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Role of Ayurveda Medicine in the management of Pakshaghata vis a vis Hemiplegia

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ABSTRACT

Pakshaghata (Hemiplegia) is caused due to *Vikruta Vata Dosha* which is characterized mainly loss or altered motor and sensory activity in one side of the body. Onset of the disease is usually insidious. According to modern literature it is usually caused due to either cerebral haemorrhage or cerebral thrombosis. Cerebral thrombosis cases show insidious onset and cerebral haemorrhage patients will be having sudden onset. Severe malignant hypertension, cerebral arterial atherosclerosis usually induces this disease. Severe hypertension causes aneurysm and rupture of one of the cerebral arteries and results in sudden Hemiplegia. Hemiplegia may be contralateral or ipsilateral. After recovery from acute illness like altered sensorium or coma, *Ayurveda* or integrative treatment can be given, controlling comorbidities like Diabetes, Hypertension or Ischemic heart disease, *Ayurveda* medicines are given. Medicines having the actions like *Medhya*, *Nadibalya*, *Rasayana*, *Vatahara*, CNS stimulators, Anti-hypertensive, *Pramehahara*, Anti atherogenic, Thrombolytic, Anti platelet aggregating, *Jeevaniya*, *Ojaskara*, *Vayasthapana*, Anti stress adaptogenic, Hypochloestremic, *Mala Vatanulomana*, *Virechana*, *Snehana (Taila Abhyanga)*, *Swedana (Shasthika Shali Pinda Sweda)* are given in these patients. The present paper highlights the role of Ayurveda and Integrative medicine in the management of *Pakshaghata vis a vis Hemiplegia*.

Key words: *Pakshaghata*, *Hemiplegia*, *Rasayana*, *CNS stimulant*.

INTRODUCTION

Hemiplegia is a disease pertaining to Nervous system and characterized by derangement or loss of motor and sensory function of one side of the body. Ayurveda medicine have better role in the management of Hemiplegia.^[1,2] *Nidana Parivarjana*, Use of *Vyadhi Pratyanyika Aushadha*, *Panchakarma* therapy, *Pathya Pathya Prayoga*, Diet therapy, Practise of *Yoga* and

Pranayama and Rehabilitation are advised in this disease.^[3,4,5]

AIM AND OBJECTIVES

To study the role of Ayurveda and Integrative medicine in the management of *Pakshaghata* (Hemiplegia).

MATERIALS AND METHODS

Relevant subject matter is collected from *Samhita Granthas*, *Sangraha Granthas*, Research monography, Scientific articles from research journals, Contemporary literature and from personal clinical experience.

Single Herbs used in Hemiplegia^{[6],[7]}

1. Brahmi - *Bacopa monnieri*
2. *Manduka Parni* - *Centella asiatica*
3. *Bala* - *Sida cordifolia*
4. *Tila* - *Sesamum*
5. *Narikela* - *Cocos nucifera*

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6. *Ashwagandha - Withania somnifera*
7. *Kapikachchu - Mucuna pruriens*
8. *Shatavari - Asparagus racemosus*
9. *Guggulu - Commiphora mukul*
10. *Sarpagandha - Raulfia serpentina*
11. *Jatamamsi - Nardostachys jatamamsi*
12. *Tagara - Valeriana wallichii*
13. *Shankha Pushpi - Convolvulus pluricaulis*
14. *Jyothishmati - Celastrus paniculatus*
15. *Maricha - Piper nigrum*
16. *Lashuna - Allium sativum*
17. *Gokshura - Tribulus teristris*
18. *Punarnava - Boerhavia diffusa*^[8,9,10]

Formulations used in Hemiplegia^{[11],[12]}

1. *Brahmi Vati*
2. *Medhya Vati*
3. *Ashwagandhadi Choorna*
4. *Yogendra Rasa*
5. *Ekanagaveera Rasa*
6. *Brihat Vata Chintamani*
7. *Maha Vata Vidhwamsa*
8. *Vanari Kalpa*
9. *Kapikachchu Beeja Choorna*
10. *Shatavari Capsule*
11. *Yogaraja Guggulu*
12. *Medohara Guggulu*
13. *Navaka Guggulu*
14. *Amritadi Guggulu*
15. *Maha Narayana Taila*
16. *Narayana Taila*
17. *Ksheerabala Taila*
18. *Maha Masha Taila*

19. *Dhanvantara Taila*
20. *Bala Taila*
21. *Rasona Pinda*
22. *Lashuna Capsule*
23. *Lohabhraka Sindoor*
24. *Vajrabharaka Sindoor*
25. *Siddha Makaradhwa*
26. *Makaradhwa Gutika*^[13,14]

Actions of Drugs and Formulations used in Hemiplegia

1. *Medhya*
2. *Nadibalya*
3. *Rasayana*
4. Nervine tonic
5. Anti stress
6. Adaptogenic
7. Anti-hypertensive
8. Anti diabetic
9. *Pramehahara*
10. *Medohara*
11. *Vatahara*
12. *Lekhana*
13. Hypolipidemic
14. Anti atherogenic
15. Thrombolytic
16. Anti platelet aggregating
17. *Jeevaniya*
18. *Ojaskara*
19. *Vayasthapana*
20. *Deepana*
21. *Pachana*
22. *Snehana*
23. *Swedana*

24. Mala Vatanulomana
25. Sramsana
26. Virechana
27. Langhana.^[15,16]

Examples

Medhya

- Saraswatarishta
- Medhya Vati
- Brahmi Vati

Nadibalya

- Visha Mushti Vati
- Lashuna Ksheerapaka
- Balarishta

Rasayana

- Ashwagandharishta
- Kooshmandavaleha
- Chyavana Prashavaleha

Nervine tonic

- Ashwagandhadi Choorna
- Kapikachchu Beeja Choorna
- Bala Moola Choorna

Anti stress

- Sarpagandha Vati
- Tagara tablets
- Jatamamsi Choorna

Adaptogenic

- Manasa Mitra Vataka
- Brahmi Swarasa
- Mandooka Parni Swarasa

Anti hypertensive

- Sarpagandha Vati
- Punarnava Mandoora

- Punarnava Satva

Anti diabetic

- Madhumehari Choorna
- Guduchi Kwatha
- Saptarangi Choorna

Pramehahara

- Nishamalaki Choorna
- Kathakkadiradi Kashaya
- Asanadi Kashaya

Medohara

- Navaka Guggulu
- Medohara Guggulu
- Rooksha Udvartana

Vatahara

- Yogaraja Guggulu
- Maha Rasnadi Kashaya

Lekhana

- Guggulu Kalpa
- Vyayama

Hypolipidemic

- Medohara Guggulu
- Lashuna Capsule
- Navaka Guggulu

Anti Atherogenic

- Amritadi Guggulu
- Rasona Pinda
- Lashuna Capsule

Thrombolytic

- Lashuna Capsule
- Maricha Choorna

Anti Platelet Aggregating

- Guggulu Kalpas

- Maricha Choorna
- Lashuna Ksheerapaka

Jeevaniya

- Ashta Varga Kashaya
- Shatavari Capsule

Ojaskara

- Shatavari Guda
- Goksheera
- Shatavari capsule

Vayasthapana

- Amalaki Rasayana
- Guduchi Kwatha
- Amalaki Swarasa

Deepana

- Lashunadi Vati
- Hingwashtaka Choorna
- Chitrakadi Vati

Snehana

- Maha Narayana Taila
- Bala Taila
- Dhanwantara Taila

Swedana

- Shashtika Shali Pinda Sweda
- Kaya Seka

Mala Vatanulomana

- Haritaki Tablets
- Triphala Choorna
- Trivrit Leha

Sramsana

- Shatsakara Choorna
- Pancha Sakara Choorna
- Sunamukhi Patra Choorna

Virechana

- Abhayarishta
- Katuki Kwatha

Langhana

- Upavasa
- Shodhana

Panchakarma Therapy in Hemiplegia

1. Tailabhyanga
2. Shirodhara
3. Shashtika Shali Pinda Sweda
4. Matra Basti
5. Asthapana Basti
6. Virechana

Pathyas in Hemiplegia

1. Shashtika Shali, Mudga
2. Laghu Supachya Ahara
3. In diabetic patients - Anti diabetic and Pramehahara Ahara Vihara

Apathyas in Hemiplegia

1. Vatakaraka Ruksha, Sheeta Ahara
2. Ati Vyayama
3. Ati Vyavaya
4. Ratri Jagarana
5. Ati Maithuna
6. Excessive travelling etc.,

DISCUSSION

Pakshaghata (Hemiplegia) is a disease pertaining to Nervous system and Cardiovascular system. It is characterized by derangement or loss of motor and sensory functions in one side of the body. In acute phase where there is altered sensorium, however patients should be treated with modern medicine. When patient regain consciousness, these patients can be treated with Ayurveda and Integrative medicine. Agnilepana and Tailabhyanga, Shashtika Shali Pinda

Sweda, or *Seka* followed by *Dhanwantara Taila Matra Basti* is found useful in Hemiplegia patients, *Medhya Rasayana* like *Brahmi Vati*, *Medhya Vati*, *Saraswatharishta*, *Brihat Vata Chintamani*, *Ekgaveera Rasa* and *Yogendra Rasa* are found effective in *Pakshaghata Roga*. *Agnilepana* and *Tailabhyanga* followed by *Dhanyamla Seka* or *Shashtika Shali Pinda Sweda* are found useful in regaining strength in the skeletal muscles of the body. *Snehana* in *Tailabhyanga* causes alleviates *Sthambha* (Stiffness), *Gourava* (Heavyness) and *Sheetahara* (coldness) in the body. Ayurveda medicine given good outcome in especially Hemiplegia cases who recovered from acute phase.

CONCLUSION

Chronic or sub-acute loss of Hemiplegia show better results by Ayurveda and Integrative medicine. The quality of life and life span in these patients are improved after undergoing Ayurveda treatment. There were least Adverse drug reactions seen in these patients.

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