

# Artery and arteriosclerosis treatment



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A chronic disease in which thickening, hardening, and loss of elasticity of the arterial walls result in impaired blood circulation. It develops with aging, and in hypertension, diabetes, hyperlipidemia, and other conditions

**Arteriosclerosis Symptoms Inadequate Blood Supply in the Legs** The symptoms of arteriosclerosis vary according to the arteries involved. Signs of inadequate blood supply generally appear first in the legs. There may be numbness and coldness in the feet, and cramps and pains in the legs even after light exercise.

Arteriosclerosis that affects arteries to the legs may cause severe pain in the legs and such a decreased blood flow to the legs is referred to as Peripheral Vascular Disease. This type of arteriosclerosis can cause severe leg pain, which tends to be more pronounced when walking. In severe cases the pain will even occur when at rest or when sleeping and wounds may refuse to heal properly, possibly resulting in infection. **For Coronary Arteries Involved, Sharp Pains may be Felt** If the coronary arteries are involved, the patient may have sharp pains.

When arteries leading to the brain are involved, the vessel may burst, causing haemorrhage in the brain tissues. A cerebral vascular stroke, with partial or complete paralysis on one side of the body, may result if there is blockage with a blood clot. It may also lead to loss of memory and a confused state of mind in elderly people. If arteries leading to the kidneys are involved, the patient may suffer from high blood pressure and kidney disorders. Arteriosclerosis that affects the kidneys can also result in kidney failure, leading to death.

Arteriosclerosis that affects the heart may cause symptoms like shortness of breath, chest pain, sweating and anxiety. Chest pain referred to as angina occurs as a result of a lack of oxygen supply to the heart muscles and tends to occur with exertion, while disappearing when at rest. Causes of Arteriosclerosis Arteriosclerosis Symptoms, Causes, Remedy and Diet Lack of Physical Exercise and a High Fat Diet The most important causes of arteriosclerosis are lack of physical exercise, excessive intake of white sugar, refined foods, and a high fat diet rich in cholesterol.

Obesity and a lack of physical activity are the most common risk factors that can also be most easily controlled. Diets that are high in saturated fats, red meats, dairy products, junk foods, oil foods and other refined products, while lacking in fresh fruits and vegetables put you at high risk. Obesity, Diabetes and Stress Other diseases such as high blood pressure, obesity, and diabetes may also cause hardening of the arteries. Emotional stress plays an important part, and heart attacks are more common during periods of mental and emotional disturbances, particularly in those engaged in sedentary occupations.

Uncontrollable Risk Factors: Age: As you age you are at increased risk of developing arteriosclerosis which is why regular health checks are recommended. Heredity Heredity also plays its role and this disease runs in families. Arteriosclerosis treatment using Lemon One of the most effective home remedies for arteriosclerosis is the lemon peel. It is believed to be one of the richest sources of vitamin P. It strengthens the entire arterial system. Shredded lemon peel of one lemon may be added to soups and stews, or sprinkled over salads.

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To make a medicine, the peel of one or two lemons may be cut up finely, covered with warm water and allowed to stand for about twelve hours. A teaspoon may be taken every three hours, or immediately before or after a meal. Arteriosclerosis treatment using Parsley Parsley is another effective remedy for arteriosclerosis. It contains elements which help to maintain the blood vessels, particularly the capillaries, and arterial system in a healthy condition. It may be taken as a tea: a teaspoon of dry parsley may be allowed to simmer gently in a cupful of water for a few minutes. This can be taken two to three times daily. Arteriosclerosis treatment using Vegetable Juices Beet juice, taken daily, has been found valuable in arteriosclerosis. It is an excellent solvent for inorganic calcium deposits. The juices of carrots and spinach are also beneficial if taken once a day. These juices can be taken individually-500 ml, or as a combination. When taken as a combination, they should be in the following proportion: carrots-300 ml and spinach-200 ml to prepare 500 ml of juice. Arteriosclerosis treatment using Honey

Honey is also considered beneficial in the treatment of arteriosclerosis. It is easily digested and assimilated. The patient should take a glass of water with one teaspoon each of honey and lemon juice in it, before going to bed. He can also take it if he wakes up at night. Arteriosclerosis treatment using Ishabgul The herb psyllium husk, botanically known as *Plantago ovata*, has been found valuable in arteriosclerosis. The oil of the seeds of this plant should be used. It contains fifty per cent of linoleic acid, an unsaturated fat, and is, therefore, helpful in the prevention and treatment of this disease.

Arteriosclerosis treatment using Garlic and Onions Recent investigations have shown that garlic and onions have a preventive effect on the development of arteriosclerosis. They should be included in the daily diet, either raw or cooked, according to individual taste. Arteriosclerosis Diet Arteriosclerosis : Home Remedies suggested by users Juice fast and then diet of seeds, grains etc To begin with, the patient should resort to a juice fast for five to seven days. Fresh, raw vegetables and juices of seasonal fruits may be taken three times a day.

After the juice fast, the patient should take a diet consisting of seeds, nuts, grains, vegetables, and fruits, with emphasis on raw foods. Further short fasts of juices may be undertaken at intervals of three months or so, depending on the progress being made. The patient should take several small meals instead of a few large ones. Avoid hydrogenated fats and excess of saturated fats He should avoid all hydrogenated fats and an excess of saturated fats, such as butter, cream, clarified butter, and animal fat.

He should also avoid meat, salt, and all refined and processed foods, condiments, sauces, pickles, strong tea, coffee, white sugar, white flour, and all products made from them. Use olive oil, flax seed oil for cooking Vegetable oils, particularly safflower oil, flax seed oil, and olive oil, should be used as a cooking medium. Other Arteriosclerosis Treatments Warm-water enema During the juice fast undertaken for the first five to seven days, a warm-water enema should be used daily to cleanse the bowels. Avoid smoking Smoking, if habitual, should be given up as it constricts the arteries and aggravates the condition.

Do outdoor exercise and avoid excess mental stress The patient should undertake plenty of outdoor exercise and learn to take mental stress and worries in his stride. Take prolonged immersion bath A prolonged immersion bath at room temperature should be taken at bedtime on alternate days. This bath should be administered in a bath tub properly fitted with a hot and cold water connection. The bath tub should be filled with water at a temperature ranging from 33. 4°C to 36. 7°C, and the patient should lie in it for an hour or so. The head should be kept cold with a cold compress.