

CORRESPONDENCE

VITAMIN TREATMENT OF HEMIPLEGIA

Dear Sir,

The treatment mentioned in this letter is based on clinical work done in a rubber estate practice in Malaysia and, if adopted, would reduce the length of time patients were ill and would effect substantial savings in hospital budgets.

Hemiplegia is a tragic illness and in my opinion the treatment to date is not satisfactory. Consequently, I thought that I would try the effect of massive doses of vitamins because there seemed to be no alternative and because they are safe. The results to date have invariably been good. The one that impressed me most was the case of a 64 year old Indian who had a right-sided stroke in Sungei Siput village in January 1972. He was taken to Kamuning Group Hospital and treated within one hour of the stroke occurring. In two days he could walk with the aid of a stick. He relapsed, so we added stugeron to the treatment. After three days he could walk again. After three weeks in hospital he was discharged. He can walk alone though I would prefer that he use a stick. Another interesting case is that of a 70 year Indian who woke at 2 a.m. and found that he could not use his left arm and leg. Within four hours of this occurring he was given the treatment. In four days he could use his arm and leg. That was 1½ years ago. He can walk if he wants to, but he prefers to sit in his chair and watch the world go by. He is a shop-keeper. The other cases are less dramatic because they were brought to me within days, months or years of the stroke occurring. A typical case is that of a 65 year old Chinese woman who was carried into my office by her son two days after her right-sided stroke occurred. After two treatments she was able to come in the bus all by herself from Lintang Village 10 miles away. Another interesting case is that of a Sungei Siput wood-cutter who became paralysed on the left side the day before he came to see me. His brother used to bring him in the side-car of his

pedal bicycle every second day for injections. He refused oral treatment. He recovered so rapidly that soon he was walking to my office alone with only a wooden staff as support. He has left to go to see his wife and family in China.

The first purpose of this letter is a most urgent plea that my colleagues will try this simple and safe treatment. I can imagine nothing more tragic for the father of a family than to be stricken with a palsy. My youngest case is a Chinese fruit-seller of forty-one who has a wife and eight children. He was so sad and depressed and in tears when he first came. Now he can walk better, is slowly recovering the use of his left arm and, most important of all, he can smile and is full of hope. The second purpose of this letter is to hope that a team of medical scientists will investigate this matter properly. It is estimated that 100,000 cases of stroke occur annually in the U.K. and 200,000 annually in the U.S.A. If one could enable them to recover more rapidly than by present orthodox treatments it would be a triumph for therapeutics.

The details of the treatment are as follows. Into the left gluteal muscles are injected the contents of an ampoule of vitamin A (100,000 units) to which is added the contents of an ampoule of vitamin C (500 mgm — vitacimin, Takeda). Into the right gluteal muscles is injected 1 cc of Metaplex, (Takeda), containing vitamins B1 (100 mgm), B2 (5 mgm), B5 (5 mgm) nicotinamide (50 mgm) and Panthenol (5 mgm) and to this is added 1 cc of vitamin B12 (1,000 mgm). Into an arm is injected subcutaneously 1½ cc of colloidal calcium containing 5,000 units of vitamin D per cc (Crooke's Collo-Cul D).

For those who will take oral treatment in addition to the above injections I give one week's supply of the following: 21 tablets of Panvitan-M (a multivite made by Takeda), 21 Tablets of Juvela (a vitamin E tablet of 50 units Esai), 21 tablets of Dumocalcin (each tablet containing

Calcium Hydrogen Phosphate and 500 units of vitamin D, made by Dumex), 84 tablets of vitacimin (a vitamin C tablet containing 100 mgm, made by Takeda), 14 tablets of vitamin B6 (20 mgm in each tablet), 7 tablets of magnesium-containing compound such as Acinorum or Halemag. For those with high blood pressure I find that Rauwiloid in a dose of one tablet per day or even half a tablet per day is sufficient to lower the pressure partly.

This vitamin treatment for hemiplegia may sound complicated but it does not take me long to give the injections, nor my Dispenser long to issue the capsules and tablets. The treatment is simple, safe and inexpensive.

If cases come within hours, days or weeks of the onset of the palsy they do better than those who have been paralysed for months or years. The condition of the arteries in the fundus varies. A few have the "copper-wire" appearance, others

seem to be normal. The improvement after the treatment is not only physical but also psychological. The cases look and become happier, are more alert, more hopeful, more able to use their brains and to interest themselves in their businesses. I encourage them to resume visiting their tin mines, their offices, their stalls in the market and so on. There is nothing more depressing than to see a hemiplegic left abandoned in a gloomy bedroom doing nothing except going periodically to the hospital for physiotherapy. Great wifely and filial kindness and generosity are required for these hemiplegics or they may be left to waste away in a bed or chair in their homes.

I am, etc

D. Reid Tweedie

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