

# ENCEPHALITIS

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CMG Archives  
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(2012)

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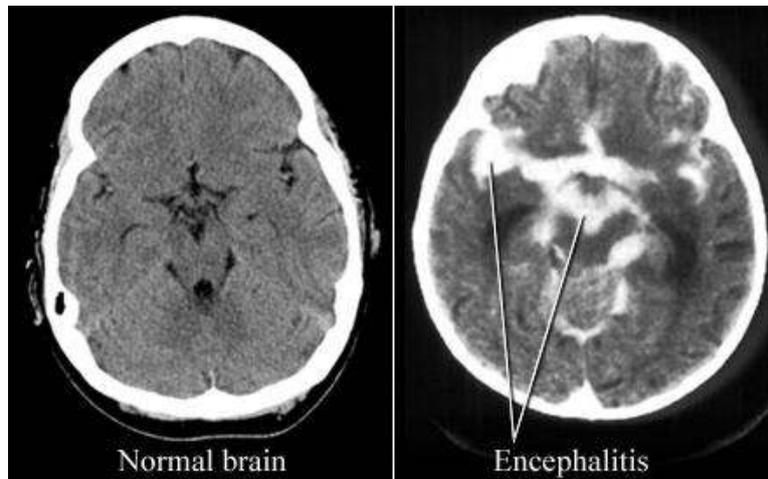
## IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein

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### Introduction

Encephalitis is inflammation of the brain tissue. This condition is caused either by infection, which is usually viral, or by autoimmune conditions (conditions that cause the immune system to malfunction and attack healthy tissue).



Encephalitis is a complex condition that has a number of possible causes.

It is often referred to as a 'rare complication of common infections'.

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## Causes

The cause of encephalitis is often undetermined; however, encephalitis can develop as a result of a direct infection to the brain by a virus, bacterium, or fungus (infectious encephalitis, or primary encephalitis), or when the immune system responds to a previous infection; the immune system mistakenly attacks brain tissue (secondary encephalitis, or post-infectious encephalitis).

Primary (infectious) encephalitis: according to the NHS (UK), there are three main categories of viruses:

- 1) Common viruses, such as HSV (herpes simplex virus) or EBV (Epstein Barr virus)
- 2) Childhood viruses, such as measles and mumps
- 3) Arboviruses, which are spread by mosquitoes, ticks and other insects, and include Japanese encephalitis, West Nile encephalitis and tick borne encephalitis.

Secondary (post-infectious) encephalitis: could be caused by a complication of a viral infection. Symptoms start to appear days and even weeks after the initial infection. The individual's immune system treats healthy brain cells as foreign organisms that need to be destroyed, and attacks them. We don't know why the immune system goes wrong and does this.

Encephalitis is more likely to affect children, elderly people, individuals with weakened immune systems, and people who live in areas where mosquitoes and ticks that spread specific viruses are common.

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## Development

The initial stage of encephalitis is usually serious and severe, and it is often followed by an injury to the brain (which can vary in degree and severity). Encephalitis usually begins with flu-like symptoms, such as:

- headache
- high temperature (fever) of 38°C (100.4°F) or higher
- joint pain
- nausea and vomiting
- confusion
- drowsiness
- fatigue

More serious symptoms may then manifest, including:

- changes in mental state, such as confusion, drowsiness or disorientation
- changes in personality and behaviour
- seizures (fits) seizures or convulsions
- tremors
- hallucinations
- memory problems

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## Possible Consequences

The inflammation that is associated with encephalitis can also result in an acquired brain injury, which can lead to long-term consequences. These can include:

- developmental difficulties
- epilepsy – a condition that causes repeated seizures
- fatigue (extreme tiredness)
- memory loss
- personality and behavioural changes
- physical and motor difficulties
- problems with attention, concentration, planning and problem solving

People of all ages and both sexes can be affected by encephalitis; however, the very young and the very old are most at risk because their immune systems tend to be weaker and more readily compromised.

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## Treatment

Allopathic Treatment of encephalitis is usually symptomatic.

"Symptomatic treatment" is the medical therapy that only affects a condition's symptoms, not its cause. Consequently, symptomatic treatment is directed at reducing the signs and symptoms for the comfort of the patient. However, allopaths claim that it may be useful in "reducing" organic consequences of the signs and symptoms of the disease. In many diseases, even in those whose causes and progression are known (e.g., most viral diseases, such as influenza, AIDS, etc), symptomatic treatment is the only one available at this time.

Examples of symptomatic treatments:

- Analgesics, for pain
- Antihistamine, for allergy
- Anti-inflammatory agents, for inflammation caused by arthritis, etc
- Antitussives, for cough
- Cerebral shunts, to alleviate hydrocephalus
- Anti-retroviral drugs for AIDS

Corticosteroids may be administered to bring down the brain inflammation, especially in cases of post-infectious (secondary) encephalitis.

If the individual has severe symptoms, they may need mechanical ventilation and other supportive treatment.

If the individual has seizures, they may be administered anticonvulsants.

Sedatives may be effective for seizures, restlessness, and irritability.

For those with mild symptoms, the best treatment is rest, plenty of fluids, and paracetamol/ibuprofen for fever and/or headaches.

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## **Alternative Treatments**

### **Tissue Salts**

- Calc Phos
- Mag Phos
- Silica

### **Supplements**

Vit A - (Retinol, Carotenoids) maintenance 1-3 mg  
Vit B-Complex - 100 mg 3 x daily  
Vit C - 3,000 m - 10,000 mg daily  
Vit D - sit in the sun for 10-15 minutes per day (2,000 - 4,000 iu daily)  
Vit E - 400 - 600 iu daily  
Lecithin 5-15 g daily  
Magnesium - 1,000 mg daily  
Co-enzyme Q10  
Garlic Oil Caps - 4,000 mg daily  
Omega 3 Fish Oil (EPA and DHA) - 3,000 m daily  
Zinc - 50 mg daily  
Acidophilus  
Swedish Bitters - 20 ml, 4 x daily

A humidifier is recommended (Tea Tree, Rosemary, Lavender oil, etc)

Reduce stress (hypnosis, relaxation, and healing programs are recommended)

300 mg of St John's Wort with meals 3 times a day. According to the Holistic Herbalist website, herbalists have found that a mixture of St. John's Wort, with rosemary and ginkgo biloba, can be helpful in relieving the symptoms associated with viral encephalitis. This includes cognitive impairment, memory difficulties, and visual and speech disturbances. It is suggested that St John's Wort has the ability to fight bacterial and viral infections.

Contra indications include increased sensitivity to sunlight, as well as interaction with allopathic prescription medications.

40 x drops of tincture of rosemary, 2 x daily, to help support better concentration and memory while recovering from encephalitis. Rosemary also is used for its antiseptic and antibacterial properties.

120 mg of ginkgo biloba extract 2 x daily to enhance memory and support clear thinking while recovering from encephalitis. It is suggested that ginkgo biloba improves blood flow to the brain, and may work to protect/repair damaged nerve cells.

Take 0.5 mg of melatonin daily. It is suggested that that melatonin may have protective effects against serious complications associated with encephalitis.

250 mg of astragalus standardized extract, 4 x daily, for immune support and antiviral activity, and to help with weakness and exhaustion. It is suggested that the astragalus herb can raise immune system resistance and improve physical endurance.

### **Raw Juice**

- Carrot Juice (340 ml) and spinach juice (115 ml), daily
- Carrot juice (170 ml), beetroot juice (140 ml), and cucumber juice (140 ml), daily

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### **Positive Items When Dealing with Viruses**

- Cereal grains oats, whole brown rice, barley
- Dairy live organic yoghurt
- Fish/seafood cod, un-smoked halibut, herring, haddock
- Flax seed oil
- Fruits ripe bananas, grapes, apricots, figs, dates, blackberries, bilberries
- Fungi Shiitake mushrooms, Reishi mushrooms
- Green Tea
- Legumes soya beans, kidney beans, butter beans, lima beans, green peas, chick peas, sprouted mung beans, lentils
- Meats free range and organic chicken & turkey
- Nuts & Seeds pecans, cashews, hazelnuts, walnuts, coconut, almonds (no more than 10 per day), sunflower seeds, sesame seeds, pumpkin seeds
- Sprouted alfalfa
- Teas, Herbs and Spices, basil, ginger tea, camomile tea, peppermint tea, black tea
- Vegetables carrots, parsnip, garlic, cabbage, Brussels sprouts, cauliflower, broccoli, kale, spinach, green beans, corn, leeks, celery, water cress, avocado

### **Negative Items When Dealing with Viruses**

- Alcohol
- Artificial sweeteners
- Battery chicken and eggs
- Cheese
- Chocolate
- Coffee
- Dairy foods (except organic yoghurt)
- Foods with additives
- Hydrogenated fats
- Milk
- Nuts (other than those mentioned above)
- Pickled foods
- Pork products
- Red meat
- Salami
- Smoking
- Tap water - use filtered or spring water
- Refined carbohydrates
- White sugar (sucrose)

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## Appendix

### A Homeopathic Approach

Some authorities suggest that a homeopathic approach can be beneficial in Parkinson's Disease.

#### Mercurius

Mercurius is one of three homeopathic remedies most commonly used in the treatment of Parkinson's disease. If you experience tremors all over your body, with trembling and weakness especially in the limbs and hands, then choose the remedy Mercurius. Your skin feels moist and you perspire frequently; your discomfort is worse when you are sweating. The least exertion may make you weak and cause you to tremble. Your symptoms tend to be worse at night, or during cold, rainy weather. Mentally, you may find yourself slow to answer questions. You may suffer from cutting pain in your joints. When you try to rest at night, your overall symptoms, including itching, may be worse.

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#### Zincum Metallicum

Zincum Metallicum is the remedy of choice for violent trembling that affects the entire body, particularly if trembling is more pronounced when you are feeling emotional. Your hands and feet may suffer from paralysis. You may have trouble being still, and your feet may continuously move. Writing may be difficult for you because your hands tremble. You generally feel worse in the early evening or when touched. You tend to feel better after eating.

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#### Rhus Toxicodendron

If your joints are hot and painful, and your tremors begin as pain that is improved when you move, choose the remedy Rhus Toxicodendron (Rhus tox). You may experience a sensation of tingling or crawling in your fingertips. After exertion, you may begin to tremble or feel numb. Your limbs may feel stiff. You feel better in dry, warm weather or when you are moving around, walking, and stretching.

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#### Other Remedies

Depending on your symptoms, a homeopath may choose different remedies for you. Gelsemium is often used for tremors that cause a loss of muscle control. Argentum Nitricum is given when there is memory impairment and abdominal symptoms including diarrhea. If you cannot bear to be touched, and find your trembling stops during sleep, the remedy Agaricus Muscarius may be needed. Cocculus is used in cases of painful drawing caused by paralysis. If you have problems with numbness, cramps in your hands and legs and prefer to be left alone, the remedy Ambra Grisea may be needed. If soaking your feet in cold water makes you feel better, you may benefit from the remedy Bufo Rana. If you can't stop moving even though it causes you pain, choose the remedy Tarentula. Conium is used in cases of ascending paralysis.

This appendix was adapted, with thanks, from: [http://www.ehow.com/way\\_5459353\\_homeopathic-treatments-parkinsons-disease.html](http://www.ehow.com/way_5459353_homeopathic-treatments-parkinsons-disease.html)

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