

## SYSTEMIC REVIEW ON THE CONCEPT OF KAMPAPAVATA IN AYURVEDA W.S.R TO PARKINSONISM

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### ABSTRACT

*Kampavata* is one among the *nanatmaja vatavyadhi*, many *acharyas* used the term *vepathu* instead of *kampavata*. In modern era, it is closely resembled with Parkinsonism disease (pd) which is one of the most common progressive neurodegenerative disorder. As the word *kampavata* itself suggests that, it is a movement disorder, as the disease progresses it creates hindrance in the day today life activity. So, it becomes necessary to understand the *kampavata* etiopathogenesis properly for better treatment approach. Parkinson's disease is a degenerative disorder. This is one of the most common extra-pyramidal crippling disease affecting the older adults. It is a

syndrome consisting of classical triad of resting tremor, bradykinesia and rigidity. This triad does not include the equally important gait and postural stability problems which also constitutes the syndrome. It is a disease of elderly and its prevalence increases from 1% in people over the age of 65 years to 5% in people over the age of 80 years and affects men and women equally. The disease has insidious onset and is slowly progressive leading to severe morbidity in advanced age. A disease condition '*vepathu*' described in *ayurveda* may be correlated with Parkinson's disease. Generalized involuntary movements of all parts of the body or of the head only, is known as *vepathu*. It is caused by vitiated *vata*. So '*vatahara*' treatment should be given to these patients.

**KEYWORD:** Parkinson's disease, *Kampavata*, *Kampa*, *Vata Nanatamaja Vikara*, *vepathu*.

### INTRODUCTION

Parkinson's disease (PD) is the most common form of a group of progressive neurodegenerative disorders characterized by bradykinesia rest tremors, muscular rigidity,

shuffling gait and flexed posture. Most of the features match with the Ayurveda description of *kampavata*. Worldwide incidence of PD is estimated to be around 7 to 10 million. Its peak onset is in the early 60's but cases can be seen in patients in their 20's progressively debilitating the affected individual (Harrison's Principles of Internal Medicine 18th edition, volume 2, chapter 372, p-3317) More than 1 million cases are suffering from PD per year in India. *Ayurveda* is science that imparts all knowledge of life. Its benefits health and factors responsible for its maintenance and promotion. It is the science which did not start with fundamental understanding but developed from observation of phenomenon which was then classified, analysed and systematised. One of such science is the science of life '*Ayurveda*'. Health is essential for enjoyment of all the worldly pleasures in a righteous manner. *Ayurveda* provides knowledge which is beneficial to life; in short it discusses all aspects of human life. *Ayurveda* is everlasting supreme science of medicine because it deals with every aspects of life. The *Vata* which is the motivator and controller of other two *Dosha*, is responsible for manifestation of almost all diseases. *Vataja nanatmaja vikaras* are eighty in various classics. Major neurological problems come under *Vata vyadhis*. *Kampavata* is one of them. "*Na kampo vayuna vina.*" *Kampavata* is slow progressive disorder of late adult life and is one of the most prevalent and common neurological disorder with more or less equal frequency in all countries around the world. Nearly two centuries have elapsed since disease is known but better treatment is still being sought. *Vyutpatti and Paribhasha Kampa*:-The word *Kampa* is derived from the root Kapi and suffixed by *Ghan* which gives the meaning 'to move' or 'to shake'. *Gatradi chalanam*<sup>2</sup> means shaking or movement in the body. The word *Kampa* conveys the meaning of shaking or tremor. *Vata*:-The term *Vata* is derived from root *Va* and suffixed by *Ktha* "*Va-gatigandhanayaho*". *Vata* is one of the three humours of body *gati* and *Gandhana* are the two important functions of *Vata*. All the motor and sensory functions in the body are governed by *Vata*. The word *Kampavata* means the disorder of impaired *Vata*, in which the prime clinical manifestation is *Kampa*. Definition of Parkinsonism: -Marselen (1994) has defined Parkinsonism disease as "a clinical syndrome dominated by a disorder of movement consisting of tremor at rest, rigidity, elements of bradykinesia, postural and gait abnormalities associated with a distinctive pathology consisting of degeneration of pigmented brainstem nuclei including the dopaminergic substantia nigra, pars compacta with the presence of Lewy bodies.

## REVIEW OF LITERATURE

**Charaka:** -In *Charaka Samhita* *kampavata* is found by the name *Vepathu* and has been included in the *Vata nanatmaja vikaras*.

**Sushruta:** *Sushruta* has mentioned the symptoms like *Chestasanga*, *Sthamba* and *Gurugatrata* in the condition of *Kaphavrita vyana vayu*. *Kampa* have been mentioned as the *Upadrava* of *Prameha*. *Vepathu* is described as symptom in *Sthavara visha vinyana*.

**Kashyapa :-** *Vepathu* has been mentioned under the *Vata nanatmaja vikaras*.

**Sharangadhara:-** He has mentioned *Kampa* under *Vataja roga*. He explained *Shira kampa* under *Shiroroga*.

**Bhavaprakash:-** *Acharya Bhavamishra* has explained symptoms of *Sthamba* and *Kampa* in condition of *Snayugata vata*. He explained even excessive use of *Tikta rasa* will lead to *Kampa*.

**Yogaratanakar:-** He has explained *Sarvanga kampa* and *Shirokampa* under disease *vepathu* in *vata vyadhi*.

**Ashtanga sangrah and Ashtanga hridaya:-** *Kampa* is described as a symptom of *Prakupita vata*. *Kampa* is also described as a symptom of *Sarvanga vata*. Even *Kampa* is mentioned in *Kapha kshaya*, *Pitta kapha kshaya* and *Rasa kshaya* conditions.

**Vangasena:-** He explained *vepathu as sarvanga kampa* under *vata vyadhi*. *Nidana* (Causative Factors) “*Vyadhi utpatti hetu nidanam*”. *Nidana* refers to all the causative factors which are responsible for the initiation and progress of the disease process. Treatment becomes easier by knowing the causative factors of a disease. ‘*Nidana parivarjana*’ is one type of *Chikitsa* which is mentioned in our classics. According to *Ayurveda* consideration of aetiological factors is important for diagnosis, prognosis and line of treatment. *Ayurveda* adopts a holistic approach to the understanding of whole-body physiology by explaining the body functions in terms of three bio factors called *Tridosha* (*vata*, *pitta*, *kapha*). In all applied considerations, the *Vata* system of *Tridosha* represents neuroscience in *Ayurveda*. The *Vata dosha* is responsible for entire neurophysiological phenomena operating the body. When any one takes *Vataja ahara –vihara* in excess amount, *Vata* gets vitiated. When the *Vata dosha* loses its equilibrium due to a wide range of aetiological factors, including tissue degeneration and damage (*dhatu kshaya*) and neuro obstructive diathesis (*margavarana*), it leads to the development of 80 types of *Vata* diseases or neurological diseases. The aetiopathogenesis of Parkinsonism is not precisely known in conventional medicine. Combinations of several factors are involved in development of Parkinsonism. These factors include free radicals, accelerated aging, environmental toxins and genetic predisposition. Specific aetiology of

Parkinsonism is related to aging and it develops in people over 50 years *Samprapti* (Pathology) *Samprapti* means the complete procedure of manifestation of disease. In Ayurveda, no specific structural pathology of *Kampavata* is described other than its identification as a *Vata dosha* disease. The *Vata* diseases as described in *Ayurvedic* classics include a wide range of neurological morbidities, including inflammatory, degenerative, obstructive and functional. The *Vata* diseases may manifest as *Vata vriddhi* (hyper functioning), *Vata kshaya* (hypo functioning) or *Avarana* (masked functioning). The *Samprapti* of *Vata* disease can be explained by this way in conventional medicine, Parkinsonism is described as a chronic progressive disease of extrapyramidal system of the brain where voluntary movements are disturbed with the appearance of involuntary movements and altered muscle tone. The pathology of Parkinsonism essentially involves a loss of dopaminergic neurons in the substantia nigra. The major symptoms are related to deficiency of dopamine. Dopamine is an inhibitory transmitter in basal ganglia. It is one of the three catecholamine neurotransmitters. It is caused by lesions in basal ganglia and is especially associated with damage to the interconnecting system between substantia nigra and corpus striatum. *Roopa* (Clinical features) Many diseases are included under *Vata vyadhi*. They can be listed under these headings- 1 *Vata vyadhi* due to *Avarana* 2 *Ekanga vata vyadhi* (localised) 3 *Sarvanga vata vyadhi* (generalised) 4 *Koshthagata vata vyadhi* 5 *Dhatugata vata vyadhi* *Kampavata* can be taken as *Ekanga* or *Sarvanga vata vyadhi*.

Clinical features of *Kampavata* in Ayurveda are similar to those described for Bradykinesia (abnormal slowness of

- Parkinsonism. The four main features are - voluntary movements, often with Resting tremors (it is a pronation- supination tremor that is described as
- Muscular rigidity (cog-wheel rigidity).
- Diminution of range of movements) "pill-rolling," that is the index finger of the hand tends to get into contact with the thumb and perform a circular Postural imbalance (leading to disturbance of gait and falling). movement together).

Other symptoms are hypophonic dysarthria, monotonous speech pattern, shuffling gait with short steps, decreased autonomic movements, arm swing, masked face, dementia depression, constipation, urinary hesitancy, micrographia and orthostatic hypotension. *Sadhyata* (Prognosis) In Ayurveda, the prognosis of Parkinsonism is not specifically given. Most *Vata* diseases are not curable but the patient may be able to live with the diseases certain degree of

inconvenience and difficulties. As the disease progresses, patients develop rigidity and cannot take care of themselves. In extreme cases, death may occur from the patient's inability to breathe, resulting in aspiration pneumonia or pulmonary embolism. Ayurvedic therapies available can make life much easier and increase life expectancy. Treatment with pharmacological agents or direct electrical stimulation of target areas (thalamus, subthalamic nucleus and globus pallidum) can provide relief in symptoms, good functional mobility for many years and a substantial increase in life expectancy.

*Chikitsa* (Treatment) In Ayurveda *Aushadha* is considered as one of the four-fold constituents of *Chikitsa chatushpada*. *Kampavata* being one of *Vata vyadhi* general line of treatment can be explained here. For better understanding these principles of treatment *Snehana Karma* are explained under three headings-

**1 *Shodhana Chikitsa***:- Following procedures are done under *Shodhana* for *Kampavata-Abhyanga*

- *Swedana Karma*
- *Virachana Karma*
- *Nasya Karma*
- *Basti Karma*

**2 *Chikitsa Shaman***:-Following drugs are *Brihat Chagaladi ghrita* (*Bhaishajya*

- *Nakuladhya ghrita* (*Bhaishajya ratnavali*)
- *Nakula taila* (*Bhaishajya ratnavali*)
- Mentioned in different classics for treatment of *Kampavata- Dhatturadi taila* (*Sharangadhara*
- *Varuni taila* (*Sharangadhara Samhita*)
- *Ksheerabala taila* (*Ashtanga Hridaya*)
- *Rasna taila* (*Bhela Samhita*)
- *Sahacharadi taila* (*Sahasra Yoga*)

*Triguna rasa* (*Sahasra Yoga*)

- *Maha narayana taila* (*Bhaishajya ratnavali*)
- (*Ratnavali*) *Maharasnadi kwath* (*Sharangadhara*

## DISCUSSION AND CONCLUSION

*Kampa* is a cardinal symptom of *Kampavata*. Increased movements are denoted as *Vepathu*, *Spandana*, *Sphurana* etc. as mentioned in Ayurvedic texts. *Vepathu* or *Kampa* is *Kampavata* is a slow progressive disorder of late adult life and is one of the enumerated in *Vata nanatmaja vikaras*. *Ayurveda* takes a unique approach to most prevalent neurological disorders. The management of above mentioned neuropathies with a special emphasis on eliminating their cause by *Panchkarma*, physiotherapy and medicinal treatment with help of a wide range of *Panchkarma* therapy is especially advocated in the treatment of neurological diseases. Different type of *Snehana*, *Swedana* are efficacious. Besides special treatment like *Shirobasti*, *herbal* and *herbomineral* drugs. *Ayurveda* describes a large number of *Shirodhara* and *Basti* therapy are indicated in such diseases. nootropic drugs (stimulating to mental activity) and nervous system tonics (*rasayanas*). With all these Ayurvedic the levodopa content of *Mucuna pruriens* appears to be the basis for the medicines claim good success in practice of neuromedicine. Levodopa is the precursor of dopamine. Levodopa crosses the blood therapeutic effect. brain barrier so it is used to increase Levodopa effects rigidity, slowness, the dopamine concentration in treatment of Parkinson's disease. Levodopa does not slow the disease tremors, balance, gait but does not affect the problems related with involuntary functions. *Mucuna pruriens* endogenously accumulates 1-dihydroxyphenylalanine in process but it improves muscle movement and delays severe disability. Range between 0.2 to 2.0% on a dry in a clinical trial, HP-200 made from body weight basis in tissue culture. *Mucuna pruriens* was found to be an effective treatment for patients suffering from Parkinsonism.

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