

AYURVEDIC PERSPECTIVE OF MUSCULAR DYSTROPHY – CONCEPTUAL STUDY

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ABSTRACT

Muscular dystrophy is a group of genetic disorders that are characterized by progressive loss of muscle integrity, wasting, and weakness. Characterized by degeneration and regeneration of muscle fibers. The muscle fails to regenerate resulting in progressive weakness and confining to a wheelchair, eventually leads to death. As per Ayurveda we can consider it as *Mamsa Kshaya*. It's a kind of *Aadhibala Pravrutta Vyadhi*, caused due to *Beeja Bhaga Avayava Dusti*. Since dystrophies are inexorably progressive disease, we can postpone the Progression of disease and improve the quality of life by adopting *Santarpana* line of treatment.

Keywords: *Adhibala Pravruttha Vyadhi, Beeja Bhaga Avayava Dusti, Mamsa Kshaya, Muscular Dystrophy, Santarpana*.

INTRODUCTION: Muscular Dystrophies are a group of genetically inherited primary muscle disease, having in common, progressive and unremitting muscular weakness. Most of dystrophies are inexorably progressive but the rate of progression is variable. Dystrophies has been classified according to their mode of inheritance into X- linked, autosomal and mitochondrial inheritance¹. There are various forms of dystrophies are mentioned based on the primary muscle involved, age of onset, degree of weakness and progression. Among them major forms of muscular dystrophies which are commonly seen are namely Duchenne's, Becker's, Myotonic, Fascio – scapulohumeral, Limb girdle and Oculo pharengial muscular dystrophies². Each type of muscular dystrophy is having different inheritance pattern, age of onset, clinical features, other organ system involvements and clinical course. However, in general, muscular

dystrophies are manifested in childhood or in early adulthood³. Here is an attempt to made to understand the muscular dystrophy through Ayurveda.

AIM AND OBJECTIVES: To Understand the Muscular Dystrophy in terms of Ayurvedic perspectives and its management.

MATERIALS AND METHODS:

The review was done by compiling the classical ayurveda literature, contemporary science books

CAUSES OF MUSCULAR DYSTROPHY: It is a kind of X – linked inheritance either autosomal dominant gene or autosomal recessive gene. Even in Ayurveda its holds good that it is mainly caused due to vitiation of *Beeja Bhaga Avayava*, Specifically *matruja beeja bhaga Avayava dushti*. As *mamsa Dhatu* is originated from *Matruja Bhava*⁴

Concept of Understanding Matruja Beejabhaga Avayava Dushti as Cause For Muscular Dystrophy

Seeds of *Shukra* and *Arthava* have chromosomes with genes representing the future organs to be developed. These are represented as *Beeja* and *Beeja Bhaga* in Ayurveda. The *Bija* (a division of Sperm or ovum which is responsible for the production of a particular organ, the nearest term in the parlance of modern genetics is Chromosome) or *Bijabhaga* (a part of *Bija* – the nearest term in the parlance of modern genetics is the Gene) are responsible for development of Corresponding organs. If these gets vitiated by Doshas then the derived corresponding *Avayavas* (organs) get deformed.⁵

Mamsa Dhatus is a kind of *Matruja Bhava* hence any *vikruti* to *Stree beeja* will leads to possibilities of occurrence of Muscular Dystrophy. If the part of the *Bija* (seed) which is responsible for the formation of *Mamsa Dhatus* is vitiated then this will leads to the vitiation of *Mamsa Dhatus*. If it is not vitiated, there would be no vitiation of the *Mamsa Dhatus* either. As a matter of fact, the sense organs of all living beings are born out of soul and their existence or otherwise is determined by the fate (that is the result of past action). So the off springs of the Muscular dystrophy parents do not invariably resemble their parents. Here the concept of females are carrier can be considered. It need not be present in all offspring⁶.

Understanding Muscular Dystrophy is a Kind of *Adhibala Pravrutta Vyadhi*

Adhibala pravruttha Vyadhi is a kind of *Adhyatmika Vyadhi*, Caused due to vitiation of *Shukra* and *shonita*⁷ which in turn leads to vitiation of *Beeja Bhaga* and *Beeja Bhaga Avayava Dusti* leads to manifestation of Muscular Dystrophy.

***Sampraphthi* of Muscular Dystrophy:**

During pregnancy, usage of Factors (like causing *Bija Dusti*) which leads to vitiation of *Vata Pradhana Dosha* and in course of spreading reach the ovum and the uterus, vitiated *Dosha* afflicts the *Bija* (a division of the ovum or sperm which is responsible for the production of particular organ – the nearest term in the parlance of modern genetics is chromosome) and *Bijabhaga*⁸ (a part of the *Bija* – the nearest term in the parlance of modern genetics is the gene) of the Ovum, specifically leads to deformity in the *Mamsa Dhatus* in the foetus. It need not be seen as a whole or at the time of birth itself, wherever there will be *Rikta Srotas* and when the suitable factors are manifest at that time the clinical entities may manifest. Usually it is noticed at the age of childhood and adulthood.

***Lakshanas* of Muscular Dystrophy:**

There are various forms of muscular dystrophies are explained in modern science based on the primary muscle involved, degree of weakness, how fast they worsen and age of set. The common symptom in all kind is of muscle weakness, with preserved reflexes and sesation difficulty in movement of particular part. This can be correlate to *Mamsa Dhatus Kshaya Ganda sphik sukhshata, sushkata of mamsadhatu* due to *Mamsa Dhatus Kshaya*⁹, *Gurutha* in *Janga Pradesha* (In DMD and BMD Hypertrophy at Calf muscle) .

***Chikitsa* of Muscular Dystrophy Through Ayurveda:**

It is a Progressive and incurable disease, by adopting *Santarpana Chikitsa* we can improve the quality of life, and can postpone the progression of the disease. Certain treatment modalities are as follows:

Bahir Parimarjana Chikitsa:

- *Abyanga* :- *Vatahara* , *Brumhana Snehas* like *Maha Masha Taila*, *Balashwagandha Taila*, *Ksheerabala taila*, *Lakshadi taila*, *Bala dhatryadi taila*, *Chandana bala Lakshaadi taila*.
- *Swedana* - *Shastika Shali Pinda Sweda*, *Masha Pinda Sweda*, *Kukkutanda Pinda Sweda*.

Antar Parimarjana Chikitsa:

Yapana Basti and *Brumhana Basti* are indicated in *Mamsa Kshaya* and *Apatarpana Vikaras*.

- *Yapana Basti* :- *Mustadi Raja Yapana Basti*¹⁰ as it is *Balya*, *Brumhana*.
- *Matra Basti / Sneha Basti / Anuvasana Basti* with *Brumhana dravyas* like *Ashwagandha Grita*, *Ksheerabala taila*, *Balashwagandhadi tailam*.

Shamanoushadis:

- *Churnas* – *Ashwagandha Churna*, *Kapikacchu Churna*, *Shatavari Churna*.
- *Kashayas* – *Bhadradarvyadi Kashyam*, *Devadarvyadi kashayam*, *Indukantham Kashayam*, *Vidharyadi Kashya*, *Kalyanaka Ksheera kashaya*.
- *Asava* – *Arista* :- *Ashwagandharista*, *Balarista*, *Dashamoolarista*, *Dhanwantararista*, *Draksharista*, *Vidharyasava*, *Pippalyasava*, *Aravindasava* (*Baala Shosha condition*)
- *Rasoushadhis* – *Ekangaveera Rasa*, *Swarna makshika Bhasma*, *Vasantha Kusumakara rasa*.
- *Shamana Snehapana*: *Indukanta Gruta*, *Kushmanda Gruta*, *Ahwagandha Gruta*

Rasayanas

Aja Mamsa Rasayana , *Ahwagandha Rasayana* , *Narasimha Rasayana* , *Kushmanda Rasayana* ,*Chyavvanaprasha Rasayana* , *Agatsya Rasayana* , *Dhatu Kalpa Lehya*.

Vidharyadigana dravya, *Kakolyadigana dravya*, *Laghupanchamula dravya siddha Kalpas* are beneficial in Muscular Dystrophies.

Importance of Mamsa Sevana in Muscular Dystrophy.

Mamsa Sevana: There is nothing other than meat to stouten the body, especially the carnivorous animals, for they feed on meat itself¹¹. The patients who are drying up and emaciated should be given well prepared meat of carnivorous animals which are particularly bulk promoting. *Aja Mamsa sevana* considered to be the best as it is having the proterties similar to as that of human flesh¹².

CONCLUSION:

Muscular dystrophy is a group of genetic and progressive disorder, As per Charakacharya, the diseases are innumerable varieties depending upon their distinctive features like Pain, colour, etiology, site of origin and manifestation, symptoms. Muscular Dystrophy can be considered as *Adhibala Pravruthajanya Mamsa Dhatus Kshaya* due to *Matruja Beeja Bhaga avayava Dusti*. In modern medicine there is no specified treatment for Muscular dystrophy. hence there is a scope for the management of muscular dystrophy through alternative approach for contemporary treatments.

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