

# From Stroke to Strength: How Sea moss Supported Full Recovery in a Patient with Severe Hypertension

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## At Glance:

Imagine waking up one day and realizing you can no longer move or walk freely as before. Simple daily activities now require assistance, and life has become a constant struggle under the weight of uncontrolled high blood pressure and the after-effects of a stroke. This was the reality of Mrs. A, a 44-year-old woman from Buhongwa, Mwanza who had been living with hypertension complicated by a stroke for more than 5 years.



## The Struggle of Living with Stroke and Hypertension: :

Hypertension is a chronic condition characterized by persistently elevated blood pressure that gradually damages blood vessels over time. Hypertension significantly increases the risk of cardiovascular complications, including stroke, and is often referred to as a “silent killer” due to its asymptomatic and progressive nature (Balwan WK, et al. 2021). Stroke is a condition where blood flow to the brain is interrupted due to blockage or rupture of blood vessels, leading to brain damage, disability, or death. According to WHO, it is a leading cause of death and disability globally, with hypertension responsible for about 50% of cases ([World Health Organization](#)). Stroke can result in severe complications such as paralysis, speech impairment, and long-term disability. In Tanzania, it remains a major cause of hospital deaths and disability, particularly among adults in their productive years (Peck RN et al. 2013).

In June 2021, at the age of 39 years, Mrs. A developed sudden weakness of the right arm and leg, blurred vision, severe headache, and general body weakness, with inability to walk or speak. On the same day, she was sent to Huduma Health Centre at Kilimahewa and was referred to Bugando Medical Centre (BMC) for further evaluation and management. At BMC, she was found to have a blood pressure of 220/180 mmHg and was diagnosed with severe hypertension and haemorrhagic stroke with right-sided hemiplegia. She was stabilized in the ICU, followed by two days in the general ward, and was later discharged.

Upon discharge, she was started on antihypertensive and rehabilitative medications, including nifedipine 20 mg once daily, atorvastatin 20 mg once daily, telmisartan 40 mg once daily, and neurosupport one tablet daily daily (figure 1). She was also advised to undertake physiotherapy and rehabilitation exercises.



Figure1: Photograph of antihypertensive and stroke medications prescribed to Mrs. A.

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Despite adherence to treatment and regular follow-up for more than 2 years, her recovery was slow with minimal improvement. She remained weak, unable to walk, had difficulty speaking, slept most of the day, and depended on others for basic daily activities such as eating, bathing, toileting, and mobility.



Figure 2: Photograph of oral tablets and Chinese herbal tea leaves prescribed to Mrs. A.

She also experienced joint pain and numbness affecting the right side of her body, including the arm, leg, torso, and face. In search of additional support to improve her condition, she discontinued her medication and sought care from traditional healers and Chinese medicine practitioners. She started using Chinese oral tablets and herbal tea, but experienced no significant improvement.

## Road to recovery Using Sea moss:

In a desperate effort to seek additional supportive care, in February 2026 Mrs. A was introduced to sea moss as part of her nutritional support. After two weeks of continued use, she began to show gradual improvement in strength and mobility, including walking with less assistance. Her blood pressure also improved during follow-up, reducing from 160/110 mmHg to below 150/100 mmHg.

Over time, she reported increased strength, improved movement of the right leg and forearm, reduced numbness, and improvement in speech from slurring to clearer communication. She also noted reduced joint pain and was able to stand and walk independently.

By two months of use, her blood pressure was below 145/95 mmHg. Her health improved significantly, as she could speak, walk longer distances, and perform most self-care activities independently. She currently reports only a mild tingling sensation in the right wrist.

### Potential sea moss does in your body

#### ACE inhibition:

- Seaweed-derived peptides inhibit angiotensin-converting enzyme (ACE)
- Reduces formation of angiotensin II (vasoconstrictor) hence lowers BP

#### Vasodilation (Nitric Oxide pathway):

- Bioactive compounds increase nitric oxide (NO) production, relaxes vascular smooth muscle hence reduces blood pressure

#### Antioxidant activity:

- Polyphenols (e.g., phlorotannin) reduce oxidative stress, protect endothelial cells from dysfunction and improves vascular health

#### Anti-inflammatory effects:

- Compounds such as fucoidan and omega-3 fatty acids reduce inflammation
- Chronic inflammation is linked to hypertension and atherosclerosis

#### Cholesterol reduction (hypolipidemic effect)

- Soluble fibres (alginate, carrageenan, laminarin) bind bile acids and cholesterol
- Reduce intestinal absorption of cholesterol

#### Lipid metabolism regulation

- Seaweed compounds may reduce LDL and triglycerides
- Improve overall lipid profile, reducing cardiovascular risk

## Looking at the Science Behind:

Sea moss bioactive compounds have potential antihypertensive and cardioprotective effects through integrated mechanisms involving ACE inhibition, nitric oxide-mediated vasodilation, antioxidant and anti-inflammatory activity, and regulation of cholesterol and lipid metabolism.

Previous studies indicate that sea moss, including *Chondrus crispus*, contains bioactive compounds with potential antihypertensive and lipid-lowering effects, largely demonstrated in laboratory and animal studies (Seca & Pinto, 2018). Evidence further shows that seaweed-derived compounds can modulate key cardiovascular pathways, such as ACE inhibition and improved endothelial function, which support cardiovascular disease prevention (Ryu et al., 2021).

Conclusion: Sea moss has the potential to support cardiovascular health, particularly in

the management of hypertension and stroke-related complications. It contains bioactive compounds that contribute to improved vascular health and blood pressure regulation, reduce nerve terminal oxidative-inflammatory responses. The case of Mrs. A demonstrates its potential role of sea moss as a complementary nutritional intervention in supporting recovery and improving outcomes in individuals affected by hypertension and stroke.

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