

AYURVEDIC VIEWS ABOUT SPASTICITY AND FLACCIDITY***¹Dr. Tejal Satyendra Mokal and ²Dr. Minakshi Revadkar-Kole**¹*Second Year Student of Kayachikitsa Department, RAPH, Worli Mumbai.²Guide, Associate Professor, Kayachikitsa Department, RAPH, Worli Mumbai.

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ABSTRACT

Muscle weakness is either spastic or flaccid type. Spasticity is due to increased tone of muscle and flaccidity is due to decreased tone of muscles. In both spasticity and flaccidity, there is majja dhatu dushti. But in spasticity kapha vata dushti causes stambha and kathinya in snayu, kandara and in flaccidity dhatu kshayajanya vatadushti makes shaithilya, daurbalya in snayu kandara. so vatakapaghna treatment is beneficial in spasticity and bruhan treatment is beneficial for flaccidity.

KEYWORDS: Muscle weakness majja dhatu dushti.**MATERIAL**

Imbalance of signals from central nervous system (brain spinal cord) to the muscles results in spasticity. It is mainly found in cerebral palsy, traumatic brain injury, multiple sclerosis. There is increased muscle tone, overactive reflexes, involuntary movements which may include spasms and clonus, pain seen due to spasticity.

In spasticity, dushti occurs in majja dhatu. kapha vata dushti is main cause. Stambha, kathinya is seen in spasticity. Increased gunas like sheeta, madhura, guru, pischil makes kapha dushti and this dushit kapha makes vata dushti. Hereby increased sheeta guna and decreased chala guna of vikruta vata causes stambha and kathinya at mansa- meda, snayu and kandara.

For the treatment of spasticity, we should first mainly think about kapha and then vata dosha. Swedan is best recommended in spasticity. ‘‘stambha gauravam sheetagnam swedanam swedakarakam’’. Swedan can be done as peti swedan, nadi swedan, patrapinda swedan, wax therapy, valuka pottali swedan. Peti swedan, nadi swedan help to reduce spasticity, rigidity in stiffed and rigid joints. It helps for pachan of sthanik dosh and thereafter do strotoshodhan.

Likewise it helps to control vata gati. Valuka pottali swedan is very useful for sthanik dosh pachana.

Patrapinda swedan is also useful in spasticity. Leaves of *Calotropis gigantea*, *Ricinus communis* like *ushna tikshna dravyas*, *kottamchukadi* like *pachak choornas*, *sookshma-vyavayi-chedan* like drugs as *saindhav*, *lemon* are used in *Patrapindaswedan*. So that this procedure helps to go into *sookshmati sookshma strotas* and *sheeghra doshapachan* so as helps in *Niyaman* of *vata dosh gati*. *Niruha basti* made with *ushna tikshna*, *katu-tikta rasa* are *kaphadosha pachak* and due to their *laghu*, *ushna-tikshna gunas* helps to reduce *kaphavarana* by *kapha dosha pachan* and also helps for *Niyamana* of *vata dosha gati*.

Wax therapy has great role in spasticity. It is very good sthanik treatment in spasticity. It helps to reduce stiffness occurred in frozen shoulder, stiffed joints in osteoarthritis, rheumatoid arthritis. But it can't be given in early stage of paralysis, swelling and inflammatory conditions. *Pindaswedan* has its own importance after *pachan*, *shaman* treatment. It acts as *balya* for *vata dosha*.

Flaccidity is seen in GBS, Peripheral Neuropathy, Motor Neuron Disease, Spinal Cord Injury. Muscles become soft and weak in flaccidity. There is decreased resistance to the movements. Flaccidity is also occurred due to *vata dushti*. Increased *rooksha*, *laghu* and decreased *chala guna* are seen in this *vata dushti*. This *vata dushti* also occurs in *majja dhatu* and its *abhivyakti* occurs in *snayu* and *kandara*. This *vata dushti* can be accompanied with *pitta dosha*. In *pittanubandhi vatadushti* *oncet* would be sudden and along with inflammatory conditions. *Pittanubandhi vatadushti* can be seen in Peripheral neuropathy, GBS. If *vatadushti* is not accompanied with *pittadushti* then sudden *oncet* will not be seen.

Here the *vatadushti* is more due to *dhatukshay* so *bruhan* alike *vata dosh pushtikar* treatment is beneficial. *Snigdha*, *guru*, *ushna gunas* of *tail* helps to reduce *ruksha*, *laghu gunas* of *vata* and helps for *vata niyamana*.

Pindaswedan is also with *snigdha*, *guru*, *ushna gunas* and *sookshmastrotogami*. Therefore with *shaman* of *laghu ruksha gunas*, it gives *bala* to *majja dhatu*, *snayu*, *kandara* by reducing *shaithilya*.

Annalepana is also effective as *pindaswedan*. *Annalepan* is very beneficial to give more *bala* to *dhatu*. Thereafter helps for *shaman* of *shesh vatavikuti*. *Bruhan basti* can be given as

mustadi yavana basti, majja basti, tiktaksheera basti, mansarasayukta basti. Basti is recommended as half treatment. It works on all dhatu, dosha. This basti acts as vata dosha shaman, pittashaman and dhatuvruddhikar.

Though we treat with dhatu vruddhikar treatment in flaccidity, it is yavya- kashtasadhyakar.

CONCLUSION

Kapha vata dushti makes stambha and kathinya in snayu, kandara seen in spasticity and in flaccidity dhatu kshayajanya vatadushti makes shaithilya, daurbalya in snayu kandara. so vatakapaghna treatment is beneficial in spasticity and bruhan treatment is beneficial for flaccidity.

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