

## PAKSHAGHATA AND ITS MANAGEMENT THROUGH AYURVEDA - A CASE STUDY

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### ABSTRACT

A 64 years old female Patient, K/C/O of Hypertension & stroke Since 3 years complaining of Vak-Aspastata (incomplete speech), Gamane Kastata (Difficulty in walking), Bhar-Vruddhi (Heaviness of left limbs), since 3 year, was came in Amogh Ayurveda Hospital. Ayurvedic treatment i.e. internal Ayurvedic Aushadhi (Mokshayan) and Physiotherapy were given to the patient. She was admitted for near about one month and showed significant improvement in gradation of Power and gait. In this study an attempt has been made to describe all Scientific effect of Shaman Aushadhi and effect of Physiotherapy has

been explained in this case.

**KEYWORDS:** *Pakshaghat, Shaman Chikitsa, Mokshayan.*

### INTRODUCTION

Pakshaghata (hemiplegia) has been described among 80 types of Vataj Nanatmaj Vyadhi. According to Ayurveda Pakshaghata, Pakshvada and Ekanga Vata Roga are synonymous.<sup>[1]</sup> This Nanatmaja Vyadhi is mainly caused by vitiation of Vata. Vitiating Vata invading half of the body mainly where Kha-Vaigunya is present, causes dryness of Sira –Snayu<sup>[2]</sup> and looseness in tendons and joints. This causes immobility of half side of the body.

The prevalence of stroke in India ranges from 40-270 per 100000 populations.<sup>[3]</sup> About half of people who have had a stroke live less than one year. The main risk factor for stroke is

hypertension, other risk factors include tobacco smoking, obesity, high blood cholesterol, DM. Causes like cerebral haemorrhage, Neoplasms and infection. May be observed.

This condition can be correlated with Hemiplegia as per modern science. The disease is mainly manifested as paralysis / weakness of one side of the body affecting the functions of upper and lower limbs. It may also effect the functioning of speech facial muscles and control of defecation and urination in some cases.

A Haemorrhagic stroke results due to rupture of weakened blood vessel.<sup>[4]</sup> The Stroke can be classified as ischemic and haemorrhagic depending upon wide variety of vessels and pathological processes involved in cerebrovascular disease. CT Scan or MRI are useful to rule out brain area, acute or chronic infarction, haemorrhage etc.

Such conditions can be managed by Ayurvedic Chikitsa Paddhati if diagnosis is prompt and line of treatment is right.

**CASE REPORT-** A 64-year-old female patient came to Amogh Ayurveda Hospital with below complaints since 3 year

- Vak-aspatata
- Dourbalya.
- Lalastrav
- Gamanekstata
- Bharvruddhi

At the time of admission patient was conscious and oriented.

#### **Past History**

K/C/O:-Stroke–since 3Yrs and Hypertension -

Not/K/C/O - Allergy/Typhoid/Malaria/Dengue/TB.

**Family History**– Father was suffering from DM and Paralysis.

No H/o-Any Trauma or Accidental Injury.

#### **On Examination**

- General Condition-Moderate
- Afebrile

- Pulse rate-80/min
- BP-130/80mm of Hg
- Weight-52kg
- Mala- constipated, uncontrolled
- Mutra- Incontinence
- Nidra- Disturbed
- Kshudha- Samyaka
- Jiwha- Niram

**C.N.S. Examination:** (Table No 1)

| Sr no | Examination          | Left Extremity  |   | Right Extremity                                |  |
|-------|----------------------|---|---|--|--|
|       |                      | Upper   | Lower   | Upper  | Lower  |
| 1     | Sensation            | Present   | Present   | Present  | Present  |
| 2     | Power                | 0   | 0   | 5  | 5  |
| 3     | Tone                 | Hypo  | Hypo  | Normal   | Normal   |
| 4     | Reflexes             | Bicep- Present<br>Tricep- Present<br>Supinator- Present | Knee- Present<br>Ankle- Present<br>Planter- Present | All deep tendon reflexes are intact and Normal | All deep tendon reflexes are intact and Normal |
| 5     | Involuntary movement | Absent  | Absent  | Absent   | Absent   |

**Treatment Protocol:** (Table No 2)

| Day                  | Shaman Chikitsa  |
|----------------------|--|
| 1 <sup>st</sup> week | <ul style="list-style-type: none"> <li>• <i>Mokshayan syr (5ml-5ml)</i></li> <li>• <i>Vaat vidhvansak rasa 1-1-1 A/F with warm water</i></li> <li>• <i>Amalaki rasayan 2-0-2 A/F with warm water</i></li> <li>• <i>Ashwagandha 2gm+Satavari 2gm+Godanti 500mg with milk</i></li> <li>• <i>Swadist Virechan Vati 0-0-2 HS with warm water</i></li> </ul> *Physiotherapy |
| 2 <sup>nd</sup> week | Same   |
| 3 <sup>rd</sup> week | Same   |
| 4 <sup>th</sup> week | *mokshayn sry 5ml -5ml<br>*physiotherapy   |
| 5 <sup>th</sup> week | * same   |

**Mokshayan- Contents:** (Table No 3)

| SI No | Ayurvedic name | Botanical name       |
|-------|----------------|----------------------|
| 1     | Haridra        | Curcuma Longa        |
| 2     | Punarnava      | Boerhaavia Diffusa   |
| 3     | Bilva          | Aegle Marmelos       |
| 4     | Lodhra         | Symplocos Racemosa   |
| 5     | Vacha          | Acorus Calamus       |
| 6     | Tulsi          | Ocimum Sanctum       |
| 7     | Brahmi         | Bacopa Monnieri      |
| 8     | Manjishtha     | Indian madder        |
| 9     | Amla           | Emblica Officinalis  |
| 1     | Ashwagandha    | Withania somnifera   |
| 11    | Guduchi        | Tinospora Cordifolia |
| 12    | Ghritkumari    | Burn plant           |
| 13    | Raw honey      |                      |

**Haridra**<sup>[5]</sup>

It mainly acts on Gastrointestinal disorders, Respiratory disorders, **Inflammatory disorders**, DM, **Cardiovascular disorder**, **Neuroprotective activity**, Anti-cancer activity, Anti allergic activity, Anti-dermatophytic activity.

**Punarnava**<sup>[6]</sup>

It acts as Immunomodulatory effects, Immunosuppressive activity, **Antidiabetic activity**, Antioxidant activity, **Analgesic and anti-inflammatory activity**, Anti-viral activity, Hepato-protective activity, **Antistress** & adoptogenic activity, gas Scavenging activity, Anti fibrinolytic activity, Chemo-preventive action.

**Bilva**<sup>[7]</sup>

Antioxidant activity, Antifungal and Antibacterial activity, **Anti-inflammatory activity**, **Antidiabetic activity**, Hepato-protective activity, Anti-arthritic activity, Antidiarrheal activity.

**Lodhra**<sup>[8]</sup>

It acts as Antibacterial Activity, Anthelmintic effect, **Anti-inflammatory activity**, Antioxidant activity, **Hypo-lipidemic activity**, **Neuro supportive role**, Lipoxygenase and urease inhibitory activity.

**Tulsi**<sup>[9]</sup>

It acts as Anticancer activity, Chemo-preventive activity, Antioxidant activity, **Antihypertensive and cardio-protective activities**, Antimicrobial activity, **Central**

**Nervous System** (CNS) depressant activity, Anti-inflammatory activity, Analgesic activity, Antipyretic activity, Memory enhancer activity, Hepato-protective activity, Anti-fertility activity, Anti-diabetic activity, Anti-ulcer activity, Anti-arthritis activity, Adaptogenic activity/anti-stress activity, Anti-cataract activity, Anti-coagulant activity.

#### **Bramhi**<sup>[10]</sup>

It acts as **Anti-convulsive, Anti-depressant, Anti-inflammatory**, Anti-nociceptive activity, Anti-oxidant activity, Anti-stress Activity, Anti-Spasmodic activity, Anxiolytic effect, Cardiovascular activity, Gastro-protective activity, Hepato-protective activity, Learning and memory.

#### **Manjistha**<sup>[11]</sup>

It acts as **Anti-Inflammatory Effect, Neuroprotective Properties**, Anti-bacterial Activity, Hepato-protective Activity, Anti-Diabetic Property, Anti-proliferating Property, Protective effect, Anti-oxidant effect, Anti-Ulcer Effect, Anti-Adipogenic Activity, Anti-HIV Activity, Wound Healing Effect, Anti-tumour activity.

#### **Guduchi**<sup>[12]</sup>

It acts as **Anti-stress activity**, enhance verbal learning and logical memory, **protects against neuro-degeneration, anti-inflammatory**, mild analgesic effect, anti-allergic and bronchodilator, Antioxidant activity, effective in iron-mediated lipid damage and gamma-ray-induced protein damage, Antineoplastic and Radio-protective activity, Antipyretic, Anti-infective activity, hepato-protective activity, anti-hyperglycemic activity, immunomodulatory action, diuretic effects, cardio-protective, Gastrointestinal and anti-ulcer activity, Antifertility Activity, anti-osteoporotic agent, increase the complete blood count and has lead scavenging activity.

#### **Ghritkumari**<sup>[13]</sup>

It acts as **Anti-inflammatory action**, Anti-diabetic effects, Anti-oxidant effects, Immunomodulatory effects, Anti bacterial / anti viral actions, Effect on gastric acid secretion and ulcers, **Arthritis, Joint and Muscle Pain, Laxative effects**, Antiseptic effect.

**Honey<sup>[14]</sup>**

It acts as Antimicrobial Activity of Honey, Antibacterial Activity, Anti viral activity, Diabetic Benefits, Gastrointestinal Effects, Arthritis, Bladder Infections, **Anti-cholesterol**, skin infections.

**RESULTS AND OBSERVATIONS****Muscle Power-** (Table No 4)

|                             | 1 <sup>st</sup> week |        | 2 <sup>nd</sup> week |        | 3 <sup>rd</sup> week |        | 4 <sup>th</sup> week |        | 5 <sup>th</sup> week |        |
|-----------------------------|----------------------|--------|----------------------|--------|----------------------|--------|----------------------|--------|----------------------|--------|
|                             | Upper                | Lower  | Upper                | Lower  | Upper                | Lower  | Upper                | Lower  | Upper                | Lower  |
| <b>Sensation</b>            | +                    | +      | +                    | +      | +                    | +      | +                    | +      | +                    | +      |
| <b>Power</b>                | 2                    | 1      | 2                    | 2      | 3                    | 3      | 4                    | 4      | 4                    | 4      |
| <b>Tone</b>                 | Hypo                 | Hypo   | Hypo                 | Hypo   | Normal               | Normal | Normal               | Normal | Normal               | Normal |
| <b>Reflexes</b>             | Normal               | Normal | Normal               | Normal | Normal               | Normal | Normal               | Normal | Normal               | normal |
| <b>Involuntary Movement</b> | Absent               |        |                      |        |                      |        |                      |        |                      |        |

**DISCUSSION**

Due to development of severe disability, Pakshaghat is considered as one of the most important Vata-Vyadhi. In all types of Vata-Vyadhi Samanya Chikitsa Upakrama are followed i.e. here as per patient's condition below treatment was selected and administered.

- 1) **Mokshayan:** In this contains are Haridra, Punarnava, Bilva, Lodhra, Vahca, Tulis, Bhrahimi, Manjistha, Amla, Aswagandha, Guduchi, ghritkumari and Honey. Though the drug has shown good Anti-convulsive, Anti-depressant, Anti-inflammatory properties against the present Pakshaghata disease, but the study period was short to draw the conclusion on disease protocol. Proper assessment of this parameters are often through with longer duration and more patients.
- 2) **Amalaki Rasayan<sup>[15]</sup>:** Its main contents Amla, Chitraka, Pathay, Pippali, Saindhav, etc it helps to get rid of vitiation of 3 Dosha, Agnimandya.<sup>[19]</sup> It acts as a nutritive for all 7 Dhatu.
- 3) **Vata Vidhvansaka Rasa:** It is a Herbo-mineral formulation indicated mainly in Neuritis, Colic pain. It does Vata Pitta Shamana
- 4) **Swadishta Virechaka Vati:** It contains Shuddha Gandhak, Yashtimadhu, Mishreya, Aragvadha and Misri, mainly acts as Sukha Virechaka, Vatanulomaka and Pitta Rechaka. It is mainly given in mild to moderate constipation condition, Shirashoola, Arsha, Kandu etc conditions.
- 5) The herbo-mineral combination i.e. Ashvagandha + Shatavari + Godanti Bhasma given with milk, mainly acts as Pitta Vata Shamaka and Balya.

## CONCLUSION

The line of treatment of Pakshaghat can be changed according to condition of the patient. Here current study shows that if *Yukti Praman* is used specifically by considering *Dosha-Dushya Samurchana*, then one can able see excellent results in disease like *Pakshaghat* also. In this case study the Mokshyana is administered with basic Ayurvedic formulations by which we got excellent results with no any complication. As it is only single case study so it's hard say how the particular formulations might be acted on disease pathology.

**CONFLICT OF INTEREST:** None.

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