

AYURVEDIC MANAGEMENT OF MULTIPLE SCLEROSIS – A CASE STUDY

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ABSTRACT

Autoimmune disease occurs when the immune system attacks self-molecules as a result of a breakdown of immunologic tolerance to autoreactive immune cells. Autoimmune disorders are on the rise globally and affect 8.5% of the population worldwide. Multiple sclerosis (MS), the most prevalent neurological disability is an autoimmune disease of Central nervous system characterized by chronic inflammation, demyelination, gliosis and neuronal loss. In Ayurveda, multiple sclerosis can be correlated with “Avrutha/avarana vata”. In Ayurveda Shabdakosha “Avarana” is defined as Avarodha, Gatinirodha i.e. Obstruction or resistance or friction to the normal gati of Vata. So the word “Avarana” can be understood as Acchadana (covering), Avaruddhagati (obstructed movement), Sanga (obstruction), Peedhana, Akriya (loss of function or immobile), Pracchadana (stagnate). We are part of nature and reinstating the equilibrium of our body in relation to nature is the best way to cure health problems.

INTRODUCTION

Multiple Sclerosis is a demyelinating disease in which the insulating covers of nerve cells in the brain and spinal cords are damaged.^[1] The name multiple sclerosis refers to the plaques in the white matter. Loss of myelin in these lesions causes some of the symptoms which very widely depending upon which signals are interrupted.^[2]

When the myelin is lost the neurons can no longer effectively conduct their electrical signals. In turn causing loss of control on limbs, facial muscles, speech and similar problems.

In ayurveda multiple sclerosis can be correlated with *Avrutta/Aavrana vata*. *Avarana* defined as *Avrodha* i.e obstruction or resistance or friction to the normal *gati* of *vata*.^[3]

Multiple Sclerosis is an unpredictable disease of CNS that disrupts the flow of information within the brain and between the brain and body. It can affect brain and spinal cord and cause problems within vision balance, muscle control. A few of the common symptoms indicative of multiple sclerosis include weakness and fatigue, difficulty in speech, swallowing and in movement, loss of balance, nerve pain and weakness in muscle recurrent facial palsy.

Aim - To study the case of multiple sclerosis through Ayurvedic management.

Objective - To study the role of Ayurvedic medicine in the management of Multiple Sclerosis.

Case Discription - A 26 year female patient came to our care with complaints of difficulty in walking (*Gamankashtata*), weakness in both lower limbs (*dway pada shunnyata*), pain in all extremities (*Sarvanga shula*), tingling sensation in right hand (*dakshin hasta chim-chimayana*) All above complaints were since 9 to 10 months. and mild headache (*Shirashula*) since 10 to 12 days. Patient was treated ayurvedic medicine, showed marked improvement in symptoms.

History of present illness - patient was suffering with the above mentioned complaints since 9 to 10 months. For which she took allopathic treatment for 3 to 4 months and not satisfied with the result, as patient was not satisfied with result of allopathy she approached our OPD seeking some ayurvedic cure.

History of past illness – No history of any major illness.

DIAGNOSIS1) MC DONOLD CRITERIA^[4]

Patient had satisfied the steps (Mc donold criteria) in making the diagnosis of Multiple Sclerosis. That is, 2 or more attacks.

2) MODIFIED ASHWORTH SCALE.^[5] SCORE - 4.3) THE KURTZKE EXPANDED DISABILITY STATUS SCALE.^[6] (EDSS) WAS 8.

Total 3 assessment were carried out before and after treatment. Patient was diagnosed as *Avaranjanya dhatukshay vatavyadhi*. And condition due to *vata-pitta vriddhi* and *kapha kshaya* (*Majja kshaya - sthan vishesa*) according to Ayurveda.

Treatment

Initially ama pachana to remove ama (Digestion of metabolic toxins) as *Avarana chikitsa*.

A) Panchakarma^[7]

DATE	UPAKRAMA
12/09/2022 TO 19/09/2022	Deepan Pachan with Sudarshan churna 3gm (three times a day) with lukewarm water. For 7 days.
20/09/2022 TO 24/09/2022	Snehapana with Bramhi ghrita (with lukewarm water) for 5 days.
25/09/2022 TO 28/09/2022	Sarvang Abhyang with Bala-ashwgandhadi taila, followed by Nadi sweda with Dashmool kwath.
28/09/2022	Virechana with trivrit avaleha, draksha phanta, ushnodak. (Maddhyam shuddhi)
28/09/2022 TO 02/10/2022	Samsarjan Krama (Peyadi) According to maddhyam shuddhi. For 5 days
03/10/2022 TO 17/10/2022	Sarvang Abhyang and Nadi sweda (As before) Basti in Alternated pattern. First day Anuwasn Basti with Kshirbala Taila (100ml), Next day Niruha Basti. Niruha Basti Dravya– Dashmool kwath – 400ml. Madhu – 50ml. Shudha bala taila – 50ml. Hingu vachadi kalka – 15gm. Saindhav lavana – 10gm.

B) INTERNAL MEDICINE

From 18/10/2022 to 18/11/2022

MEDICINES	DOSE	TIME
1) CAP.PALCINEURON	300MG	THRICE A DAY (before food)
2) Maharasnadi Kwath	15 ml	TWO TIMES A DAY (after food)
3) Narsimha Rasayana	5gm	AT BEDTIME (after food)
4) Saraswath ghrita	10ml	TWICE A DAY

DISCUSSION

- Patient had *vata prakopak lakshans*, to reduce this *Aavrana* of *Ama*, *sudarshana churna* given for first 7 days for Deepan and Pachan.
- *Virechana* karma was used as a *shodhan chikitsa* in which *majja* (bone marrow) is considered as a component of *pittadhara kala*. *Virechana* eliminates *vata* and *pitta*, therefore management of its vitiation was done by *Virechana* karma.
- As Multiple Sclerosis is relatable clinically to *vata vyadhi*, The supremely important main therapy of *panchakarma* is *Basti*. to reduce *vata dosha* the *basti chikitsa* were planned. These are of 2 types which are alternated in a specific pattern over 14 days.
- Capsule Palcineuron given which reduces Neuromuscular symptoms of CNS in multiple sclerosis.
- *Saraswath ghrita* given to reduce complaints of loss of strength in lower limbs and loss of memory.
- *Narsimha rasayana* used to manage imbalanceing factor of lower limb.
- *Maharasnadi kwath* is helpful in managing and relieving joint and muscle pain, inflammation and stiffness. It uses key ingredients that are known to

help in the treatment of *Vata* disorders like Hemiplegia, paraplegia and tingling sensation.

RESULT

Before starting a treatment total score of Modified Ashworth Scale for both lower extremities. was 3 and after treatment it came down to 2.

The Kurtzke Expanded Disability Status Scale (EDSS) was 8, after treatment it came down to 6 and gradually go down.

Substantial improvements were noticed in walking and pain. Where as moderate improvement were noticed in muscle weakness.

CONCLUSION

The Ayurvedic diagnosis *Aavranjannya dhatukshay vatavyadhi*, condition with *vata*, *pitta vriddhi* and *kapha kshaya* (*majja kshaya - sthan vishesh*) was considered as Ayurvedic perspective of Multiple Sclerosis.

Panchakarma procedures like *sarvanga abhyang*, *bashpa sweda*, *virechana*, *basti* were beneficial in

tackling difficulty in movements and weakness of extremities.

Combined Ayurvedic treatment of the above mentioned ayurvedic drugs and Panchakarma procedures were helpful in treating the patient of Multiple Sclerosis.

Relief in symptoms can be attributed to combined effect of *ama pachana*, *shodhana*, and *shaman chikitsa*.

Although a single case report can not claim to be an efficacious treatment for all such cases and the same treatment protocol can not be followed in all cases. Long term follow up studies on larger sample are required.

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