

**ROLE OF MUSTADI YAPANA BASTI AND SHIRODHARA IN THE
MANAGEMENT OF KAMPVATA W.S.R TO PARKINSONISM- A
CASE STUDY**

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ABSTRACT

Parkinsonism is a neurological disorder characterized by tremors, muscular rigidity, bradykinesia shuffling gait, postural instability. Most of these feature match with the Ayurvedic description of the diseases kampvata. The term kampvata described for the first time in the text basavarajeeyam. With most of its clinical features karapadatalekampo, dehabhramana dukhite, nidrabhang, matiksheena. The management should be in such a way that it should bridle the aggravated vata dosha dhatukshaya, avarana. Basti has been considered as the best treatment for vata moreover, Basti also promotes the longevity and provides stability to dhatus. Shirodhara is an excellent treatment for a compromised nervous systems. It is a single case presentation of 1 patient. Treatment protocol are - 1. mustadi yapna basti 2. shirodhara.

The patient suffering from kampvata included in study were selected from University College of Ayurveda, Jodhpur during the period aprail to may. Efficacy of above two procedure are good and give significant result.

KEYWORDS: Kampvata, Mustadi yapna basti, shirodhara, Parkinson disease.

INTRODUCTION

Parkinsons diseases is a long terms degenerative disorder of the central neroussystem that

mainly affect the motor system. It is a type of movement disorder. It happens when nerve cells in the brain don't produce enough of a brain chemical called dopamine. Sometimes it is genetic, but most cases do not seem to run in families. Exposure to chemicals in the environment might play a role. the term kampvata was explained for first time in the text basavarajeeyam, with most of its clinical features similar to that Parkinson disease.

करपादतलेकम्पोदेहेभ्रमदुःखिते ।

निद्राभंगोमतिः क्षीणाकम्पवातस्यलक्षणम् ॥ (बसवराजीयम् 6/128)

- करपादतलेकम्पो-Tremors in the hand and feet
- देहेभ्रमणदुःखित - Postural instability
- निद्राभंगो- Sleep disturbance
- मतिःक्षीणा - Dementia

The factors as accelerated ageing, neuro-degenerative changes, increased free to imbalance of vata. the majority of symptoms of kampvata are also mentioned in different avaranas.

Charak says that avarana of vyana and udana by kapha produce symptoms like gatisanga vakaswaragraha, gurugatrata, stambhanaand kampanam. It is clear that the therapy should be aimed at these two level- 1. Pacifying the vitiated vata 2. Providing neuro-nourishment by rasayandrug. mustadi yapna basti has properties of rasayana,balya and brimhana as describe by maharshi charaka. Basti Karma has been considered as the best treatment of vata.

PRESENT COMPLAINTS

A 55yr old female patient got admitted in panchkarma department of dr sarvpalli radhakarshana rajasthan ayurvedic university jodhpur. with complaint of shivering of hand, arm, feet, leg body imbalance, patient also have difficulty with walking and balance. Slightly slurred speech with face apperaing without any expression. Decreased sleep increased frequency of urine, disturbance in sleep. These symptoms developed since 2 years and had slow progression.

FINDING

- Tremors in fingers, hands, arms, feet, leg.
- Cogwheel Rigidity – stiffness of the limbs. which may increase during movement.
- Micrographia – loss of fine hand movement can lead to cramped handwriting.
- Bradykinesia –slowness of voluntary movement.stiffness can also affected facial musles

and result in an expressionless mask like appearance.

- ⊙ Stopped posture.
- ⊙ Shuffling steps and general slowness of movement.
- ⊙ Pill rolling tremors.

PERSONAL HISTORY

OPD no -15914 **Blood pressure** - 130/70 mmof hg
IPD no- 643 **Pulse rate** - 78/minute
Name Sarla Devi **Respiratory rate** -17 min
Sex-Female **Appetite** - Decrease
Occupation-Teacher **Bowel** -1 time/day
Date of admission -3/4/2018 **Urine** - 10-12 times in a day (increased)
Sleep –Disturbed

PAST HISTORY

She did not have history of DM/HTN and any major surgical procedure and no history of any trauma.

GENERAL EXAMINATION

- ⊙ **Pallor**- Absent **Clubbing**-Absent
- ⊙ **Edema**-Absent. **Icterus** –Absent
- ⊙ **Body build**- Fatty **Cyanosis**- Absent
- ⊙ **Facial expression** – Masked face
- ⊙ **Consciousness**-Conscious.
- ⊙ **Gait** – Shuffling gait with tendency fall of forward

ASTVIDHA PARIKSHA

- | | |
|--|--|
| 1. Nadi -Vata -kaphja (74/min) | 2. Mala -Niram (1 time /day) |
| 3. Mutra –Bahumutrata | 4. Jihva -Malavaritta |
| 5. Shabda –Kshin (low tone of speech) | 6. Sparsha -Ruksha (dry, rough) |
| 7. Drik -Samanya | 8. Akrti -Madhyama |

CNS EXAMINATION

- ⊙ On exam she has facial masking.
- ⊙ Pronounce is not clear.

- ⊙ **shuffling gait**- It is characterized by small shuffling steps and a general slowness of movement. Can walk without assistance slowly.
- ⊙ Resting tremors right more than left extremities.
- ⊙ **Stooped posture** – The stooped positioning has been associated with increased muscle rigidity or stiffness. forward head, increased thoracic kyphosis, increased flexion of the trunk, and bending of the knees.
- ⊙ **Pill rolling tremors** – It is a pronation –supination tremor that is described as pill-rolling, that is the index finger of the hand tends to get into contact with the thumb, and they perform a circular movement together.
- ⊙ **Micrography**- Loss of fine hand movements can lead to cramped handwriting.
- ⊙ **Muscle tone**-Cog wheel type rigidity present.
- ⊙ Hand grip power absent.
- ⊙ **Romberg's test** – This test used in an exam of neurological function for balance.

Speed-Walking speed 50 meter -2 minute.

Tandem gait-Tandem gait is a gait where the toes of the back foot touch the heel of the front foot at each step.

Tip toes walking (Power test of plantar flexion).

Heel walking –(Power test of dorsiflexion).

Positive Romberg's test – Loss of balance.

- ⊙ **Pull test** –This test is widely regarded as the gold standard to evaluate postural instability, and is therefore a key component of the neurological examination in parkinson disease.
- ⊙ Examination technique.
- ⊙ Postural stability (retropulsion of forced pull back test).
- ⊙ With eye open, ask the patient to stand with feet comfortably apart, stand behind close to the patient and explain that you will deliver a quick pull back.
- ⊙ Ask the patient to maintain their stability and try not to move backwards.
- ⊙ Be prepared to catch the patient under the arms should they fall backwards.
- ⊙ Abnormal response –patient with extrapyramidal disorders often show retropulsion and may take several steps backwards and be unable to maintain their stability.

PANCHKARMA TREATMENT

Shirodhara – ksheerbala oil -400ml + mahamasha oil 400ml +tila oil 1000ml -15 days (45 minute).

Abhyanga (massage) - ksheerbala oil +mahamasha oil - 16 day (45 minute/day).

Swedana (sudation)- the patient was made to sit in customized wooden box into which warm vapours were passed. And induced perspiration in the patient. This was continued for 10 minute depending on the patients tolerance level.

Mustadi yapana basti - In kala basti schedule (10 Anvasana +6 Mustadi yapana basti).

Anuasana basti- Brahmi ghrit -60 ml.

Table 1: Ingredients for mustadi yapana basti.

KAWATH DARVYA	MATR A	KALKA DARVYA	PRACHEP DARVYA	MATR A
1.Nagarmoth(Cyperus rotunus)	25 gm	1.Shatpushapa(foenicuum Vulgare)	1.Madhu (Honey)	50 gm
2.Ushira(Vetiveria zizanioidis)	25 gm	2.Madhuyasthi(Glycyrriza glabra)	2.Saindhavl Lavana	10 gm
3.Bala (Sida cordifolia)	25 gm	3.Kutaja (Holarrhena antidysentrica)	3.Ghee	50 gm
4.Rasana(Pluchea lanceolata)	25 gm	4.Rasanjana (Berberis aristata)	4.Milk	640 ml
5.Manjistha(Rubia cordifolia)	25 gm	5.Priyangu seed (Prunus mahaleb)		
6.Kutaki(Picrorhiza kurro)	25 gm			
7.Trayamana(Jentiana kuroo)	25 gm			
8.Punarnava(Boerhavia diffusa)	25 gm			
9.Vibhitaki (Terminalia bellirica)	25 gm			
10.(Shalprani+prushnaparni +gokshur+ kantkari+bruhati)	25 gm			
11.Madanphla(Randia spinosa)	2 phala			
12.Mansarasa	50 gm			

Table 2: Kala basti schedule.

1 st day	Anuasana basti	9day	Mustadi yapana
2 nd day	Anuasana basti	10 day	Anuasana basti
3 rd day	Mustadi yapana	11 day	Mustadi yapana
4 day	Anuasana basti	12 day	Anvasana basti
5 day	Mustadi yapana	13 day	Mustadi yapana
6 day	Anuasana basti	14 day	Anuasana basti
7 day	Mustadi yapana	15 day	Anuasana basti
8 day	Anuasana basti	16 day	Anuasana basti
TOTAL	16 BASTI- 10 ANUASANA+ 6 MUSTADI YAPANA		

Table 3: Showing The Result of Improvement Before And After Treatment.

SLNO	PARAMETERS	BEFORE	AFTER
1.	TREMORS	Bilateral tremors are present	Reduced tremors
2.	RIGIDITY	Marked rigidity in major joints of limbs, patient maintain abnormal sitting postures.	Patient sit properly but cog-wheel rigidity demonstrable in major joint.
3.	WALKING SPEED	Reduced 50 mtrs -2 minute	Improved 50 mtrs-1 minute
4.	HANDWRITING	Abnormal	Normal-small letters
5.	SPEECH CHANGES	Not understable, slurring of speech	Monotonous voice but understandable slight slurring of speech
6.	SLEEP	Reduced sleep	Increased sleep
7.	GAIT	Unable to raise from bed and walk without assistance	Can walk slowly but need substantially help with shuffling gait
8.	Hand grip power	Absent	present

DISSCUSSION

Kampavata is nanatmaja disorder of vata as per ayurvedic texts condition can be correlated with dhatukshya vatavyadhi as well as vata vitiated due to avarana ayurvedic treatment for this condition mainly based on the treatment of unbalanced vata. oleation and fomentation from basis of the constitutional treatment. vatanulomana and rasayan in general management of avarana as brahmighart included under madhyadravya. Basti is an effective treatment of vata. It also brings about anulomna of vata. Mustadi yapna basti showed significant improvement in tremor which is symptoms of deranged vata. The effect of basti on rigidity may be due to improvement in the function of prana, udana, and vyana vayu. Yapna basti which is having rasyana, balya, and dhatuvardhikar properties. Shirodhara is an excellent treatment for a compromised nervous systems. Pouring of warm oils used stimulates and sooth the hypothalamus, there by regulating the function of pituitary gland and inducing sleep. Shirodhara stimulates marma or vital points and improves blood circulation. The warm oils used for shirodhara also cause vasodilatation of all the channels and there by improve the blood circulation of brain and its also reduced the level of stress hormones such as adrenaline and nor-adrenaline and thus relaxes mind.

CONCLUSION

Parkinson diseases can be clinically compared with kampvata described in ayurvedic classics. The treatment given shirodhara -15 day and mustadi yapna basti kala basti schedule proved to be effective of the treatment in the management of these disease. The main aim of treatment parkinsonism is to improve the quality of life further preventing deformity. Patient was

symptomatically improved with rigidity, tremors, and was able to walk stable with her gait, improved her sleep, reduced frequency of micturation.

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