



Case Study

MANAGEMENT OF PARKINSON'S DISEASE (KAMPAVATA) THROUGH PANCHAKARMA

Kruti K. Raicha^{1*}, Anup Thakar²

*¹MD Scholar, ²HOD, Department of Panchakarma, ITRA, Jamnagar, Gujarat, India.

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ABSTRACT

Parkinson's disease is a progressive degenerative neurological disorder mainly affecting geriatric population. The most crucial signs and symptoms of Parkinson's disease arise while the nerve cells in basal ganglia, an area of mind that controls the movement grow to be impaired or die. When these neurons die or get impaired, they generally tend to produce much less amount of vital chemical in the brain known as Dopamine which causes numerous signs and symptoms like tremors, rigidity in muscular tissues, akinesia and postural disability related to numerous cognitive, behavioural and other mental signs. In Ayurveda due to similar disease presentation, Parkinson's disease can be compared with *Kampavata*. *Kampavata* has been described under *Vataja Nanatmaja Vyadhi*. Various *Panchakarma* therapies have been mentioned in classics for the treatment of *Kampavata* like *Abhyanga*, *Swedana*, *Niruha Basti*, *Anuvasana Basti*, *Shirobasti* and *Virechana*. In this case study, a 68 years old male patient came to ITRA Hospital having complaints of tremors in both upper limbs, difficulty in speech and slowness of movements since last 10 years. He was already diagnosed with Parkinson's disease and is receiving allopathy treatment for the same since last 10 years. Here he was given treatment like *Abhyanga*, *Swedana*, *Matra Basti* and *Nasya* for 21 days. The patient got moderate improvement in his signs and symptoms. It was concluded with the study that *Panchakarma* therapies has been found beneficial in improving quality of life of patient.

INTRODUCTION

Parkinson's disease is a persistent revolutionary sickness characterised by means of the cardinal features of Rigidity, Bradykinesia, Tremors and Postural Instability. The precise cause of the Parkinson's ailment isn't always exactly recognised. But the factors such as genetic predisposition, infections such as encephalitis, prolonged use of antipsychotic pills, arteriosclerosis, neurotoxins etc. can have an effect on the substantia nigra within the basal ganglia which can lead to the destruction of dopamine producing neurons^[1]. The occurrence of Parkinson's sickness will increase with age, however an expected 4 percent of people with Parkinson's sickness are identified earlier than the age of fifty^[2].

Kampavata manifestations shows similarities in presentations with Parkinson's disease. *Kampavata* is one among the *Vataja Nanatmaja Vyadhi* explained in *Charaka Samhita*^[3] and same is explained as *Vepathu* by various other *Acharyas*. In *Madhava Nidana*, *Vepathu* is explained in a separate chapter which is characterized by *Sarvanga Kampa* (tremors all over the body) and *Shiro Kampa* (tremors of head)^[4]. In *Basavarajeeyam*, the symptoms of *Kampavata* provides the diagnostic clue regarding the disease Parkinson's presented by symptoms such as *Karapadatale Kampa* (tremors over hands and feet), *Deha Bhramana* (postural instability), *Nidrabhanga* (disturbed sleep) and *Ksheenamati* (psychological disturbance)^[5]. *Acharya Vangasena* has mentioned treatment of *Kampavata* as *Abhyanga*, *Sweda*, *Nasya*, *Niruha Basti*, *Anuvasana Basti*, *Virechana* and *Shirobasti*.

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MATERIALS AND METHODS

The following case was reported and treated in the IPD of Panchakarma, ITRA Hospital, Jamnagar.

Demographic data: Age -68
Sex - Male
Religion - Hindu
Occupation - Rest
Marital status - Married

Chief Complaints

Complaints	Duration
1. Tremors at both upper limbs	10 years
2. Stiffness at both upper and lower limbs	10 years
3. Slurred speech	2-2.5 years
4. Difficulty in walking	2-2.5 years

History of Present Illness: Patient was said to be asymptomatic before 10 years. Since 2013 he started having on/off tremors at both upper limbs with on/off stiffness at both upper and lower limbs which gradually became continuous. He visited allopathy hospital for the same and was diagnosed with Parkinson’s disease. Since then, patient is on allopathy medications. Since past 2-2.5 years he started having slurred speech and difficulty in walking along with aggravation in tremors and stiffness. So, for treatment of the same patient came to ITRA Hospital and was admitted in IPD of Panchakarma.

Past History: No H/O Hypertension/ Diabetes Mellitus / Thyroid dysfunction / Trauma or any other major medical illness.

Medical history: 1) Tab. Syndopa plus (1/4th tab. Every 3 hourly)

2) Tab. Pacitane – 2mg (1/2 tab. 4 times a day)

3) Tab. Premipex ER – 1.5 mg (1-0-0)

Surgical history: Right hip replacement surgery done in 2010.

Personal History

Diet: Veg.

Appetite: Average

Bowel: 1-2 times/day, hard, not satisfactory

Sleep: 6-7 hours/night, disturbed

Micturition: 5-6 times/day, 1-2 times/night

Addiction: H/o smoking (stopped since 10 years)

Ht.: 161 cm

Wt.: 50 kgs.

BMI: 19.28

General Examination

Built - Lean

Pallor - absent

Icterus - absent

Clubbing - absent

Cynosis - absent

Lymphadenopathy - absent

B.P. - 120/70 mm Hg

Pulse - 76/min

R.R. - 18/min

CNS Examination

1. Speech – Slow, dysarthria +

2. Muscle tone – Cog-wheel type rigidity was seen in both upper and lower limbs

3. Co-ordination: Romberg Sign - positive

Upper limb

Finger to nose test – not possible

Finger to finger test – not possible

Rapid alternate movements - B/L upper limb - difficult to perform

Lower limb

Heel shin test - not possible

Tandem walking - not possible

4. Involuntary movements - Present in B/L upper limb

5. Gait - Festinating gait

Investigations

MRI Study of brain shows changes of cerebral atrophy as of 13/11/2019.

Therapeutic Intervention

Panchakarma	Formulation	Dose	Duration
Sarvanga Abhyanga	Bala Taila	-	21 days
Sarvanga Bashpa Swedana	-	-	21 days
Matra Basti	Bala Ashwagandhadi Taila ^[6]	60 ml	21 days
Nasya Karma	Mashabaladi Kwatha ^[7]	6 Bindu (3ml) in each nostril	21 days

RESULTS

Effect of therapy on Parkinson's Disease Composite Scale (PDCS)^[8]

Symptoms	Total Score	BT Score	AT Score
1. Bradykinesia	4	3	2
2. Tremors	4	3	2
3. Gait	4	3	1
4. Balance /Postural Disability	4	3	1
5. Freezing	4	0	0
6. Nocturnal Akinesia	4	3	1
7. Fatigue	4	4	2
8. Urinary	4	2	2
9. Cognitive impairment	4	0	0
10. Depression / Anxiety	4	1	0
11. Symptomatic or Orthostatic Hypotension	4	3	1
12. Hallucination or thought disorder	4	0	0
13. Dyskinesia	4	4	2
14. Dystonia	4	2	1
15. ON/OFF	4	4	3
16. Dopamine Dysregulation syndrome	4	1	0
17. Disability	4	4	2
Total	68	40	20

Effect of therapy on dosage of Syndopa: Before treatment, patient was taking tablet Syndopa plus (125mg) 1/4th tablet 8 times/day. After treatment, it was reduced to 1/4th tablet 5 times/day.

DISCUSSION

As *Kampa Vata* is a *Vata Vyadhi*, that is a progressive neurological disorder because of impairment in *Chala Guna* of *Vata*, so that *Vatahara* treatment should be adopted for this, both external as well as internal. While *Vata* is vitiated to its top stage, it has a tendency to deplete all the tissues in the body; the *Pitta* and *Kapha Doshas*, the immunity and the existence of an individual. Thus, control of *Vata* is the only most effective key in the remedy of Parkinson's disease.

- Sarvanga Abhyanga:** *Sarvanga Abhyanga* with *Bala Taila* will help in the strengthening of muscles, bones and joints, provides analgesic effect, nourishment of *Sushka Dhathus* and also do *Vatahara* and *Vatanulomana* action by doing *Abhyanga* in *Anuloma Gati* which will also hamper the *Viguna Gati* of *Vata Dosh* in the pathology.
- Bashpa Swedana:** *Bashpa Swedana* using *Vatahara Kashaya* will also help in *Vatahara* action and also helps in reducing the stiffness of the body^[9].
- Matra Basti:** *Matra Basti* is a form of *Sneha Basti* in which the *Sneha* used is minimal. *Basti* is

administered via *Guda* (anus) which enters in *Pakwashaya* and pacifies the *Vata Dosh* in its most important *Sthana* (site) and expels *Kapha*, *Pitta*, *Mutra* and *Mala*, with its efficiency it reaches everywhere in the body to carry out the action. *Matra Basti* acts as *Brimhana* (nourishing) and *Vata Shamaka* by its nature. *Bala Ashwagandhadi Taila* is useful to improve strength of nerves, blood vessels, muscles, bones and ligaments, relieves inflammation and improves blood circulation. It is *Brumhana* and *Vatashamaka* in nature.

- Nasya Karma:** *Nasya* is said to be the best treatment for the disease of head and neck mainly those that are related to brain as this route provides direct administration of the drug to the brain which escapes the need of the drug to cross the blood brain barrier. Therefore, it gives significant improvement in short duration. Considering this concept, *Nasya* was chosen for the management of Parkinson's disease. *Masha*, *Bala*, *Kapikacchu*, *Rasna*, *Eranda*, *Rohisha*, *Ashwagandha*, *Hingu* and *Saindhav Lavana* are among the medications found in *Mashabaladi Kwatha*. All of which are *Vatahara* in character. It provides nourishment for the *Mastishka* and assists to boost energy. *Saindhav Lavana* and *Hingu* through its powerful qualities have the ability to facilitate simple absorption. By looking at the above mentioned substances and

their characteristics, it provides the *Balya, Vatahara* and consequences of *Bruhmana* effects. *Mashabaladi Kwatha* provides nourishment to the nervous system.

Kampavata and its treatment principles has been adopted in this case as majority of the symptoms are similar to that of Parkinson's disease. *Bahya Chikitsa* along side the *Panchakarma* modalities can create wonders and miracles in treating diverse *Vata Vyadhis*. After proper assessment and diagnosis *Sarvanga Abhyanga, Bashpa Swedana, Matra Basti* and *Nasya Karma* was adopted which helped in bringing back the vitiated *Vata Dosha* to normalcy and *Brihmana* nature of drugs used in *Basti* and *Nasya* helped in rejuvenation of body and strengthening the neurological functions of the body. *Kapikacchu* in *Mashabaladi Kwatha* acts as the supplementation of the L-DOPA which makes it special in the management of Parkinson's Disease^[10].

CONCLUSION

The combined effects of these treatment regime are useful in improving the day-to-day activities of patient as it balances *Vata Dosha*.

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*Address for correspondence

Dr. Kruti K. Raicha

3rd year M.D. Scholar,

Department of Panchakarma,

ITRA, Jamnagar, Gujarat, India.

Email: krutiraicha@gmail.com

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