

**MANAGEMENT OF PARKINSON'S DISEASE (KAMPA VATA) WITH  
PANCHAKARMA THERAPIES - A CASE STUDY****Dr. K. V. Nalini<sup>\*1</sup> and Dr. V. Lakshmana Prasad<sup>2</sup>**<sup>1</sup>Final Year PG Scholar, Department of Pañchakarma, S.V. Ayurvedic College, Tirupati.<sup>2</sup>Professor, Dept. of Pañchakarma, S. V. Ayurvedic College, Tirupati.Article Received on  
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**\*Corresponding Author****Dr. K. V. Nalini**

Final Year PG Scholar,

Department of

Pañchakarma, S.V.

Ayurvedic College, Tirupati.

**ABSTRACT**

Parkinson's disease is a chronic progressive neurodegenerative movement disorder, that constitutes 3-8% of all neurological disorders in India. This case study is about a male patient, came to *Pañchakarma* OPD of Sri Venkateswara Ayurvedic Hospital, Tirupati, and was diagnosed as *Kampa vāta*. He was treated with various *Pañchakarma* therapies like *Abhyaṅga* and *Svedana*, *Mātra vasti* and *Rāja Yāpana vasti* for a period of 20 days. The results were being assessed on MDS UPDRS scale which has been noticed as marked improvement.

**KEYWORDS:** *Kampavāta*, *Abhyaṅga*, *Svedana*, *Mātra vasti*, *Rāja yāpana vasti*.

**INTRODUCTION**

Parkinson's disease is a neurodegenerative, movement disorder. It is estimated that Parkinson's disease affects at least 1% of the population over the age of 60. Movement disorders constitute three to eight per cent of all neurological disorders in India. The disorder has a slow onset but is progressive.

Most cases are idiopathic. Only about 10% of cases have a genetic cause, and these cases are seen in young people. Parkinson's disease is caused by degeneration of nerve cells in the part of the brain called the substantia nigra, which controls movement by producing Dopamine, a neurotransmitter.

Gradual progression, Rest tremor (unilateral), Bradykinesia, Rigidity, Sleep disorders, Hypomimia (reduced facial expression), Camptocormia (an abnormal flexion of the trunk),

Striatal deformities are the Clinical features. The gait and balance are affected, freezing or motor blocks occur, bulbar functions deteriorate, cognitive and behavioral changes, global dementia are also very common.<sup>[1]</sup>

In *Charaka Samhita Vepathu* has been described as one of the eighty types of *Nānātmaja Vāta Vyādhi*.<sup>[2]</sup> And while describing the indications of *Nasyakarma*, mentioned the term *Sirah kampa*.<sup>[3]</sup> *Mādhava nidāna* described 2 types of *Kampavāta* - *Ekāṅga* and *Sarvāṅga*.<sup>[4]</sup>

In *Brihatrayee* there is no detailed description of the disease. In *Basavarājiyam* we can find description of *Kampa vāta* in detail.<sup>[5]</sup> He also described *Bāhu kampavāta*.<sup>[6]</sup>

And he mentioned *kampa* as one of the symptom in *Pāda vāta*, *Nayana vāta*, *Kanta vāta*, *Pakshaghāta*, *Ardhanga vāta*, *Sputa vāta* and *Majjā vāta*.<sup>[7]</sup>

## CASE REPORT

A male patient Mr. J. Venkata Ramana of age 61 years was a businessman by profession. He was apparently normal before 7 years. He used to get tremors in his left hand once or twice a day, which lasts only for 10 min. Then they consulted a nearby Allopathic doctor. There they diagnosed it as Parkinson's disease and gave treatment accordingly. After that he was completely relieved from the symptoms. In covid period he got affected with corona and recovered. But his symptoms related to Parkinson's disease aggravated. The quality of tremors changed. Its frequency, duration and amplitude increased and spread to other limbs also. He was unable to sleep during day and night. Then they consulted their doctor, he said to continue the same treatment but increased the dosage of the drug from 2 times to 5 times. But there was no relief and patient was unable to do his routine work. After 3 years they approached OPD, Pañchakarma, S.V. Ayurvedic hospital, Tirupati for better treatment.

## PERSONAL HISTORY

Diet: Mixed

Appetite: Less appetite

Bowel: severely constipated

Micturition: 4-5 times per day (disturbed)

Sleep: Disturbed

Addictions: nil

## Investigations

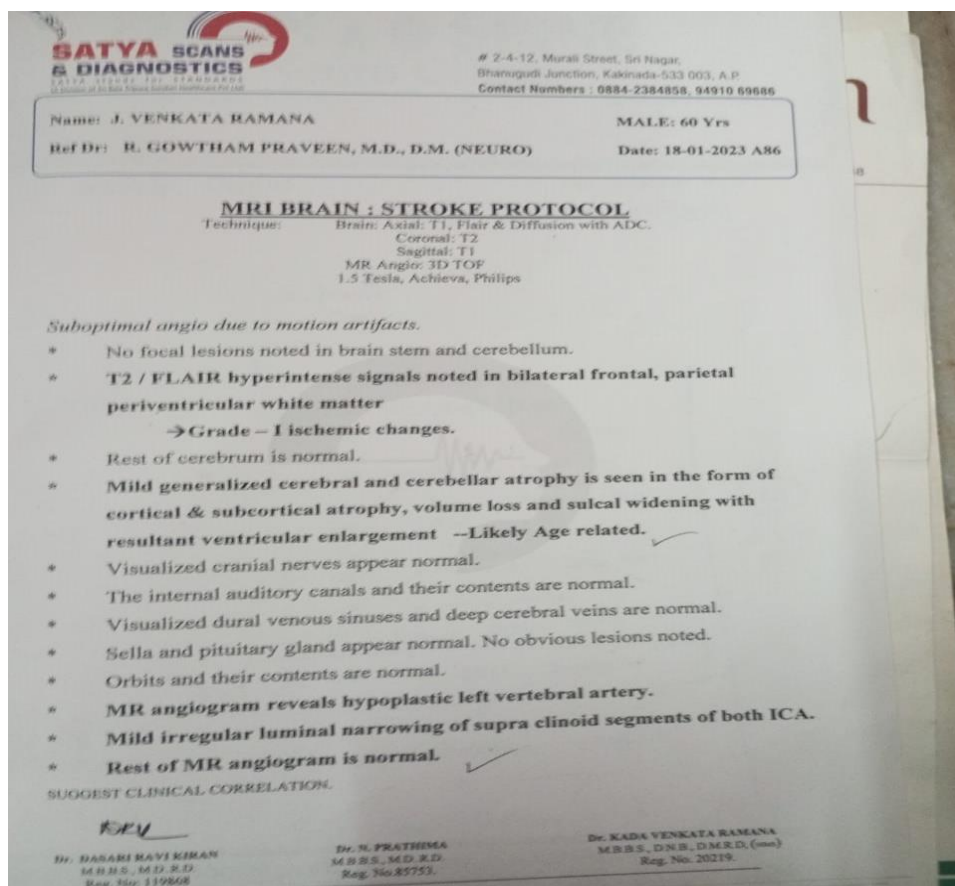
Hb% - 14.4 gms/dl

TC - 8400cells/cmm

DC - P: 72%L: 23% E: 04% M: 01%

ESR- 20mm/Hr

RBS-133 mg/dl.



## Clinical Findings

1. There is no cognitive impairment, hallucinations, depression and mood swings.
2. Speech is slow, monotonic with low pitch and slight slurring.
3. Face - hypomimic.
4. Eye blinking –severely reduced
5. Have severe constipation
6. Have light headedness on standing from sitting position.
7. There is drooling of saliva.
8. Eating and dressing tasks were able to manage himself
9. Hand writing was little affected.

10. Rigidity was there in neck, RUE, LUE, RLE and LLE.
11. Toe tapping and leg agility are severely affected.
12. Gait is affected and used to fall frequently.
13. There was little freezing
14. Tremors – rest and postural.
15. Amplitude of tremors –approximately 7 cms in right hand.  
approximately 3 cms in left hand.

## MATERIALS AND METHODS

### Treatment given

- *Sarvānga Abhyangam* and *Nādiswedam* – 3 days
- *Mātrāvasti* with *Maha māsha tailam* – 9days
- *Rāja yāpana vasti* in *yogavasti* format for 8 days.

### Treatment advised

- Cap. *Mahārāja prasārini* 21 avarti 1 bd
- *Mahā Rāsnādi kvātha* 10ml bd
- Tab *Jatamāmsi*. 1Hs
- *Trivruth churnam* ½ tsp Hs.

## INGREDIENTS

*Sarvānga abhyangam*<sup>[8]</sup> – *Nirgundi tailam*<sup>[9]</sup>

*Nādi swedam*<sup>[10]</sup> – *Nirgundi patra*

*Matrā vasti*<sup>[11]</sup>

*Saindava lavana* – 3 gms

*Śatapūṣpa* – 3gms

*Mahā māsha taila*<sup>[12]</sup> - 60ml

***Rāja Yāpana vasti*<sup>[13]</sup> in *yogavasti* format**

*Saindhava lavanam* -12gms

*Madhu* -100gms

*Mahā māsha tailam* -80ml

*Rāja yāpana vasti kalka churnam* - 30 gms

*Rāja yāpana vasti kvātham* -250ml

*Māmsa rasa* (100gms *māmsa*+400ml water, boiled and reduced to 1/4<sup>th</sup> the water content i.e 100ml)- 100ml.

**Table No. 1: *Mātra vasti* with *Mahā māsha taila*.**

Day of tmt	Date	Vasti retention time
1 <sup>st</sup> day	16-09-23	1hr
2 <sup>nd</sup> day	17-09-23	1hr
3 <sup>rd</sup> day	18-09-23	2hrs
4 <sup>th</sup> day	19-09-23	3hrs
5 <sup>th</sup> day	20-09-23	10min
6 <sup>th</sup> day	21-09-23	15min
7 <sup>th</sup> day	22-09-23	1hr
8 <sup>th</sup> day	23-09-23	1 ½ hrs
9 <sup>th</sup> day	24-09-23	2 ½ hrs

**Table No. 2: *Rāja yāpana vasti* in *yoga vasti* format.**

Day of tmt	Date	Vasti retention time
1 <sup>st</sup> day (anu)	25-09-23	10 min
2 <sup>nd</sup> day(ast)	26-09-23	10min
3 <sup>rd</sup> day(anu)	27-09-23	1hr
4 <sup>th</sup> day(ast)	28-09-23	5 min
5 <sup>th</sup> day(anu)	29-09-23	1 ½ hrs
6 <sup>th</sup> day(ast)	30-09-23	15 min
7 <sup>th</sup> day(anu)	01-10-23	30 min
8 <sup>th</sup> day(anu)	02-10-23	45 min

Parameters: Movement Disorder Society-Sponsored Revision of the Unified Parkinson's Disease Rating Scale (MDS-UPDRS), A Clinimetric Testing for assessment of the condition of the patient before and after treatment.

## MDS UPDRS SCALE BEFORE AND AFTER TREATMENT

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T. VENKATA RAMANA Patient Name or Subject ID: 15-09-2023 Date of Exam: 15-09-2023 Investigator's Initials: Dr. Nalini

MDS UPDRS Score Sheet

1.A. Source of information: ☒ Patient ☐ Caregiver ☐ Clinician

Part I

1.1 Cognitive impairment: 0.00

1.2 Motor function: 0.00

1.3 Postural instability: 0.00

1.4 Activities of daily living: 0.00

1.5 Gait: 0.00

1.6 Freezing of gait: 0.00

1.7 Falls: 0.00

1.8 Speech: 0.00

1.9 Swallowing: 0.00

1.10 Urinary continence: 0.00

1.11 Constipation: 0.00

1.12 Light touch: 0.00

1.13 Pain: 0.00

1.14 Fatigue: 0.00

1.15 Total: 0.00

Part II

2.1 Speech: 0.00

2.2 Motor function: 0.00

2.3 Postural instability: 0.00

2.4 Activities of daily living: 0.00

2.5 Gait: 0.00

2.6 Freezing of gait: 0.00

2.7 Falls: 0.00

2.8 Speech: 0.00

2.9 Swallowing: 0.00

2.10 Urinary continence: 0.00

2.11 Constipation: 0.00

2.12 Light touch: 0.00

2.13 Pain: 0.00

2.14 Fatigue: 0.00

2.15 Total: 0.00

Part III

3.1 Speech: 0.00

3.2 Motor function: 0.00

3.3 Postural instability: 0.00

3.4 Activities of daily living: 0.00

3.5 Gait: 0.00

3.6 Freezing of gait: 0.00

3.7 Falls: 0.00

3.8 Speech: 0.00

3.9 Swallowing: 0.00

3.10 Urinary continence: 0.00

3.11 Constipation: 0.00

3.12 Light touch: 0.00

3.13 Pain: 0.00

3.14 Fatigue: 0.00

3.15 Total: 0.00

Part IV

4.1 Speech: 0.00

4.2 Motor function: 0.00

4.3 Postural instability: 0.00

4.4 Activities of daily living: 0.00

4.5 Gait: 0.00

4.6 Freezing of gait: 0.00

4.7 Falls: 0.00

4.8 Speech: 0.00

4.9 Swallowing: 0.00

4.10 Urinary continence: 0.00

4.11 Constipation: 0.00

4.12 Light touch: 0.00

4.13 Pain: 0.00

4.14 Fatigue: 0.00

4.15 Total: 0.00

Total: 0.00

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T. VENKATA RAMANA Patient Name or Subject ID: 02-10-2023 Date of Exam: 02-10-2023 Investigator's Initials: Dr. Nalini

MDS UPDRS Score Sheet

1.A. Source of information: ☒ Patient ☐ Caregiver ☐ Clinician

Part I

1.1 Cognitive impairment: 0.00

1.2 Motor function: 0.00

1.3 Postural instability: 0.00

1.4 Activities of daily living: 0.00

1.5 Gait: 0.00

1.6 Freezing of gait: 0.00

1.7 Falls: 0.00

1.8 Speech: 0.00

1.9 Swallowing: 0.00

1.10 Urinary continence: 0.00

1.11 Constipation: 0.00

1.12 Light touch: 0.00

1.13 Pain: 0.00

1.14 Fatigue: 0.00

1.15 Total: 0.00

Part II

2.1 Speech: 0.00

2.2 Motor function: 0.00

2.3 Postural instability: 0.00

2.4 Activities of daily living: 0.00

2.5 Gait: 0.00

2.6 Freezing of gait: 0.00

2.7 Falls: 0.00

2.8 Speech: 0.00

2.9 Swallowing: 0.00

2.10 Urinary continence: 0.00

2.11 Constipation: 0.00

2.12 Light touch: 0.00

2.13 Pain: 0.00

2.14 Fatigue: 0.00

2.15 Total: 0.00

Part III

3.1 Speech: 0.00

3.2 Motor function: 0.00

3.3 Postural instability: 0.00

3.4 Activities of daily living: 0.00

3.5 Gait: 0.00

3.6 Freezing of gait: 0.00

3.7 Falls: 0.00

3.8 Speech: 0.00

3.9 Swallowing: 0.00

3.10 Urinary continence: 0.00

3.11 Constipation: 0.00

3.12 Light touch: 0.00

3.13 Pain: 0.00

3.14 Fatigue: 0.00

3.15 Total: 0.00

Part IV

4.1 Speech: 0.00

4.2 Motor function: 0.00

4.3 Postural instability: 0.00

4.4 Activities of daily living: 0.00

4.5 Gait: 0.00

4.6 Freezing of gait: 0.00

4.7 Falls: 0.00

4.8 Speech: 0.00

4.9 Swallowing: 0.00

4.10 Urinary continence: 0.00

4.11 Constipation: 0.00

4.12 Light touch: 0.00

4.13 Pain: 0.00

4.14 Fatigue: 0.00

4.15 Total: 0.00

Total: 0.00

## RESULTS

Patient has been given *Pañcakarma* therapies along with *Śamanoushadies* for a period of 30 days. Patient got great relief from his symptoms subjectively and objectively. And the same was reflected in the MDS UPDRS scale.

### As per MDS UPDRS scale there was a drastic improvement

- On 15-09-2023 the scale was 105/260
- On 02-10-2023 the scale was 27/260.

## DISCUSSION

*Kampa vāta* is a *Nānātmaja vātavyādi*. The line of treatment for *Kampavāta* is *vātahara chikitsa*.

Patient was treated with *Sarvāṅga abhyāṅga* and *Nādi sweda* initially for three days as first line of *Vātahara* treatment, which helps in reducing the *stabdata* (rigidity) and *Aṅgamarda*. After that as *Vasti* is considered to have the best *Vātahara* property, *Mātra vasti* with *Mahā māsha taila* is administered for a period of seven days. There are symptoms of *Kaphāvṛta Vyāna vāyu*<sup>[14]</sup> i.e freezing of gait and *Kaphāvṛta Udāna vāyu*<sup>[15]</sup> i.e staccato speech, hence *Yāpana vasti* has been selected, as it is described as line of treatment for *Āvṛta vāta*. *Rāja yāpana vasti* is selected for its *Vātahara*, *Rasāyana*, *Dātuvardhaka* and *Sadhyobalakāraka* properties. *Mahā māsha taila*, as it is indicated in *Kampavāta* as per *Bhaishajya Ratnavali* had been used for *Anuvāsana vasti* of *Yogavasti* and for *Matrā vasti*. The *Śamanoushadies* Cap. *Mahārāja prasārini* 21 *avarti* is advised to prevent further degeneration 1cap, twice a day before taking food. *Mahā Rāsnādi kvātha* 10ml bd for reducing the *Vāta prakopa*, Tab *Jatamāmsi* 1tab at night for insomnia, *Trivruth churnam* ½ tsp with luke warm water, before going to bed for constipation.

## CONCLUSION

A 61 year old male patient suffering from tremors, rigidity and other symptoms mentioned above since 7 years. Despite of taking allopathic medicines his symptoms aggravated. At the time admission The MDS UPDRS Scale was 105/260. After 20 days of *Pañcakarma* treatment patient got relieved from tremors, rigidity and able to walk. The score came down to 27/260, which can be considered as marked Improvement. As it is a progressive degeneration disease periodical *Pañchakarma* therapies are highly needed.

*Mahā māsha taila* and *Rāja yāpanavasti* improved the condition of the patient. As it is a study on single case further research is needed to evaluate the efficacy of the treatment protocol applied here.

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