

The Old Farmer In The Bathtub

Stroke Series Case Study

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During the cold winter weather, our appointments are disproportionately high with cardiovascular and cerebrovascular diseases, such as stroke, cerebral embolism, angina pectoris, and myocardial infarction. Sometimes the difference is just a matter of minutes. If one missed the treatment window then it wouldn't matter if you have a good doctor with good skill. Even if one received emergency care, the sequelae from the stroke just cannot be helped. The patient may suffer from lack of control of their limbs, thusly an inconvenient and lowered quality of life. Therefore, with Chinese acupuncture, herbs, and formulas could be effectively used to help with the above conditions.

Our patient is 65-year-old male, who works as a farmer. When he came to our clinic, 18 days has passed since he has stroke. No surgery was performed and he could not move the left side of his limbs. His cognitive function is intact and he can move his right limbs normally. He came to our clinic with his family's help and is taking medications to lower his blood pressure and preventing thrombosis. His speech is clear. My diagnosis for him is cerebral embolism, suspected to be from over-work which leads to over-tiredness, then high blood pressure, coupled with neglect of rest, finally triggered the blood brain embolism.

Iridology examination revealed white foggy formation in his brain area linking directly to the iris. This phenomenon spells atherosclerosis with cerebral blood flow difficulties. Physically manifested as long-term sore and stiff neck with shoulders tightness, as well as shortened sleep time and easily awoken.

Our clinic in the hospital uses acupuncture as the main treatment modality, along with Chinese herbs 3 times per day with meal. Many of our patients are from out of town. They stay in a motel near us on the corner of the street for proximity and convenience.

Treatment summary:

The patient was treated daily so we can monitor his condition closely and adjust the treatment and herbs accordingly. The frequent treatment also allows patient and doctor have a better chance to communicate. With cooperation comes increased patient confidence. The paralyzed limbs began to response to the treatments.

In addition to the morning treatment in our hospital, the man also received home therapy around 3 to 4pm at home. At which time the family member will prepare a tub full of hot water, so the old farmer can soak his body and limbs to improve blood circulation. Also, the soaking time will allow the family members to go and take care of some errands and family business. At the end of the soaking period, the family member will come home to help old farmer out of the tub and dry his body.

In the 16th day of treatment, the old farmer was soaked at the same time as usual. The family member on duty that day went out then came home about half an hour later. But he couldn't find the old farmer in the bathtub or anywhere else. The family member was worried to death and came to our clinic for help. As he rushed into our office he found the old farmer waving his hands and feet, talking out a storm with me. So the family looked mad and asked, "Who carry you here?" The old farmer looks so proud and said "I walk myself here!" The family member so very surprised with his eyes wide open and asked, "You can really walk by yourself? You can really walk by yourself?" The old farmer shows he can walk without any problem and that he can move his limbs freely.

This case demonstrates the golden period for treatment. As soon as the old farmer was stabilized and out of the hospital post stroke, we use acupuncture with herbal medicine for treatment appropriately. With the addition of home therapy by soaking him in hot water, his channels, sinews, blood and bones receive good circulation to accelerate his healing. With the analysis of the Iridology images, the patient can see his own iris via the computer monitor to further understand the importance of treatment. This is a good way to communicate with the patient through something tangible and visual. With good communications, the doctor and patient can work as a team to increase confidence and treatment outcome. If you have a chance, you should try this method.