



AYURVEDA PRINCIPLES TOWARDS THE MANAGEMENT OF PARKINSON'S DISEASE (KAMPAVAT): A CONCEPTUAL STUDY

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ABSTRACT

Parkinson's disease is a neurological disorder affecting elderly population especially. Ayurveda resembles Kampavata as Parkinson's disease. The disease termed as kampavata since it involve tremors which regarded as kampa and bio-humor (vata). Tremors associated with vata, vepathu, prevepana, sirakampa, spandan and kampana are common clinical features of disease. It is a vata vitiated disease. Ayurveda mentioned various treatment modalities for the management of Kampavata. The principle management of disease target symptoms like tremors, rigidity and depression. Oil massages, swedan, nasya, shirodhara and vasti are the main treatments modalities described by Ayurveda for the management of Kampavata. The principles management of disease involve approaches to pacifying vitiated vata, neuro-nourishment by rasayana & use of medhyas for nootropic effect. This article summarizes the conceptual management of Kampavata (Parkinson's disease) & its Ayurveda perspective.

KEYWORDS: Kampavata, parkinson's disease, oil massages, swedan, tremors, rigidity.

INTRODUCTION

Ayurveda considered three vital energies i.e. Vata, Pitta, and Kapha are responsible for normal physiological functioning of body. Imbalance of these energies may lead disease conditions and kampavata is one of them which associated with vata disturbances. The excess consumption of dry, cold & junk foods, improper dietary routine (fasting), mental disturbance and environmental factors etc. leads Vata dosha vitiation which resulted vitiation of rasa dhatu. The initial stage of pathogenesis involves dry skin as Poorva roopa of kampavata. Further vitiated Vata affects Meda & Majja dhatus which block channels and leads stiffness, rigidity of muscles and tremors.^[1,4]

The modern view of Parkinsonism considered it as a neurological disorder since it involve impairment of neurons in specific area of brain which leads disturb body movement. Dopamine which is responsible for controlling movements & its disturbed secretion resulted symptoms such as; slow hand movements, tremors, unstable postures and muscle stiffness. Men population affected more than women. Brain stroke, tumors, drug adverse effect, head injuries, neurodegenerative disorders, dementia, genetics & age are main etiological factors of Parkinsonism disease. The modern medical science prescribed various anti-parkinsonism drugs from neurological category for the management of disease.^[2,5]

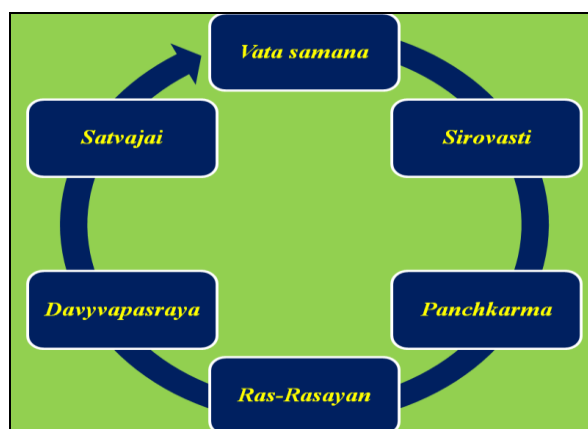


Figure 1: Conceptual management of Kampavata.

Symptoms of Parkinsonism

- Tremors
- Stiffness of muscles
- Depression
- Delusions
- Slow movements
- Constipation
- Unstable postures

Ayurveda perspective

Sanchaya of Apana vayu occurs as age increase which leads constipation & when combine with vata resulted

vyana vayu which disturbed rasa dhatu. Vata disturbance may lead dryness of the body membranes. Vitiated vata relocated degenerative tissue of the brain & offer condition of vata (prana, samana and vyana) in the majja dhatu resulting damage of brain portions which leads altered coordination and tremors. Vata in mamsa dhatu & manovaha srota causes rigidity & depression respectively. Disturbed vata affect kapha in majja dhatu which causes an open space for entrance of vitiated vata. Pitta may also contribute towards the pathogenesis of disease; vitiated pitta may leads kapha kshaya in majja dhatu & initiate neurological disturbances.^[3,6]

Samprapti Ghataka

❖ Dosa:	Vata
❖ Dushya Dhatu:	Rasa, Majja, Sukra, Mamsa
❖ Srotas:	Rasa, Sukravaha, Majjavaha,
❖ Srotodushti:	Sanga.
❖ Agni:	Jatharagni
❖ Marga:	Madhyama
❖ Sthana:	Pakvashaya, Shirastha

Chikitsa

Kampa vata is a disorder of Vata the treatment approaches involve following approaches.^[2,8]

1. Vata samana therapy
2. Rasayan therapy
3. Medhya dravyas; use of herbs having nootropic effects.

Panchkarma and massage

Ayurveda treatment targets towards the management of vata disturbance. Oleation and fomentation are the major recommended treatments of the disease along with Yoga & drugs. Oleation may be achieved through abhyanga and basti. Kampavata is vatavyadhi associated with dhatukshaya and treatment approaches involve Santarapana chikitsa, Panchkarma along with herbal & traditional Ayurveda formulation. Chandnbalalakshadi tail for Bahya Snehana, Nadisvedana by Nirgundi and use of dashamoola Siddha kwatha help to relief disease symptoms. Shirodhara with tila tail and brahmi tail also help to manage disease symptoms. Nasya using brahmighrita & other nasya dravya help to balancing neurological functioning.

Following treatments may offer beneficial effects in Kampavata

- ❖ Snehana with oils such as Maha narayana taila, Kshrabala Taila, Sahacharadi taila, Dhanvantara taila, Mahamasha taila & Bala taila.
- ❖ Shirodhara with Ksheerabala taila, Mahamasha taila, Maha narayanaa taila & Brahmi taila.
- ❖ Brinhna nasya with Narayana taila & Ksheera bala taila.
- ❖ Sarvanga sveda (patrapinda sveda)
- ❖ Shirovasti with Ksheerabala taila, Mahamasha taila, Maha narayana taila & Brahmi taila.
- ❖ Matra Vasti with Sahacharadi taila, Saindhava lavana and Satapushpa.

Plant drugs/herbs

Medicated oil with ashwagandha and bala may be used to pacify vata and to improve ojas, these types of therapies offer rejuvenative & nourishing action on the nervous system. The basic principle of disease management must involve approaches to pacify vata at its site of origin, at site of overflow in rasa dhatu and at its site of relocation in the majja dhatu.

The Apana vayu disturbance is one the important etiological factor which may induce pathogenesis of kampvata & Apana vayu can be treated with laxatives such as psyllium, flax seed and triphala, etc. Excess of Vyana vayu in rasa dhatu also resulted kampvata & this may be treated with demulcents such as Ulmus fulva & Glycyrrhiza glabra). Prana vayu vitiation may be managed by kapikachhu, ashwagandha.

Jatamansi & Shankpushpi may be used to pacify vata in the mamsa dhatu to relax muscle since they act as nervine sedatives. Gotu kola and Saint John's Wort can be used to pacify vata which entered into manovaha srota to reduce symptoms of depression. Garlic extract also controls oxidative damage of neurons. Pluchea lanceolata, Zingiber officinale & Boerhavia diffusa help to boost neurological functioning.

The vitiation of vata associated with pitta disturbance also contributes significantly towards the progression & this condition needs great attention towards the balanced life style which helps to calm & relax neurological tissue. Vitiation of vata along with pitta disturbance leads symptoms such as; anger, criticism and increased intensity. Gotu kola & Guduchi offer beneficial effects to the nervous system in such conditions & also help to balance disturbance of sadhaka pitta.

Ayurveda formulation

Formulations containing Kapikachu & Vicia faba may be used for the management of Parkinsons disease. Levodopa and its precursor also used as modern choice of drug. The drugs which possess monoamine oxidase inhibiting and anti-cholinergics properties also offer benefits in Parkinsons disease. Formulation containing Brihatvatichintamani, Ashwagandhachurna, Suvarnasutashekhar Rasa, Brahmi and Aarogyavardhinivati can be used to reduce disease symptoms.

Yoga (specific aasana)

Yoga help in Parkinson's through its ability to control neurological functioning. Yogic karma along with ayurveda formulation and Pancha Karma helps in reducing symptoms of the disease. These all therapies improve flexibility and help to control symptoms such as rigidity & tremor.

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