

**KAMPAVATA /VEPATU VATA W.S.R TO PARKINSON'S DISEASE (PD) - THE
UNDERSTANDING AYURVEDIC APPROACH****Dr. Bisen Mukesh Kumar*¹ and Dr. Verma Sudha Rani²**¹Associate Professor, Department of Kayachikitsa, C.G. Ayurvedic Medical College, Manki, Rajnandgaon (C.G).²Assistant Professor, Department of Kayachikitsa, C.G. Ayurvedic Medical College, Manki, Rajnandgaon (C.G).***Corresponding Author: Dr. Bisen Mukesh Kumar**

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ABSTRACTS

Parkinson's diseases (PD) are the second most common neurodegenerative disorder and most common movement disorder. Characteristics of Parkinson's diseases are progressive loss of muscle control, which leads to trembling of the limbs and head while at rest, stiffness, slowness, and impaired balance, as symptoms worsen, it may become difficult to walk, talk, and complete easy task. Most individuals who develop Parkinson's diseases are 60 years of age or older. Parkinson's diseases has been previously identified many thousands of years ago in ancient Ayurvedic classics as kamavata (kampa means temor and ward vata means the bodily governing movements). The aggravated vata orgeing sings and symptoms of Kampa (tremors), chestasanga(bradykinesia and akinesia), vakavikruti(disturbance in speech) vepathu (shaking, as in being off track or out of alignment), prevepana (excessive shaking), sirakampa (head tremor), spandana (quivering).

KEYWORDS: Kampavata, veptuvata, Parkinson'sdiseases(PD), Vasti, shirovasti, Abhyaga, shehanam, swednam.**INTRODUCTION**

Kampavata / vepatu vata (Parkinson's diseases) is a slowly progressive disorder affecting 1-2 out of 1,000 people of the general population, and up to 2 per 100 people over 65 years.^[1] It develops gradually, sometimes starting with a barely noticeable tremor in just one hand. Tremor is best well- know sing of Parkinson's diseases.¹ (PD) having commonly causes slowness of movement or stiffness. It is the fourth most common neurological degenerative disorder found in the elderly. Because this condition occurs more frequently in industrialised countries, some have speculated that this condition may be caused by environmental toxins. It was in 1817 that a detailed medical essay was published on the subject by London doctor james Parkinson after whom it was named Parkinson's diseases.^[2] His essay was called "An Essay on the shaking palsy". According to ayurveda kampavata is a comesunder the vata vyadhi Direct reference to the Parkinson's disease in the ancient Ayurvedic literature mentions related symptoms, such as Kampa (tremors), chestasanga (bradykinesia and akinesia), vakavikruti (disturbance in speech) vepathu (shaking, as in being off track or out of alignment), prevepana (excessive shaking), sirakampa (headtremor), spandana (quivering), Parkinson's disease is most commonly called kampavata.^[3]

Ayurvedic Etiology (NIDANA)^[4]

General aetiology of the vatavyadhi concider for Parkinson's these are main causative factors.

- a). Aaharaj, (Diet factors)
 - b). Vihraj,(life style)
 - c). Manasaj,(psychological)
 - d). Others like marma ghat,(head injury etc.)
1. Excessive use of rough, cold, little, and light food, excessive indulgence in sex and night-vigil.
 2. Vata increasing lifestyle and constitutional tendencies are the responsible factor of increasing of vata.
 3. Psychological causes like bhaya, krodha, chinta, shoka, etc.
 4. Other etiological factors Aamotpatti(excessive secretion of gastric), Dhatukshaya (decrecing amount of dhatu. Like blood, semen).

(Poorva Roopa) Premonitory symptoms^[5]

Premonitory symptoms are two types: - 1. General or nonspecific 2. localized (sthansanshraya).

In the poorva roopa stage a patient himself is scarcely aware of anything unusual. The symptom is infrequent blinking of the eye lid (Akshinimilana). The earlier complaint may refer to unable to hold the objects like pen, etc. Following may be considered as purvarupa of kampavata which are klama, Anavasthina, smritihani(loss of memory), vishad (tension).

Roopa (symptoms)^[6]

Following symptoms of kampavata they are:-

- 1). Karpadatale kampana (Tremor in hands and feet)
- 2). Nidrabhanga (disturbed sleep)

- 3). Matiksheena (dementia)
- 4). Stambha (rigidity)
- 5). Chestahani (slowness of the movement)
- 6). Vakavikriti (speech disorder)

Samprapti (Pathogenesis)^[7]

The samprapti is most important parameter of diagnosis the diseases and management. The samprapti of vata vyadhi is complex and involves process like.

- a). Dhatukshay
- b) Avarana and
- c). Swanidhaena prakopa.

Due to improper diet regimen and life style vata gets aggravated after sevana of vata prakopa ahar like katu rasa sevana, sheeta ahar sevana, vata prakopaka vihara like, ratijagrana, atimaituna and vegavaroddha, by mansika hetu like chintana because of jara (swabhavaja).

The aggravated vata pervades into the vacant channels in the body and produces innumerable disorders either generalised or localised. When aggravated vata abnormally moves to wrong path after that vata gets impaired functionally, produces features relating to localisation and features relating to obstructions.

Avarana is explained in samprapati of vata vyadhi like vegaprtibandha (obstruction of impressed force of vata) and Gatihanana(hindrance of the direction of impressed force of vata). It is well know that the Avarana may be caused by three way.

1. Vriddha (increase) vata with sama Dosha Dushya (Unvitiated)
2. Samavata (normal vata) with Vriddha Dosha Dushya
3. Vriddha (increase) vata with vriddha dosha and Dushya

Diagnosis^[8]

Diagnosis of Parkinson's diseases is largely clinical, so in typical cases no investigations will be ordered .This may include CT, MRIs, PET scans or copper studies as appropriate.

Diagnosis can be done following parameter a.) On the basis of history taking b.) Signs and symptoms. Resting tremors along with rigidity, loss of facial expression or gait abnormalities strongly suggest the disease. The three cardinal signs of Parkinson's diseases. These are resting tremor, rigidity, and bradykinesia only two need to make the diagnosis.

Investigations: Computed tomographies (CT), Magnetic resonance (MRI) Scan are normal or show only variable degree of atrophy.

Treatment

In the management of kampa vata / veptu vata on the basis of samprapti (pathogenesis). In kampa vata Avarana, or avarodha (ie. Obstruction or friction) vata

and dhatu kshaya are the chief pathological process. The ayurvedic management of avarana is mention in charak samitha is to do following parameters:

- a) Strotodusti b) Vatanuloma and c) Rasayana therapy.^[9]

As per the ayurveda sroto dusti, sroto shodhana modilities should be follow shodhan and shaman treatment.

Shrotoshoda activity of pipali (piper logum).^[10]

Vata anulomana by haritaki, eranda tailam.^[11]

Rasyana therapy: Ashwaganda avaleham, Braham rasayan, Specific Medhya rasayan act as a special neuro-nutrients (nurevin tonic).^[12] Medhya drugs are brahmi (bacopa monieri), mandukaparni (centellaasiatica).^[13]

Some of the single herbs are kapikacchu bijja, Ashwagandha, Bala, Brahmi, Rosna are the ideal role in Parkinson's.^[14]

Formulations whic are also given in the mangment of kampa vata^[15]

1. Dashamula kwatha 2. Brahmi vati 3. Kouchbeeja paka 4. Brahma rasayana 5. Balarista 6. Aswagandharistam

Eternal uses^[16]

1. Ksheerbala Tailam. 2. Mahamasa Tailam. 3. Mahanarayana Tailam 4. Sacharadi Tailam 5. Brahmi Tailam 6. Dhanvantram Tailam.

Rasaousdhai

Chaturbuj ras,^[17] yogenda ras^[18]

One of the single drug kapikachu (Mucuna pruriens) is very ideal role in parkinsons's diseases. Kapikachu is having propitaries of dhatuvridhikar, balaya, vatashamak, and shukravridhikar so it also acts against the process of degeration and may be beneficial in the condition of dhatu kshayaj, it is also correct the function of indriyas (sense organs). Kapikachhu (mucuna pruriens) having L-dopa which having anti parkinson's activity.

Shodhan Chikitsha: Shodhana chikitsa having excellent role in cure the diseases for Parkinson's diseases of panchakarma therapy.

(Panchkarma therapy) are:^[19]

1. Shirobasti
2. Abhayang
3. Swedan
4. Niruha vasti
5. Anuvasan vasti

Yoga Therapy^[20]: Yoga therapy – like pranayam, asanas and meditation. In yoga genital stretching movements increase the flexibility and balance in meditation reflect and focus the mind on an idea. Meditation may reduce stress and pain.

Pathya^[21]

Pathya for kampavata a nutritious diet, high fiber food, wheat, jowar, kulatha, masha, til and sarsha (mustred) oil, ghee, milk, lashuna, hingu, ela, and specailymeat of pigeon.

Apathya^[22]

Avoid the natural urges, ratri jagarana, katu tikta kashya ras, chinta, shoka, cold water etc.

CONCLUSION

Kampavata (parkinson's diseases) is a slowly progressive disease of late adult life and is one of the most prevalent neurological disorder. Ayurvedic literature mentions related symptoms, such as tremors; Kampa (tremors), chestasanga (bradykinesia and akinesia), vakavikruti s(disturbance in speech) vepathu (shaking, as in being off track or out of alignment), prevepana (excessive shaking), sirakampa (head tremor), spandana(quivering), and kampana (tremors). Treatment of kampavata in ayurveda described in avarana of vata and dhatu kshaya are the chief pathological process and for treating this adopting procedures srotodusti, vata anuloma, and rasayana treatment part from that single drugs like kapikachu, Bala, Ashwaganda, rasana are indicated. And shodhan chikitsa Shirobasti, Abhayang, Swedan, Niruha vasti, Anuvasan vasti also applicable.

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