

“AYURVEDA MANAGEMENT OF KAMPAVAT WITH SPECIAL REFERENCE TO PARKINSON’S DISEASE – A CASE STUDY”

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ABSTRACT:

Parkinson’s disease is a progressive degenerative neurological disorder which mainly affects the motor system of body and it is characterized by resting tremors, slowness of movements, rigidity, gait disturbances/postural instability. It is correlated with Kampavata [Disease associated with tremors in body] in Ayurveda, as it is characterized by Sarvanga Kampa/ShiroKampa [tremors all over body or tremors in head]. It is a Vata vyadhi which occurs due to pathological increase of Chala Guna [Moving property] of Vata. Treatment consists of both internal and external administration of different forms aimed to reverse pathology of Vata imbalance. Here, a case of 65 years female patient presented with tremors in both hands and neck, unable to walk since 2 years. Patient was treated with Panchakarma therapies; like nasya (administration of medicated oil through nasal route) Basti and Shaman Aushadhis. The patient got remarkable relief in symptoms with above Panchakarma and Ayurveda medicines.

KEY WORDS:- Kampavata, Parkinson’s disease, Tremors

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How to cite article:

Dr. Vishakha Shelar, Dr. Yogesh Duddalwar, Dr. Subhash Jamdhade, Dr. Pradnya Jamdhade
Ayurveda management of kampavat with special reference to parkinson’s disease – a case study, Sanjeevani
Darshan - National Journal of Ayurveda & Yoga 2024; 2(1): 147-151 : <http://doi.org/10.55552/SDNJAY.2024.2119>

INTRODUCTION

KampaVata is one among vataj nanatamaj Vyadhi explained by Acharya Charak in Sutrasthan⁽¹⁾.Kamp the prominent feature in kampavata which is mainly caused by the vitiation of vata. The word Kampavata means the disorder of Impaired Vata, in which the prime clinical manifestation Is Kampa.

“Na kampo vayuna vina”⁽²⁾

In early stages it can be manage with combine approach of shodhana like Basti [medicated enema],nasya[Nasal drops], Snehan ,swedan with shamana drugs . Taila is the best source for curing/ balancing the abnormal Vata Dosha. Parkinson’s disease is a progressive neurodegenerative disorder which mostly affecting older adult making them crippled as disease progresses. Parkinsonism is typically characterized by fine pin rolling tremors which is progressive in nature, rigidity in extremities, difficulty in walking, unable to balance the body and slow walk/ short shuffling gait⁽³⁾. Mean age of onset is about 60 years; course Progressive over 10–25 years⁽⁴⁾. This disease can be correlated as Kampa Vata in Ayurveda. Previous case study showed significant improvement in patients who are treated with Sahcharadi Taila Matra basti and Panchendriya vardhan tail for nasya

MATERIALS AND METHODS

Case study

A female patient of age 65 years came to kayachikitsa OPD of L.K. Ayurved Hospital, Yavatmal, complaining of Sarvanga Kampa increasing since 2 years in upper extremities, difficulty in walking, unable to walk, stiffness in whole body, sleeplessness unable to talk properly, unable to have food and drink by hands.

History of present illness :- shows that patient was well before 2 years.

General Examination :-

BP-100/76 mm of Hg

PR -68/min regular

RR-17/min,

Pallor –Present

Icterus –Absent,

Bowel habit -1 time per day with slight constipation

Micturition :- 3-4times per day

clubbing / cyanosis –Absent

Systemic Examination :-

Respiratory system:- Chest-bilaterally symmetrical, Air entry-both sides normal, no added sounds

Cardiovascular system:-S1, S2 normal

Gastrointestinal system:-Per abdomen-soft, no organomegaly ,no palpation

Locomotorsystem:-Thin built patient, slight lordosis,unable to walk and balance

Nervous System:- Patient was conscious, oriented about place and time, higher mental functions intact

Pupil –NSERL, tremors present in neck, both hands, grip is present but with tremors

Muscle tone : Cog wheel type Rigidity was seen in U/L lower limbs. She had a flexed posture with mask face.

Diagnosis of patient done based upon clinical features and as patient is well diagnosed from 2 years. Patient was assessed using Hoehn and Yahr Scale and Parkinson's disease composite scale. On the basis of Parkinson's disease composite scale the assessment was done before and after treatment

Treatment :-**Shodhan chikitsa:-**

- 1) Matra basti with Sahcharadi tail for 7 days
- 2) Nasya with Pachendriya vardhan tail 6 drops/nostrils

Shaman Chikitsa

Drug	Dose	Kal	Anupan
Mahayograj guggulu	500 mg	Vyanodan	Koshnajal
Punarnava guggulu	500mg		
Arogyavardhini vati	250 mg		
Sutshekhar ras	250 mg		
Ekanvir ras	250 mg		
Brahmi vati	500 mg		
Dashmul churna	1gm	Vyanodan	Koshnajal
Rasna churna	1gm		
Punarnava churna	1gm		
Kapikacchu churna	1gm		
Swadishta virechan churna	3gm	Nishikal	Koshnajal

Result :-**Assessment of Signs and Symptoms :-**

Sr.no.	Sign and symptoms	B.T	A.T
1	Kampa (Tremor)	B/L Tremor in upper limbs	Unilateral Slight Tremor Present at rest decreased by action and increase by emotion.
2	Gatisanga (Bradykinesia)	Can walk Without assistance slowly but with shuffling gait	Can walk brisk without aid
3	Stambha (Rigidity)	Cog wheel Rigidity	Markedly improved
4	Vakvikriti (Disturbance of Voice)	Slurring of Speech	Markedly improved
5	Sleep	Disturbed sleep	Normal sleep
6	Facial expressions	None	Markedly improved

DISCUSSION

Kampavata is a Nanatmaja disorder of Vata according to Ayurvedic literature, and this condition may be associated with distorted Vata due to Dhatukshya vatavyadhi and Avarana (10). Ayurvedic treatment for this condition is mainly based on treating unbalanced Vata. Ayurveda offers excellent treatments of Panchkarma and Shaman Chikitsa to such patients.

In Kampavata avarana, Vata and Dhatukshaya are the main pathological processes. Charaka emphasized Srotosuddhi, Vatanulomana and Rasayana in the overall management of Avarana (5). For the first time, Vangasena Samhita (6) explained the Kampavata healing principles. It is clearly stated that Abhyanga, Swedana, Nasya, Niruha, Anuvasana, Virechana and Shirobasti are beneficial ways to increase the life of the patient. So we offer Matra Basti with Sakhcharadi tail and Nasya with Pachendriya Vardhana tail to control unbalanced Vata.

Affordable Ayurvedic Panchkarma treatments can make your life much easier and see your life expectancy increase dramatically.

Mode of Action :-

Mahayogaraj guggul helps in reducing aches, muscle aches and pains. Brahmi vati, which includes brahmi, pippali, shilajit, vanga bhasma, and abhrak bhasma, is useful in treating symptoms of depression and stimulating the central nervous system. Dashmul, Rasna is

ushna, tikshna, pachak, vathna dravya. Because Kapikachu has the attributes of Dhaturvridhikara, Vatashamaka and Shukraviddhikara (7). Therefore, it also works against degenerative processes and can be useful in the Dhaturkshaya state. It also corrects the function of Indriya found in Kampavata. Additionally, Zandopa (Mucuna Pruriens) containing L-dopa, which has antiparkinsonian activity, has been prescribed (8).

The role of Basti is very important in the treatment of Kampavata (Parkinson's disease). He promotes Balu, Mansa and Shukra. These are Sadyobalyajana and Rasayana. These are Balya, Vrishya, Sanjeevana, Chakshushya and they energize the body (9).

CONCLUSION

Parkinson's disease can be clinically compared with Kampavata according to Ayurveda. Among the various Ayurveda treatments, various Panchkarma procedures Such as Abyanga, Swedana, Nasya, Shirobasti, Basti Proved to be effective for treating PD patient. Drastic Improvement can be seen from the above case study. Both Sanshodhana and Shamana Chikitsa play an Important role to improve the Activities of Daily Living of a PD patient.

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Source of Support : None Declared

Conflict of Interest : Nil