

# Ischemia - signs and symptoms, useful and dangerous products, folk remedies

*Valentina Lazareva*, general practitioner, nutritionist

*Eliseeva Tatyana*, editor-in-chief of the EdaPlus.info project

*E-mail:* lazareva.v@edaplus.info, eliseeva.t@edaplus.info

**Abstract.** Ischemia is a disease caused by insufficient blood supply to human organs. Due to the fact that insufficient blood flows to the organ, it does not receive the required amount of oxygen, which is necessary for its normal functioning.

*Key words:* Ischemia, description, causes, types and symptoms, complications, prevention, treatment, healthy products, folk remedies, dangerous products

## The main causes of ischemia:

- frequent jumps in blood pressure and heart rate (impaired central hemodynamics);
- local arterial spasm;
- blood loss;
- diseases and disorders in the blood system;
- the presence of atherosclerosis [1], thrombosis, embolism;
- obesity [2] ;
- the presence of tumors, as a result of which the arteries are compressed from the outside.

## Symptoms of ischemia

1. Pressing, burning, stabbing pain in the area of the heart, shoulder blades (especially sharp colic under the left shoulder blade). Sometimes the pain may radiate to the neck, arm (left), lower jaw, back, pain in the stomach.
2. Frequent, severe, prolonged headaches.
3. Blood pressure surges.
4. Lack of air.
5. Numbness of the limbs.
6. Increased sweating.
7. Nausea is constant.
8. Dyspnea.
9. Inattention.

10. “Ebbs and flows” (it suddenly becomes hot and then cold).
11. High blood pressure, cholesterol [3] and sugar levels [4].
12. Swelling appears [5].

### **Types of ischemia:**

- *long-term* – can also be observed in a healthy person, when the body is exposed to pain, cold, or after a hormonal imbalance;
- *transient* - the causes may be inflammatory processes (in which there may be blockage of the artery with a blood clot), compression of the artery by a tumor, foreign object or scar.

The most common cardiac ischemia and ischemia of the central nervous system. Also, cerebral ischemia and ischemia of the lower and upper extremities, intestinal ischemia are distinguished (it can be triggered by the presence of single-celled bacteria or worms in the intestine - if they “settled” in the walls of blood vessels, thereby clogging the channels for the passage of blood).

### **Useful foods for ischemia**

It is necessary to eat foods that are free of saturated fats or contain them in small quantities.

You should include the following food group in your diet:

- Low-fat dairy products: milk, kefir, cottage cheese [6], cheese, yogurt [7].
- Meat: chicken, turkey (without skin), veal, rabbit, game.
- Chicken egg [8] – up to 3 eggs per week.
- Seafood and fish: unsalted fish and cooked without fat (cod, perch, hake, flounder, herring, salmon, pink salmon, salmon, salmon, tuna, mackerel, trout). Sea kale is very useful.
- First courses: it is better to prepare vegetable soups (do not fry).
- Bread and bakery products: it is better to use yesterday's bread, bread made from wholemeal flour.
- Cereals: oatmeal [9], unpolished rice, buckwheat [10], wheat porridge (excellent for removing cholesterol from the body [11]).
- Sweet: mousse, jelly, caramel, sweet without sugar (cooked with aspartame).
- Nuts: walnut [12], almonds.
- Hot drinks: coffee and tea (so that they do not contain caffeine)
- Mineral water.
- Compotes of dried and fresh fruits, herbal decoctions (no added sugar).
- Vegetables and fruits.

- Seasonings: pepper, vinegar [13], onion [14], garlic [15], dill [16], parsley [17], celery, mustard, horseradish.

### **Folk remedies for treating ischemia**

The following will help in the fight against ischemia:

1. A decoction made from oak bark. To prepare it, you need to take 60 grams of dry, crushed oak bark and place it in a saucepan with 500 milliliters of hot water, put it on fire, and boil for 10-12 minutes. Let cool slightly. Make compresses from the warm broth (they must be applied to the heart area and kept for a quarter of an hour). Repeat 3 to 5 times a day.
2. In case of ocular ischemia, it is necessary to drink carrot juice [18] (it must be freshly prepared). If that doesn't work, increase the amount of carrots you consume.
3. With ischemia of the upper and lower extremities, it is necessary to increase blood circulation. To do this you will need dry mustard (its grains). Take 30-40 grams of dry mustard and pour 2 liters of hot water, beat so that the mustard melts. If the lower extremities are affected, then do baths, if the upper extremities, do compresses. The duration of the procedure is 20 minutes.
4. If a person suffers from cardiac ischemia, you need to drink a decoction of peppermint [19]. Take dry crushed leaves, place in a thermos, pour 1 liter of boiling water, leave for half an hour, drink per day, dividing into 3-4 doses of 200 milliliters at a time.
5. For cerebral vascular ischemia, it is necessary to drink hawthorn infusion. For half a liter of water you will need 200 grams of dried hawthorn berries. Place them in a thermos, fill with hot water, and let steep for two to three hours. Drink the resulting infusion throughout the day.
6. For cardiac ischemia, tea with sea buckthorn [20] and viburnum [21] berries is also beneficial. You only need a few of them, otherwise your blood pressure may drop significantly [22,23]. Using this tea will help relieve pain in the heart and sternum.
7. Regardless of the type of ischemia, you need to drink an infusion of adonis. Take 2-3 tablespoons of dry herb, pour 400 milliliters of hot water, leave to infuse for 30 minutes. Use - 2 times a day (morning and evening) before breakfast or dinner (20 minutes before).

### **Dangerous and harmful products for ischemia**

To treat ischemia, it is necessary to reduce the consumption of animal fats [24] and foods that contain cholesterol [25], since its consumption leads to the deposition of plaques and the formation of blood clots.

#### **Limit consumption:**

- various types of vegetable oil and margarine;
- bacon, beef, low-fat ham, minced meat prepared from them, liver and kidney;
- shellfish, shrimp, mussels;
- fried potatoes;

- candied fruits;
- hazelnuts;
- white bread;
- confectionery products (biscuit dough and cakes prepared with margarine);
- fatty snacks;
- alcoholic drinks;
- soups with rich broth;
- honey [2 6 ] ;
- marmalade;
- peanuts and peanut butter;
- marshmallows;
- fructose [2 7 ] and glucose [2 8 ] ;
- Sahara;
- soy sauce;
- meat, fish and mushroom pastes.

**You should avoid the following products:**

- coconut oil;
- sausages, sausages, pates;
- goose and duck meat and their skins;
- condensed milk;
- fatty dairy products;
- fish caviar;
- salted fish;
- chips, deep-fried potatoes (until crispy);
- sweets purchased in a store;
- fried foods;
- ice cream;

- Irish coffee (coffee with alcoholic drink and cream);
- broths made from cubes;
- fast foods;
- chocolate and chocolate fillings, creams, pastes, toffees;
- mayonnaise.

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