

LOWERING THE LEVEL OF HOMOCYSTEINE BY AGNIKARMA FOLLOWED BY BREATHING EXERCISES

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Background: Strokes nothing but brain attacks which is associated to blocked blood supply to the brain. There are two types of strokes one is short, and another is long with some dangerous effects. Throughout the stroke, the brain does not get sufficient oxygen, effect brain cells to die which is covered by that area of the brain such as memory and muscle control are lost. So many times, seen that increasing the homocysteine levels is one of the cause of the to damage the brain by lining of the arteries. It nothing but the blood clot which blocks blood vessel. A clot inside your blood vessel is nothing but thrombus. A thrombus which may travel in the bloodstream and get stuck in your brain that is associated to stroke.

Materials & Methods: Here, in this study we took the patients with high homocysteine level and patients experience with minor Strokes and TIA (Transient ischemic attack).

Result: We followed the patients with Agnikarma and breathing exercises. Here, Agnikarma works on does depend manner as a pro-oxidant. Breathing exercises provides more oxygen to the brain cell. We experience homocysteine level of blood lower within two months and increase HDL lower LDL of the patients.

Conclusion: Agnikarma improve the immune system of the body which nourish the cell to perform work properly. It also health to lower the homocysteine level.

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