

## ROLE OF PANCHAKARMA AND SHAMAN CHIKITSA IN PARKINSON'S DISEASE – A CASE STUDY

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### ABSTRACT

Parkinson's disease is a degenerative disorder of the central nervous system. It is mentioned under *vatavyadhi* and correlated with the *kampvata*. Early in the course of disease symptoms include (1) shaking (tremor) (2) rigidity (3) slowness of movement (*bradykinesia*) and (4) difficulty with walking and gait (*postural instability*). Later, cognitive and behavioral problems may arise, with dementia commonly occurring in the advanced stages of the disease. Other symptoms include sensory, sleep and emotional problems. Treatment of Parkinson's disease remained highly symptomatic. No curative treatment is available so the need for ayurvedic management of

*Kampavata* (Parkinson's disease). Here a 67 yrs old male patient complaining the *Ubhayastpaad Kamp*, *Vakashpashtata*, seizures during sleep, inability to holding the object, microphagia, flexed posture, tremors used to aggravate at the rest. In this case Role of *Panchkarmadi* modalities (*Matra Basti*, *Nasya*, *Abhyanga*) and *Shaman Chikitsa* plays the important role in the management of Parkinson's disease.

**KEYWORDS:** Parkinson's Disease, *Vatavyadhi*, *Abhyanga*, *Matra Basti*, *Kapikacchu*, *Nasya*.

### INTRODUCTION

Parkinson's Disease (PD) is a heterogenous and genetically complex disorder of unknown etiology. It is one of the rare disorder mentioned under *Vaatvyadhi* (Neurological disorder). Charaka had defined 80 types of *vatavyadhi*<sup>[1]</sup> (place of *vaatvyadhi* that are extensive and may involve any part of the body). Parkinson's Disease can be correlated with *Kampvata* on the basis of clinical presentation. Symptoms of *kampvata* such as *karapaadtala kamp*

(tremors in hands and legs), *Dehabhramana* (postural instability), *Matiksheena* (dementia) and *Nidrabhang* (insomnia) similar to that of Parkinson disease. Other symptoms are similar to *Vaatvyadhi*<sup>[2]</sup> i.e. *Sthambha* (rigidity) *Vinamana* (stooped posture) *Vaak Vikriti* (speech disorder) also can be seen in this condition.

Modern treatment are effective in managing the early motor symptoms of the disease mainly through the use of levodopa and dopamine agonist. As disease progress dopanergic neuron continue to lost and gradually become ineffective at treating the symptoms.

*Panchkarma* therapy offer a ray of hope for such debilitating condition. The symptoms start insiduously and tend to be unilateral or symmetrical at the onset. It reduce the progression of disease as well as to provide symptomatic relief.

*Matra basti* (enema with medicated oil) is indicated in *vaatvyadhi* (Neurological disorder). it is also indicated in *shirokampa* and *bahukampa* and other ayurvedic herbs drug like *kapikacchu* (contain levodopa) is indicated in neurological disorder.

## CASE REPORT

A 67 yrs old male patient complaining the *Ubhayhastpaad Kamp*, *Vakashpashtata*, seizures during sleep, inability to holding the object, microphagia, flexed posture, tremors used to aggravate at the rest. These symptoms developed before 10 yrs. Initially he neglected the symptoms after 1 yr he took a treatment from private hospital but didn't got any relief. After that he consulted neurophysician and was diagnosed Parkinson's disease and he was prescribed with the medicine Tab.Syndopa plus while taking these medicine he didn't notice any significant change other than the consistency of tremors. After that he took some medicine from ayurvedic physician but didn't got any relief so for treatment patient came to L. K. ayurved hospital yavatmal.

**Past History:** No H/O DM/HTN/ Trauma or any operative procedure.

## Genral Examination

Afebrile, well nourished, cousious, GC- mod, other parameter like Anaemia, Jaundice, Oedema, lymphadenopathy was not seen.

**Systemic Examination**

CVS- S1S2 N no murmur

CNS – Conscious, oriented

RS – AEBE clear

P/A – Soft non tender

**Ashtavidh Pariksha**

Nadi - 80/min

Mala - Samyak

Mutra - Samyak

Jivha - Alpa Saam

Shabda - Aspashta

Sparsha - Anushna sheet

Drik - Prakrit

Aakriti - Krisha

**Intervention****Table No. 1: (Panchkarmadi Chikitsa).**

Sr. No.	Karma	Dravya used
1.	Matra Basti	Balashwagandhadi Tail
2.	Abhyanga	Mahamash Tail
3.	Nasya	Bala Tail

**Table No. 2: (Shaman Chikitsa).**

Sr.No.	Kalpa
1.	Cap. Palsinuron
2.	Kampvatari Ras
3.	Kapikacchu Pak
4.	Panchsakar Churna

**Criteria For Assessment<sup>[3]</sup>**

1. Tremors
2. Rigidity
3. Gait
4. Bradykinesia
5. Disturbance in Voice
6. Facial Appearance

**Tremors**

T0	Absent
T1	Slight & infrequent not bother some to patient
T2	Moderate bother some to patient
T3	Severe interferes with activities
T4	Marked interfere with all activities

**Rigidity**

R0	Absent
R1	Slight or only with activation
R2	Mild / Moderate
R3	Marked full range of motion
R4	Severe

**Gait**

G0	Normal
G1	Walk slowly shuffled with short steps
G2	Walk with difficulty no assistance
G3	Severe disturbance, frequent assistance
G4	Can not walk

**Bradykinesia**

B0	None
B1	Minimal slowness, could be normal
B2	Mild slowness and poverty of movement
B3	Moderate slowness, poverty of small amplitude
B4	Marked slowness, poverty of amplitude

**Disturbance in voice**

V0	Normal
V1	Variable tone of voice, slight slurring of speech
V2	Non echoing dysarthria present but speech is understandable monotony
V3	Monotonous voice, split consonant but understandable speak free with examiner
V4	Monotonous voice, echoing, speak only on insistence of examiner

**Facial Appearance**

F0	No change
F1	Mild obliteration of labial folds
F2	Moderate obliteration of labial fold
F3	Mask type appearance
F4	Completely mask face

**OBESERVATIONS AND RESULT****Showing improvement in each follow up**

Day	Tremors	Rigidity	Gait	Bradykinesia	Disturbance in voice	Facial Apearance
1 <sup>st</sup> day 07/01/19	T3	R2	G2	B3	V2	F1
15 <sup>th</sup> day 21/01/19	T2	R1	G1	B2	V2	F1
30 <sup>th</sup> day 06/02/19	T1	R0	G1	B1	V1	F1
60 <sup>th</sup> day 06/03/19	T0	R0	G0	B0	V0	F0

Parameter	Before T/t	After T/t
Tremors	T3	T0
Rigidity	R2	R0
Gait	G2	G0
Bradykinesia	B3	B0
Disturbance in voice	V2	V0
Facial Apearance	F1	F0

**DISCUSSION**

In the treatment of parkinson's disease in the modern science include the use of levodopa and dopamine agonist. Dopanergic neuron continue to be lost as disease progress due to the continuous use of these drugs it eventually become ineffective at treating the symptoms and produce a complication called Dyskinesia. Treatment which is cost effective which improve the quality of life in the patient with minimal side effect ayurved is based on the *Dosha Dushya Maladi Kalpana*.<sup>[4]</sup> The Parkinson disease is compared with *Kampvata* depending on the clinical feature. Treatment can be provide accordingly involvement of dosha and dushya. Above disease comes under the *Dhatukshayjanya Vatavyadhi* and its line of treatment should be adopted as *Nirupsthambh Vatavyadhi chikitsa*.<sup>[5]</sup> In this regards the treatment was planned with certain set of *Panchkarma* modalities and *Shaman Chikitsa*. The aim of treatment was adopted to impart *Brimhana* effect which is required to relieves the symptoms pertaining *Apatarpan* presentation of disease.

**Treatment was planned in 2 phases**

1. *Panchkarmadi Modalities* i.e. *Matra basti, Nasya, Abhyanga*
2. *Shaman chikitsa* i.e.

*Kapikacchu pak, kampvatari ras, Panchsakar churna, cap. palsinuron*

For the 1<sup>st</sup> 15 days both the treatment i.e. *Panchkarmadi* modalities and *Shaman chikitsa* given after that for the next 45 days only *shaman chikitsa* given in these days. During these days 3 follow up has been taken.

### **Mode of Action**

#### ***Abhyanga***

Abhyanga was given with mahamash tail because abhyanga has got *Vatahar* effect and shramahar effect. “*Abhyangam nityam aacharyeth sa jara-shrama-vatah*”.<sup>[6]</sup> P.D. is a kind of jara vyadhi so *abhyanga* was adopted.

#### ***Nasya***

It is said to be best for all disease specially above the clavicle and related to brain as this route provide direct administration of drug to the brain by passing the BBB ( blood brain barrier) “*Nasa hi shirso dwaram*”.<sup>[7]</sup> Bala tail is having ability to penetrate through the minute channel of the body thus it is used for *Nasya*.

#### ***Matra Basti***

In the nature when water poured at the route of the plant nourishes the whole tree and puts the leaves green and delicate sprouts. In the similar way medicine administrated through the rectal route reach Nabhi (umbilical), Kati (low back), Parshwa (flanks), Kukshi (Abdomen), by staying there itself it acts through its veerya and eliminate dosha (toxins) which present in the mastiksha (brain).<sup>[8]</sup> The sneha administrated through Guda marga i.e. rectal route during matra basti gets absorbed into heamorrhidal vein then there by the veerya (potency) of snehadravya (medicated oil and ghee) enters in systemic circulation and may show their action in the mastiksha (brain) and may help in arresting the disease process.

#### ***Kapikacchu beej (mucuna prurience)***

*Mucuna prurience* proved to be the good source of 3,4- dihydroxyphenylamine (L dopa) with 1.5 to 6%. The alcoholic extract of *mucuna prurience* seed were reported to have four alkaloid i.e. mucunine, mucunadine, prurienine and prurieninine. The seed extract showed a potent antiparkinsons effect in mice.<sup>[9]</sup>

### **CONCLUSION**

The case reports reveals the usefulness of Ayurveda treatment in the management of Parkinson disease particularly Panchakarma procedure including Matra basti and *Nasya* are

beneficial in such manifestation promoting musculoskeleton flexibility and movement effectively. It reduces weakness and impairment of Parkinsons disease. Study shows that the patient can cope up with the disease with the help of Panchkarma therapy that helps in improving quality of life. In the P.D. patient is having a Dhatukshayajanya lakshana for that line of treatment adopted was Snehana, vatashamana and Brimahana. Kapikacchu pak, kampvatari Ras, cap. Palsinuron have got vata alleviating property. They have also been found to reduced anxiety and induced healthy sleep . In the present case patient got 85 to 90% relief in symptoms. Thus there appears to be plenty of scope for using this ayurvedic regimen in the management of *Kampvata*. The current case study may be mildstone in the treatment of *kampvata*.

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