

## Lowering the Level of Homocysteine by Triphala Ghee Followed by Breathing Exercises

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Received: December 28, 2021; Accepted: December 28, 2021; Published: December 31, 2021

### ABSTRACT

#### **INTRODUCTION**

Strokes are nothing but brain attacks which is associated with 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, affecting 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 causes of to damage the brain by the lining of the arteries. It's nothing but the blood clot which blocks a blood vessel. A clot inside your blood vessel is nothing but a thrombus. A thrombus that may travel in the bloodstream and get stuck in your brain is associated with stroke.

#### **MATERIALS**

Here, in this study, we took the patients with high homocysteine levels and patients' experience with minor Strokes and TIA (Transient ischemic attack).

#### **RESULT**

We followed the patients with Triphala ghee and breathing exercises. Here, Triphala ghee works on does depend on manner as a pro-oxidant. Breathing exercises provide more oxygen to the brain cell. We experience homocysteine level of blood lower within two months and an increased HDL lower LDL of the patients.

#### **CONCLUSION**

Triphala ghee improves the immune system of the body which nourishes the cell to perform work properly. It also health to lower the homocysteine level.

#### **KEYWORDS**

Yoga; Pranayama; Stroke; Trifala ghee

**Citation:** Sudarshan Kale, Lowering the Level of Homocysteine by Triphala Ghee Followed by Breathing Exercises. Int J AAYUSH Trad Med 2(1): 1.