



AYURVEDA APPROACH TOWARDS *KAMPAVATA* (PARKINSON'S DISEASE) - A CASE REPORT

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ABSTRACT

Parkinson's disease is one of the most common degenerative disorders of the central nervous system and affecting 1% of individuals older than 50 years of age. Parkinsonism is condition similar to *Kampa Vata* in Ayurveda Medicine. This is one of the *Vata Vyadhis*. In this case study aged 60 years old, one female patient selected from paying ward, Provincial *Ayurvedic* Hospital, Pallekele, Sri Lanka. Before the commencement of the treatment, consent was taken and clinical signs and symptoms were recorded in the prepared proforma. Total 6 types of preparations were used as treatments. The internal treatments were included 3 types of *Kashaya* (30%), 2 types of *Vati* (20%), 2 types of *Kalka* (20%), and 2 types of *Taila* (20%) and 1 type of *Churna* (10%). The external treatments were included *Shiro Abyanaga*(Head massage), *Shirodhara* (Oil poured in a continuous stream over the forehead),*Shirovasti* (Pooling the liquid medicines on the head), *Sarvangadhara*(liquid medicines are poured in streams over the entire body) and the *Panchakarma* treatments were included *Virechana* (Purgation therapy), *Sansarjana Karma*(Diet regimen)and *Yoga Vasti*(Enema therapy). After the 4 weeks duration of treatments the sign and symptoms of the patient was reduced and recorded according to the Unified Parkinsonism disease rating Scale. It was observed that, excellent improvement in non-motor aspect of daily living experiences. Moderate improvement was observed in motor aspect of daily living experiences, motor examinations and motor complications. Hence, it can be concluded that the *Ayurveda* treatment regimen has managed the condition -*Kampavata* successfully.

Key words- *Vata vyadhi* , *Kampavata* , Treatment regimen,Panchakarma,*Sarvangadhara*

INTRODUCTION: *Ayurveda* is a science of life and one of the world's oldest holistic healing systems.The *Vata* which is considered to be the motivator and controller of the body. All motor and sensory functions are governed by *Vata* and major neurological problems come under *Vata Vyadhis*. *Kampavata* is one of them. *Kampavata* means the disorder of impaired *Vata*, in which the clinical manifestation is *Kampa*.⁽¹⁾⁽²⁾Parkinson's disease is the most common form of a group of progressive

neurodegenerative disorders characterized by bradykinesia, resting tremors, muscular rigidity, festinant gait and flexed posture.⁽³⁾

CASE REPORT

Personal data

- Name of the patient : xx
- Address : Kandy
- Gender : Female
- Age : 60 yrs old
- Religion : Buddhism
- Marital Status : Married
- Occupation : Retired teacher

- Ward No : 7-C
- Bed No : 24
- Bed Head Ticket No : 980 /7-C
- Date of admission : 16.09.2022
- Chief Complaints: Tremors in both upper limbs, lower limbs and head since 1 year.
- Other Complaints: Slurred speech since 1 year , Difficulty with walking and balance since 1 year, difficulty in sleeping since 1 year, difficulty in writing since 9 months.
- History of Chief Complaints: According to the patient gradually occurred this condition before one year.
- Past Illness: Hypertension-not detected Diabetes Mellitus-not detected
- Treatment History: She has taken western treatments for this condition then she was admitted to Provincial Ayurvedic Hospital Pallekele.
- Family History: Not related with family history.
- Personal History -Diet : intake of oily and spicy foods. Sleep : sound sleep, 8 hours per day. Exercise : No exercises. Desha : *Anupa desha*(Wet zone) Habit and addiction : No any habits and addictions.

Examination:

Ashta vida pariksha

- *Nadi* (Pulse) – *Gathi*(Rate) - 78 bpm
Yathi (Rhythm)- *Samantara*
Akrithi(Strength)- *Purna*
Sanhathi(Equality)-*Mrudu*
- *Muthra*(Urine) : day- 6-5 / night - 2
- *Mala* (Stools): day- 2 / night - 0
- *Jivha*(Tongue) : Normal
- *Shabda* (Sounds): heart & lungs – Normal
- *Sparsha* (Skin) - Normal
- *Druk*(Eyes) : Normal
- *Akriti* (Body structure) : Abnormal

Vital Examination

- Temperature - 37 /C
- Respiratory rate - 20 / min
- Pulse – 78 bpm
- Blood Pressure – 140/80mmHg
- **General / On examinations (OE)**
- Physical appearance – Abnormal (Tremors in both upper limbs, lower limbs and head since 1 year and mask face since 1 year)
- Height – 150 cm .
- Weight – 50 kg
- Skin – Normal
- Hands – Abnormal
- Mental State – Abnormal (Difficulty in sleeping and depression since 1 year)

Table 01. Systemic examination

System	Inspection	Palpation	Percussion	Auscultation
Cardiovascular system	0	0	0	0
Respiratory system	0	0	0	0
Gastrointestinal system	0	0	0	0
Genito urinary system	0	0	0	0
Central nervous system and musculoskeletal system	3	2	0	0

PROVISIONAL DIAGNOSIS

- *Kampavatha*

METHODOLOGY: This was Case study conducted at Provincial Ayurveda Hospital, Pallekele, Sri Lanka, from 4 weeks (16th Sep 2022 – 16th Oct 2022) time duration. Aged 60 years old Parkinson's female patient was selected onset within one years of time duration. The clinical examination and investigations done by the researcher and all the data were collected

based on available clinical facilities. The detailed medical history was taken and examinations were done weekly wise in detail according to both Ayurveda and modern clinical methods. Informed consent was taken from the patient and confidentiality of collected data was maintained alone with period of survey only.

TREATMENT PLAN

Name	Dose	Route of administration	Anupana	Duration
<i>Trikatukadhi Kashaya</i>	120ml BD Before diet	Oral	<i>Sahindalunu</i> (Rock salt) 1tsp	16 th Sep – 20 th Sep(4 days)
<i>Eranda Saphaka Kashaya</i>	120mlBD Before diet	Oral	<i>Sahindalunu</i> 1tsp	21 th Sep -26 th Sep (6 days)
<i>Dantimuladhi Kashaya</i>	120ml BD Before diet	Oral	-	27 th Sep-07 th Oct (11 days)
<i>Vata Vidvansa Rasa</i>	2 BDAfter diet	Oral	Hot water	16 th Sep – 20 th Sep(4 days)
<i>Chandra Kalka</i>	5 g BD After diet	Oral	<i>Mahadalu Anupana</i> (herbal juice) 2 tsp	16 th Sep-26 th Sep (11 days)
<i>Dhathri Churna</i>	5 g After diet	Oral	Hot water	16 th Sep -07 th Oct (22 days)
<i>Nirgundi Thaila</i>	600 ml	External application	-	16 th Sep-26 th Sep (11days)
<i>Maha narayana Thaila</i>	600 ml	External application	-	26 th Sep-07 th Oct (11 days)

Table 02-Pancha Karma & External Treatments

Name	Ingredients	Site	Treatment time	Duration
<i>Sarvanga Abyanga</i>	<i>Nirgundi Taila and Maha narayana taila</i>	Whole body	20 minutes	16 th Sep- 07 th Oct(22 days)
<i>Vashpa Swedha - 3</i>	-	Whole body	20 minutes	27 th Sep – 29 th Sep (3 days)
<i>Shirodhara -7</i>	<i>Maha narayana taila</i>	Head	20 minutes	30 th Sep- 06 th Oct(7 days)
<i>Sarvangadhara -7</i>	<i>Maha narayana taila</i>	Whole body	20 minutes	30 th Sep – 02 th Oct(3 days)

Mridu Virechna Karma-3	<i>Thrivrith dhvaksha baya dhathri Kashaya –120ml & Eranda taila 1tbsp.</i>	Whole body -	03 th Oct- 05 th Oct (3 days)
Sansarjana Karma-3	-	Whole body -	06 th Oct- 08 th Oct(3 days)
Yoga Vasti -8	<i>Maha Narayana taila</i>	Whole body -	07 th Oct- 16 th Oct(8 days)

RESULTS

Table 03. Table of final comparison of clinical examinations according to UPDRS⁽⁴⁾⁽⁵⁾

Sing and symptoms	Score - Before the treatments	Score -After the treatments
Non motor experiences of daily living –Part 1	4	1
• Cognitive impairments	4	1
• Hallucinations and psychosis	4	1
• Depressed mood	4	1
• Anxious mood	4	1
• Sleep disturbances	4	1
• Urinary problems	4	1
• Constipation problems	4	1
• Dizziness	4	1
• Fatigue	4	1

Table 04. Table of final comparison of clinical examinations according to UPDRS

Motor experiences of daily living –Part 2	Score - Before the treatments	Score-After the treatments
• Speech	4	2
• Salivation & drooping	4	2
• Chewing & swallowing	4	2
• Eating tasks	4	2
• Hand writing	4	2
• Hygiene	4	2
• Doing hobbies & other activities	4	2
• Tremor	4	2
• Walking & balance	4	2
• Freezing	4	2

Table 05. Table of final comparison of clinical examinations according to UPDRS

Motor Examinations – Part 3	Score –Before the treat-ments	Score -After the treat-ments
• Speech	4	2
• Facial expression	4	2
• Rigidity	4	2
• Finger taps	4	2
• Hand movements	4	2
• Leg agility	4	2
• Gait	4	2
• Postural Stability	4	2
• Posture	4	2
• Body bradykinesia	4	2
• Action/postural tremor	4	2

Table 06. Table of final comparison of clinical examinations according to UPDRS

Motor Complications- Part 4	Score–Before the treatments	Score -After the treatments
• Dyskinesia duration	4	2
• Off duration	4	2
• Presence of early morning dystonia	4	2

DISCUSSION: *Vatahara, Vata Shamana, Vatanulomana* and *Tharpana* therapy by the administration of effective medicines and treatment will help to improve in sign and symptoms of Parkinson's disease.⁽⁶⁾⁽⁷⁾ *Sarvanga abhyanga, Vashpa sweda, Shirodhara* and *Sarvangadhara* were adopted as external measures.⁽⁸⁾ *Abhyanga, Shirodhara* and *Sarvangadhara* were done by using *Nirgundi thaila* and *Maha narayana thaila*. *Sarvanga abhyanga* with *Mahanarayana taila* were helped in the strengthening muscles of the body. *Vata vidvansa rasa* was given for the rejuvenating, strength promoting action along with *Vata* pacifying action.⁽⁹⁾

CONCLUSION:

Severity of the disease, signs and symptoms were reduced during 30 days. It was observed that, excellent improvement (80%) in non motor aspect of daily living experiences. Moderate improvement

(60%) was observed in motor aspect of daily living experiences, motor examinations & motor complications. Hence, it can be concluded that the *Ayurveda* treatment regimen has managed the condition-*Kampavata* successfully. The clinical trial should be planned in the future with a larger sample size to generalize the findings. Total 5 types of preparation of medicines were used as treatment during 30 days. It were included 3 types of *Kashaya* (37.5%), 1 type of *Vati* (12.5%), 1 type of *Kalka* (12.5%), 2 types of *Thaila* (25%), 1 type of *Churna* (12.5%) and external treatments.

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