

## AYURVEDIC MANAGEMENT OF 'KAMPVATA' W.S.R. TO PARKINSON'S DISEASE

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### ABSTRACT

Ayurved considers 'Vata' as the predominant dosha of the three. 'kafam pangu pittam pangu..vayuna yatra niyante' this shloka ascertains the importance of vata dosha. Vataj nanatmaj vyadhi are of 80 types. Vepathu/kamp is one of it. Hence, Kampvata is a type of vatic disorder, whose symptoms include tremors of hands, legs or head. It has higher similarities in terms of symptoms, with the disease Parkinsonism. Parkinson's disease (PD) is the most common akinetic rigid syndrome i.e. a form of progressive neurodegenerative disorder characterized by rest tremor, muscular rigidity, bradykinesia & flexed posture. It affects 1% of adults over the age of 60 yrs. A case of Kampvata was treated in the IPD of Government Ayurved College, Nanded, which is being discussed in this paper.

**KEYWORDS:** Kampvata, Vata vyadhi, Parkinson's disease.

### INTRODUCTION

Ayurved is a science of life, which provides knowledge beneficial for life. The vata dosha is motivator of other 2 doshas. Majority of diseases are caused by vata dosha, which includes 80 nanatmaj vikaras. Kampvata is a disorder of vata in which, main complaint is that of 'Kamp'.

KAMPVATA = KAMP + VATA

Kamp or vepathu, has been included as a symptom in many other diseases, apart from the 'kampvata' vyadhi. Acharya Charak & Madhav nidhan have described kamp

in sannipataj jwar lakshan.<sup>[1]</sup> Madhav nidhan in vataj pandu<sup>[2]</sup>; jara shosha; yamala hikka.<sup>[3]</sup> All the above disorders have included kamp as lakshan, wherever vata predominance is noted. A growing scare of Parkinsonism disease is noted in the older generation.<sup>[4]</sup> Therefore, its ayurvedic management along with the study of its hetu; samprapti is the need of the hour. This study is done to reach a step closer towards that direction.

### CASE STUDY

A 60 year old male Patient, came to OPD by self & narrated following symptoms.

#### Present history

Sr. no.	Symptoms	Duration
1.	Right hand tremor at rest	8-9 months
2.	Right sided fascial spasticity	8-9 months
3.	Bradykinesia	1 year

#### Past history

Since past 1 year patient complained of difficulty to move his body quickly on demand. Gradually he noted tremors in his right hand. The patient was on allopath medications for last 4 months but not enough progress was noted. He later agreed to undergo ayurvedic treatment in the IPD of Government Ayurved College, Nanded.

#### Drug history

Tab Levodopa 100mg= 1 TDS ( since 4 months).

#### General examinations

G.C. = fair  
Temp = afeb  
Pulse = 72/min  
B.P = 116/76 mm of hg

#### Systemic examination

R.S. = AEB/L clear  
CVS = S1S2 normal  
CNS = conscious & oriented  
Addictions = smoking since past 30 yrs

**Investigation**

HB – 11gm/dl

WBC – 3600/mm<sup>3</sup>

E.S.R (wintrobe method)– 2mm at the end of 1 hour.

BSL(Random) – 80mg/dl

**Examination**

Tremor pattern = tremors present at rest; pill rolling type of movement seen.

**Nidan panchak**

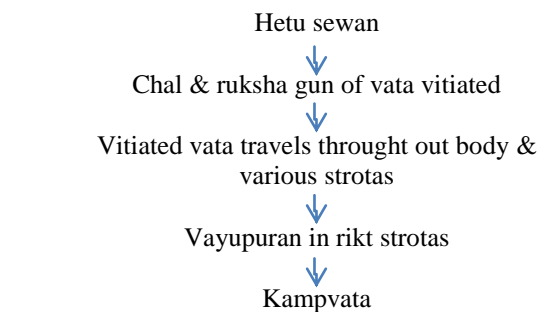
Hetu

The hetu/nidana of Kampvata can be studied with reference to samanya hetus of vatavyadhi. The vitiation of 'chal' and 'ruksha' gun of vata takes place.

The factors noticed in this patient are ativicheshtan, ativyayam, veg sandharan & ruksha-katu anna sewan.<sup>[5]</sup>

Samprapti

The pathology behind occurrence of the disease is studied here. The vata disease may manifest as vata prakopak, vata kshayaj or aavarana janya. The following samprapti can be noted in this Kampvata disorder.



samprapti ghatak

dosha = vaat ( vyaan vayu)

dushya= all dhatus

adhishtan= sarvang

strotas= majjawaha

sadhyaatva= jeerna- yaapya

Lakshan

‘sarvangakampa shiraso vaayuvepathusadnyak’<sup>[6]</sup>

The initial manifestations of PD include tremor, slowness, stiffness or clumsiness of an arm or, less commonly, of a leg. The symptoms may start insidiously and tend to be unilateral or asymmetrical at the onset.

**ASSESSMENT CRITERIA**

Unified parkinson’s disease rating scale (UPDRS) was applied to measure the degree of improvement.<sup>[7]</sup>

Tremor	T 0	Absent
	T 1	Slight & infrequent, not bothersome to patient
	T 2	Moderate, bothersome to patient
	T 3	Severe, interferes with many activities
	T 4	Marked, interferes with all activities
Bradykinesia	B 0	None
	B 1	Minimal slowness
	B 2	Mild slowness
	B 3	Moderate slowness
	B 4	Marked slowness
Gait	G 0	Normal
	G 1	Walks slowly, may shuffle with short steps, no festination
	G 2	Walks with difficulty, little or no assistance
	G 3	Severe disturbance, frequent assistance
	G 4	Can not walk

**TREATMENT GIVEN**

The patient was admitted for 28 days in IPD for treatment purpose.

Sr. no.	Treatment plan	Treatment	Dose	Duration
1.	Sthanika	Sarvang snehan		28 days
		Sarvang swedan		28 days
2.	Shodhana	Niruh basti = dashmula	960 ml	Kaal basti kram (15 days)
		Anuwasan basti =til tail	120ml	
		Ksheer basti = ashwagandha + kapikachhu	80 ml	15 days
		Shirodhara (til tail + brahmi tail)	1 ltr	21 days
		Pratimarsh nasya = anutail	2-2 drops	21 days
3.	Shamana	Brahmi vati	2 tab HS	28 days
		Kapikachhu churna	3gm BD	28 days

**OBSERVATION TABLE**

	Before treatment	After treatment
Tremor	T 3	T 2
Bradykinesia	B 3	B 2
Gait	G 1	G 1

**DISCUSSION**

Kampavata is mentioned under vatavyadhis because of its crippling nature and non-availability of curative treatment, this disease has remained a great problem in the ageing society.

Kampavata is a slow progressive disorder of late adult life and is one of the most prevalent neurological disorders.

**SNEHAN & SWEDAN**

it is the first line of treatment in vata vyadhi. Sarvang snehan & swedan acts on whole body. Kamp of this patient is sarvang, because of the vitiated vyaan vayu. Hence, sarvang snehan swedan is given in this patient.

NASYA- nasa hi shirso dwaram<sup>[8]</sup>

Nasya is channel for drugs to act on nervous system. Brahmi tail acts as a neuronutrient.

SHIRODHARA- shirodhara with combination of brahmi and til tail was given. As it acts on nervous system and at the same time works on the principle of vaatshaman due to snigdha & ushna gun of tail.

BASTI- sharirajanam doshanam kramen paramoshadham |

Bastivamanvireko....<sup>[9]</sup>

Basti is considered to be the best treatment for vitiated vayu. As per patient's koshta & bal, firstly, anuvasan basti with til tail & niruha basti with dashmul kwath was given for 15 days. Later ksheer basti with ashwagandha & kapikachhu dravya was given in the quantity of 80 ml for 15 days.

**ASHWAGANDHA & BRAHMI**

Medhya rasayana are specific neuronutrients or nerve tonics with nootropic effect. Ashwagandha (*Withania somnifera*), Brahmi (*Bacopa monnieri*)<sup>[10]</sup>

**KAPIKACHHU**

*Mucuna pruriens* seeds are highly rich source of levodopa.

**RESULTS AND CONCLUSION**

During the period of treatment, the patient showed observable changes in his symptoms. His tremors reduced in frequency, along with little improvement in the slow movements. This particular case has been studied in details, especially the causative factors and the pathophysiology, that occurs later. The course of treatment is modified to counter the above factors.

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