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Ayurvedic management of *Kampvata* - A Case Study

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ABSTRACT

Ayurveda is the everlasting supreme science of medicine because it deals with every aspects of life, particularly of human being since time immemorial. The *Vata* which is the motivator and controller of other two *Dosha* are responsible for the manifestation of almost all diseases. According to *Ayurveda* most of the diseases of *Vata* are degenerative disorders of nervous system. 80 types of *Vataja Nanatmaja Vikaras* are described in *Ayurveda* texts. *Kampavata* as one among them manifests with *Dehabhramana* (postural instability), *Karapada Tale Kampa* (tremors in hands and legs), *Matiksheena* (dementia), and *Nidrabhanga* (sleeplessness). Based on sign and symptoms, *Kampvata* can be correlated with Parkinson's disease. The Parkinson's disease is a progressive neurological disorder. This disease affects approximately 2 out of 1000 people, and most often develops after age of fifty, the clinical course is chronic and progressive with severe disability attained after approximately ten years Parkinson's disease is a progressive nervous system disorder that causes motor symptoms like rigidity, bradykinesia, tremors, and impaired balance. It is caused by degeneration of dopamine-producing neurons in the brain. Physical therapy focuses on improving motor skills through exercises to enhance flexibility, strength, balance, gait, and cardiovascular fitness. Treatment involves both pharmacological interventions and physical therapy techniques like cueing, relaxation exercises, and functional training. The goals are to reduce symptoms, improve mobility and quality of life, and help patients better manage their condition.

Key words: *Kampvata*, *Vataja Nanatmaja Vikaras*, *Parkinson's*

INTRODUCTION

According to *Ayurveda* most of the diseases of *Vata* are degenerative disorders of nervous system. 80 types of vatic disorders are described in *Ayurveda* texts. The Parkinson's disease is comparable to *Kampavata*, which is categorised among *Nanatmaja* disorders of *Vata*. *Kampavata* as one among them manifests with *Dehabhramana* (postural instability), *Karapada Tale*

Kampa (tremors in hands and legs), *Matiksheena* (dementia), and *Nidrabhanga* (sleeplessness). In *Charaka Samhita*, *Vepathu* has been considered under *Nanatmaja* disorder of *Vata*.^[1] Many other references regarding the *Kampa* are available in the name of *Vepathu*, *Vepana*, *Prevepana*. The main symptoms of the disease viz. *Kampa* (tremor) and *Stambha* are found in some pathological conditions of *Vata Vyadhi*. The decreased *Vata* affecting the *Marma* cause *Vepana*.^[2] This concept provides understanding for the pathology of tremors relating to brain (*Marma*). *Charaka* included *Stambha* in symptoms of vitiated *Vata* and explained that *Stambha* is a disorder of *Snayu*. *Charaka* mentions that the conditions where *Pitta* is decreased and *Kapha* and *Vata* are increased then they produce symptoms like *Kampa* and *Stambha*.^[3]

CASE REPORT

Atura Paricharya

- A 70 year old male patient came to OPD of Jammu institute of *Ayurveda* and Research Jammu on 26 Feburary 2024.

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- Patient name - XYZ.
- Age/ sex - 70/M.
- Religion - Hindu.
- Occupation - Shopkeeper.
- Address - Bantalab, Jammu.

Pradhana Vedana

- Unable to walk without support since 2 years.
- Involuntary tremors since 2 years.
- Difficulty in speech since 2 years.

Anubandh Vedana

- Unable to hold bolus in mouth since 2 years.

Vedana Vruttanta

Patient was apparently alright 2 years ago, then he developed tremors in right upper limb, the Tremors are resting Tremors. Onset is progressive. Patient also complaint of unable to walk without supports, unable to hold bolus in mouth and has blurred speech

Poorva Vyadhi Vruttanta

- K/C/O – Hypertension since 5 years.
- NO H/O T2DM , HYPO/HYPERTHYROIDISM .

Kutumbh Vritanta

- No significant history was found.

Vayaktika Vruttanta

- Appetite - Reduced
- Bowel habit - Constipation.
- Micturition - 7-9 Times/day.
- Sleep - Disturbed sleep.
- Socio economic status - Middle class.

General Examination

- General condition - Unfair. Pallor - Absent.
- Oedema - Absent. Cynosis - Absent.
- Icterus - Absent. Clubbing - Absent.
- Lymphadenopathy - Absent. Weight - 52 Kg.
- Height - 5.4 feet. BMI – 19.2.

- BP - 144/98 mm of hg. Pulse - 78/min.
- Respiratory rate - 19/min. Temp - 98.6°F

Systemic Examination

- Gastro intestinal system - Abdomen soft, non tender and no Organomegaly was found.
- Respiratory system - Symmetrical chest, no added sound, bilateral normal air entry. Normal vesicular sound heard.
- Cardio vascular examination - S1, S2 heard, no murmur was found.
- Locomotor examination - Patient was unable to walk without support. Festinating gait with tremors in right upper limb was found. Absence of arm swing and loss of balance on turning around.

Finger tapping test - Positive

Hand grip test - Positive

CNS Examination

- Conscious, oriented to time, place and person.
- Memory - Intact.

Cranial Nerve Examination

- Olfactory : Smell Sensation – Intact
- Optic : A) Visual Acuity - Difficulty in Distant Reading.
- b) Visual field - Not affected.
- c) Light reflex - Not affected.
- d) Drooping of eye lids (Ptosis) – Absent.
- Oculomotor - Eye ball movement possible in all directions
- Trochlear - Eye ball movement possible in all directions
- Abducent - Eye ball movement possible in all directions
- Position - Shape, Size, Pupil symmetry - No abnormality detected.

Trigeminal Nerve: Sensory Touch, Pain, Pressure sensation - Present

Motor - Clenching of teeth - Possible.

Lateral movements of jaw - Possible.

Facial Nerve

a) Forehead frowning - Absent.

b) Eyebrow raising -Possible

c) Eye closure against resistance -Possible

d) Blowing of cheek- Not Possible

e) Nasolabial fold- Equal on both sides

Vestibulo Cochlear Nerve

▪ Rinne's test- Negative

▪ Weber's test- Equal on both sides.

Glossopharyngeal and Vagus Nerve

Position of uvula - No deviation

Taste sensation - Intact

Accessory Nerve

Shrugging the shoulder- Possible against resistance

Neck movement -Possible against resistance

Hypoglossal Nerve

Protrusion of tongue - Possible

Tongue movements - Possible

▪ Higher mental function – slow, slur speech

▪ Muscle movements Coordination – poor

▪ Finger to nose test –Positive, patient was not able to do it perfectly due to tremors.

▪ Involuntary movements – resting tremors in right limb were found.

Ashthasthana Pariksha

Nadi - Vataj

Mala - Niram

Mutra - Samanya

Jiwha - Saam

Drik - Samanya

Shabda - Ksheena

Sparsha - Khara

Akruthi - Krish

Dashavidha Pariksha

▪ प्रकृति -वात – कफ

▪ विकृति दोष : वात, कफ दूष्य : रस, रक्ता, मांस, मेदा, अस्थि, स्नायु देश : साधारण बल मध्यम

▪ सार : मध्यम

▪ संहनन: मध्यम

▪ प्रमाण: मध्यम

▪ सात्म्य: मध्यम

▪ सत्व: मध्यम

▪ आहार शक्ति अभ्यवहरण शक्ति: अवर जरणशक्ति: अवर

▪ व्यायाम शक्ति: अवर

▪ वयः: वृद्ध

Management

Shamana Chikitsa : Shamana chikitsa was given for 1 and half months.

▪ Tab *Bruhat vata Chintamani Rasa* 2tab BD with milk

▪ *Aswagandharista* 15 ml with equal amount of water BD

▪ *Kapikachu Churna* 1 tsf OD with milk

▪ *Gandharva Hastayadierand Taila* 15 ml with 100 ml lukewarm milk OD at bed time in night.

Panchkarma: Following Panchkarma procedure were given

▪ *Sarvanga Abhyanga* with *Dhanwantaram Tail* followed by *Patra Pinda Sweda* for 20 days

▪ *Sarvanga Uddvartan* with *Rasna Churna + Triphala Churna* for 20 days.

▪ *Shiropichu* with *Bhrami Ghrita* for 20 days.

▪ *Matra Basti* with *Maha Masha Taila* 80 ml for 7 days.

RESULTS

The condition of patient improves with gradual course of treatment. Before the onset of treatment he was unable to walk and after treatment he started walking without support. And the symptoms got reduced.

Following is the scale used for assessment of improvement:

Hoehn and Yahr scale: BT - Stage 3, AT - Stage1

DISCUSSION

As *Kampa Vata* is a *Vata Vyadhi*, which is a progressive neurological disorder due to impairment in *Chala Guna* of *Vata*, so that *Vatahara* treatment should be adopted for this, both external as well as internal.^[4] When *Vata* is vitiated to its peak level, it tends to deplete all the tissues in the body; the *Pitta* and *Kapha Doshas*, the immunity and life span of an individual. Thus, control of *Vata* is the only key in treatment of Parkinson's disease. Hence, removal of *strotodushti Vata Shamana*, *Vatanulomana* and *Rasayana* therapy by the administration of effective medication and treatment will lead to effective cure of Parkinson's disease and also have to avoid *Vata Prakopakara Ahara and Vihara*.^[5] So, here, *Sarvanga Abhyanga*, *Nadi Sweda*, *Shiro Pichu* and *Basti* were adopted to calm the *Prakupitha Vata* as external measures. Due to *Medhya Rasayana* and stress relieving properties of these therapies these helps to calm the nervous system as *Kampa Vata* is a neuro degenerative disease, so these therapies help to cure *Kampvata*. *Sarvanga Abhyanga* will helps 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 hampers the *Viguna Gati* of *Vata Dosh* in the pathology. *Patrapind sweda* will also help in *Vatahara* action and also helps in reducing the stiffness of the body Internally, *Kapikachu Beeja Churna* was given which contain natural source of 1-dopa. It replenishes depleted stores of striatal dopamine. *Ashwagandha Churna* is also given which is a *Rasayana* drug, as *Rasayana* drugs are essentially nutritional agents and *Medhya Rasayana* are specific nerve tonics with nootropic effect. This is because;

Ayurveda considers this type of movement disorders under *Vata Doshavikaras* and to overcome the neuro nutrients by *Rasayana* remedies. *Bruhat Vata Chintamani Rasa* is *Vata Shamak* and acts as nervine tonic and stimulant. *Gandharva Hastayadi Taila* is *Vata Shamak* and *Pitta Rechak*. It eliminates vitiated *Dosha* through anus by the action of *virechana*. *Matra Basti* is *Vata Shamak* which helps to reduce tremors and in *Kampvata Vata* is vitiated and hence *Matra Basti* helps to calm and stabilize *Vata Dosh*. Hence the above prescribed medicine helps to improve patient's symptoms.

CONCLUSION

Hence the above interventions showed improvement in patient's health, as the patient started walking after treatment. This treatment can be given to many more patients of *Kampvata*.

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