of an underlying process in the brain.

* A primary headache is caused by overactivity of or problems with pain-sensitive structures in your head.
* Chemical activity in your brain, the nerves or blood vessels surrounding your skull, or the muscles of your head and neck (or some combination of these factors) can play a role in primary headaches.
* Some people may also carry genes that make them more likely to develop such headaches

Types of primary headaches:

* Tension-type
* Migraine
* Idiopathic stabbing
* Exertional

Secondary headaches

A secondary headache is a symptom of a disease that can activate the pain-sensitive nerves of the head. Any number of conditions — varying greatly in severity — may cause secondary headaches.

Possible causes of secondary headaches include:

* Acute sinusitis (sinus infection)
* Arterial tears (carotid or vertebral dissections)
* Blood clot (venous thrombosis) within the brain — separate from stroke
* Brain aneurysm (a bulge in an artery in your brain)
* Brain AVM (arteriovenous malformation) — an abnormal formation of brain blood vessels
* Brain tumor
* Dehydration
* Dental problems
* Ear infection (middle ear)
* Encephalitis (brain inflammation)
* Giant cell arteritis (inflammation of the lining of the arteries)
* Glaucoma (acute angle closure glaucoma)
* Hangovers
* High blood pressure (hypertension)
* Influenza (flu) and other febrile (fever) illnesses
* Intracranial hematoma
* Meningitis
* Overuse of pain medication
* Panic attacks and panic disorder
* Post-concussion syndrome

Types of secondary headaches:

* Subarachnoid hemorrhage
* Systemic infection
* Head injury
* Vascular disorders