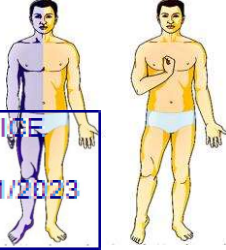


## Title: Asha Kendras "**WEAK**" protocol for hemiparesis treatment.

i. **Patient selection: History of present illness with demographic details (Name, Age, Gender, Address).**

ii. **Patient assesment :**

Past & Present History of the patient (Comorbidities)  
Physical examination  
Inspection of the symptoms  
Palpation  
Investigation (MRI, CT scan, Blood profile)



iii. **Clinical picture:**

Onset & Course- Acute Onset and Regressive course, Gradual onset and progressive course, Relapsing remitting course.

Signs & Symptoms vary according to the onset & course.

Common causes are Vascular, Infective, Neoplastic, etc

Types are Spastic hemiplegia or Flaccid hemiplegia.

iv. **Treatment blueprint finalization**

v. **Treatment protocol : "**WEAK**" Therapy**

**W- Weight loss:** Varunadi Kwath and Patolamooladi Kwath aid in weight loss by dissolving Kapha dosha (Avrodh). Avrodh causes obstruction in the body and blood vessels making the body light, improving movement and blood flow.

Dosage: **Varunadi Kwath** 10ML x 20 days with water. Along with diet plan prescribed by the consulted dietician.

**E- Exercise Therapy:** Strength training to enhance muscle tone, bone density and cardiovascular health. Including exercises like Wall Squats, Sit-ups, Push-ups along with bed mobility exercises, balance and co-ordination exercises. Additionally Stretching exercises to improve flexibility and joint range of motion.

Duration: According to FITT principle, F (frequency)- twice a day; I (Intensity)- 10 repetitions/set; T (Type)- Cummulative; T (Time)- 15-20 minutes a day.

**A- Acupuncture:** For stimulation of central nervous system following acupuncture points are targeted-

√20, GB21, LI15, LI4, LI11, LI10, ST34, SP10, ST36, GB34, SP9, SP6, K3, TW4, TW5, H5, P6, 7, ST4, CV24, ST44 and Extra 28, 36.



*Signature*

**K- Koshtha:** Koshtha The term "shodhana" refers to the Koshtha's Shuddhi, or the removal of Doshas and Malas. In Koshtha Shodhana Chikitsa, Virechana is carried out. In of the several Panchakarma therapies, it focuses on getting rid of too much Pitta Dosha from the body by inducing purgation with medications.

Dosage: Castor Oil along with milk in early morning for one day and can also be repeated depending on patient's condition.

vi. **Re-examination of patient after completion of course.**

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