

**NIDANPANCHAK AND AYURVEDIC MANAGEMENT OF  
KAMPAVATA WITH SPECIAL REFERENCE TO PARKINSON'S  
DISEASE: A REVIEW**

<sup>\*1</sup>Dr. Shweta Gajanan Wankhade, <sup>2</sup>Dr. Vipul Kanani, <sup>3</sup>Dr. Sapna Upadhyay and  
<sup>4</sup>Dr. Pooja Meshram

<sup>\*1,4</sup><sup>3</sup>rd Year PG Scholar, Rognidan Avum Vikriti Vigyan Department, RTAM, Akola.

<sup>2</sup>Professor, HOD of Rognidan Avum Vikriti Vigyan Department, RTAM, Akola.

<sup>3</sup>Associate Professor, Rognidan Avum Vikriti Vigyan Department, RTAM, Akola.

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**\*Corresponding Author**

**Dr. Shweta Gajanan  
Wankhade**

<sup>3</sup>rd Year PG Scholar,  
Rognidan Avum Vikriti  
Vigyan Department, RTAM,  
Akola.

**ABSTRACT**

Kampavata is a neurological disorder described in Ayurveda, it is characterised by Kampa, Stambha, Nidranasha, Bhrama. As it is parallel to the features of Parkinson's Disease in modern science. Parkinson's disease is a progressive neurodegenerative disorder mainly affecting individuals over the age of 60 years. Kampavata is attributed to the deranged function of Vata Dosha in Majja Dhatu & Sanyu, often exaggerated by age, emotional & mental stress & lifestyle changes. This review article aims to explore the Nidanpanchak and Ayurvedic management of Kampavata and its correlation with Parkinson's Disease. Also allopathic treatment such as Dopamine replacement therapy only focuses on symptomatic relief without addressing its root causes. While Ayurvedic treatment included in classical texts involves Shodhana, Shaman, Rasayana, etc., This all have great effects in reducing symptoms, balancing Doshas (specially Vata) improving

Agni, detoxify body by Shodhan chikitsa & eliminates root causes of disease. Hence it is important to understand Kampavata according to Ayurvedic point of view for its better management and its correlation with modern entity like Parkinson's Disease.

**KEYWORDS:** Kampavata, Parkinson's disease, Vataj Nanatmaja Vyadhi.

## INTRODUCTION

In Ayurveda, Kampavata is classified under Vataj Nanatmaja Vikaras,<sup>[1]</sup> means a disorder exclusively caused by Vataj Dosha. The word 'Kampa' means tremors/ Shaking & 'Vata' signifies the vitiated Dosha responsible for the disease manifestation. It is characterized by Dehabhramane (Postural instability), Karapada Tale Kampa (tremors in hands and feet), Matiksheena(dementia) & Nidrabhanga (sleeplessness). This are closely similar to the clinical features of Parkinson's disease in modern science.

Parkinson's Disease is a most common form of group of progressive neurodegenerative disorders characterized by the clinical features of parkinsonism, including Bradykinesia, resting tremors, muscular rigidity, Shuffling gait & Flexed postures.

The prevalence of Parkinson's Disease is high globally & it is commonly seen in geriatric age group. The Allopathic treatment available is mainly works on motor symptoms and not on overall well being. While in Ayurveda it is treated with Shodhana, Shaman & Rasayana. So this review highlights the Ayurvedic concepts of Kampavata and it's correlation with Parkinson's Disease.

## AIMS AND OBJECTIVES

To study Nidanpanchak and Ayurvedic management of Kampavata with special reference to Parkinson's Disease.

## MATERIAL

Ayurvedic Samhitas, Other Ayurvedic textbooks, Modern textbooks, Research Articles, Research Journals, Websites related with research article, etc.

## METHODS

Assemble Ayurvedic literature material on Kampavata, also gather all information related with Parkinson's Disease. In this review article, all the references from Ayurvedic classical text & respected commentaries regarding Kampavata & Parkinson's Disease are mentioned.

## DISEASE REVIEW

### KAMPAVATA<sup>[2]</sup>

Kampavata is a condition where aggravated Vata Dosha leads to persistent tremors in the body.

**NIDANA**

Nidanas of Kampavata are not mentioned directly but as this disease is aggravated by Vata Dosha, Improper dietary habits, Stress and Lifestyle Changes. The common etiological factors included are as follows:

- Diet – cold, light & dry foods
- Lifestyle – Sleep disturbance, excessive physical activity & cold exposure
- Psychological- Emotional & mental stress, anxiety, worry, etc.,
- Aging – Natural increase in Vata Dosha with increase in age.

**PURVARUPA**

Specific Purvarupas of kampavata are not mentioned in classical text. But as Kampavata is listed under Vata Vyadhi. Purvarupas of Kampavata are considered as Purvarupas of Vata Vyadhi.

**LAKSHANAS<sup>[3]</sup>**

- Kampa Karapade
- Deha Bhramanam
- Nidra Bhanga
- Mati Kshainyam
- Sthambha
- Chestahani

**UPASHAYA**

- Vata pacifying Herbs and therapies like basti, snehan, swedana.
- Diet including warm and nourishing food.
- Rest and stress management
- Avoid cold exposure and physical exertion.

**SAMPRAPTI**

Hetu sevan (Vataprakopak Ahara Vihara)

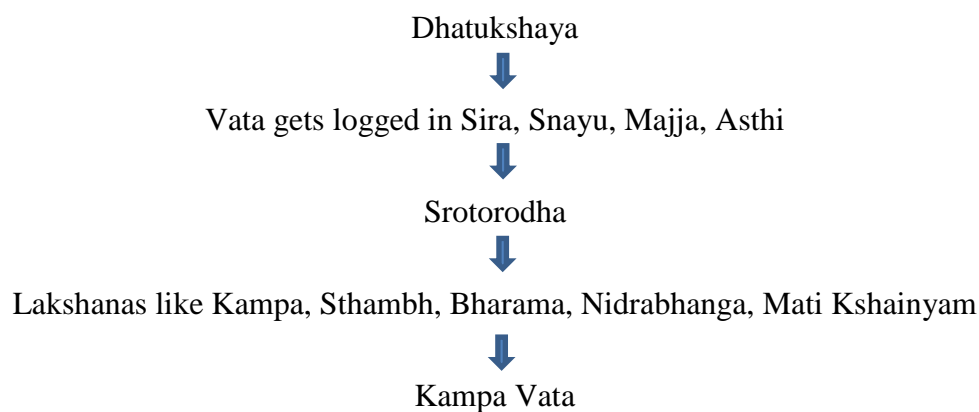


Vata Dosha Prakop



Majja, Rasa, Mamsa dhatu dushti





### SAMPRAPTI GHATAK

<b>Dosha</b>	Vata, Kapha
<b>Dushya</b>	Rasa, Mamsa, Majja, Ojas
<b>Srotas</b>	Majjavaha, Rasavaha, Mamsavaha
<b>Srotodushti</b>	Sanga, Vimargagaman, Aatipravrutti
<b>Agni</b>	Jatharagni, Dhatvagni
<b>Udbhavsthan</b>	Pakvashay
<b>Vyaktistan</b>	Kara, Pada, Sarvang
<b>Adhithana</b>	Mastishka, Nervous system
<b>Roga marga</b>	Bahya
<b>Vyadhi Swabhav</b>	Chirkari(Chronic)
<b>Sadhya-Asadhya</b>	Krichrasadhya

### MODERN REVIEW

#### PARKINSON'S DISEASE<sup>[3]</sup>

Parkinson's disease is a idiopathic, slowly progressive degenerative disease of central nervous system that affects movements, often including tremors.

#### ETIOLOGICAL FACTORS<sup>[3]</sup>

1. Dopamine deficiency
2. Secondary causes
  - Infection :- Encephalitis, Cysticercosis
  - Drugs:- Reserpine, Metochloparamide, Phenothisazines
  - Vascular :- Hypertension, Atherosclerosis
  - Toxic:- Cyanide, Carbon disulphide poisoning
  - Trauma:- Head Injury
  - Degenerative :- Alzheimer disease

**CLINICAL FEATURES<sup>[4,5]</sup>**

<b>MOTOR FEATURES</b>	<b>NON MOTOR FEATURES</b>
<ul style="list-style-type: none"> <li>• Resting tremors</li> <li>• Rigidity</li> <li>• Bradykinesia</li> <li>• Shuffling gait</li> <li>• Speech disturbance</li> </ul>	<ul style="list-style-type: none"> <li>• Depression &amp; Anxiety</li> <li>• Sleep disturbance</li> <li>• Anosmia</li> <li>• Cognitive Impairment</li> <li>• Sensory abnormalities</li> </ul>

**PATHOPHYSIOLOGY**

Degeneration of the Dopamine producing neurons in the Substantia nigra of Midbrain



Loss of Dopaminergic Neurons, Lewy Body



Dopamine insufficiency



Impaired Basal Ganglia Function



Motor symptoms like resting tremors, rigidity. Bradykinesia, Shuffling gait occurs



Parkinson's Disease

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

<b>DRUGS AFFECTING BRAIN DOPAMINERGIC SYSTEM</b>	
<b>Dopamine precursor:</b>	Levodopa
<b>Dopaminergic Agonists:</b>	Bromocriptine, Ropinirole, Pramipexol
<b>COMT Inhibitor:</b>	Entacapone, Tolcapone
<b>Peripheral decarboxylate inhibitor:</b>	Carbidopa, Benserazide
<b>MAO-B inhibitor:</b>	Selegiline, Rasagiline
<b>DRUGS AFFECTING BRAIN CHOLINERGIC SYSTEM</b>	
<b>Central Anticholinergic:</b>	Trihexyphen, Procyclidine, Biperiden
<b>Antihistaminics:</b>	Orphenadrine, Promethazine

**Surgical Option:** Deep Brain Stimulation (DBS) – Electrodes implanted in the brain to reduce motor symptoms.

**Supportive Therapies:** Physiotherapy, Speech therapy.

**AYURVEDIC MANAGEMENT**

The Ayurvedic management of Kampavata focuses on balancing Vata Dosha, nourishing Majja dhatu & Snayu as well as rejuvenating nervous system. The line of treatment are as follows.

**NIDANPARIVARJAN**

Factors which are responsible for manifestation of disease should be avoided first such as Vata aggravating diet, cold, dry & Stale food, stress, fasting, over exertion, etc.

**SHODHANA CHIKITSA**

KARMA	PURPOSE OF KARMA	DRUGS
Snehan	Internal/External Oilation to pacify Vata.	Bala Tail, Mahanarayan Tail, Mahamasha Tail
Swedan	Reduces stiffness	Sarvang Bashpa Sweda, Patra pinda Sweda
Mrudu Virechan	Eliminates aggregated Pitta & Vata dosha	Avipattikar Churna, Eranda sneha, Nishottar
Matra Basti	Eliminates vitiated Vata dosha	Sahachar Tail, Satpushpa
Niruha Basti	Eliminates vitiated Vata Dosha & Mala	Dashamoola, Eranda Mool
Anuvasan Basti	Eliminates Ruksha, Laghu, & Sheeta guna of Vata	Ksheerbala Taila, Bala Taila, Ashwagandhadi Taila
Nasya	Works on Nervous system	Mashadi kwath, Mansyadi kwathl
Shirobasti	Calming effects on Nervous system	Ksheerbala Taila, Mahanarayan Taila, Mahamasha Taila
Shirodhara	Calming effects on CNS	Ksheerbala Taila, Mahamasha Taila

**SHAMAN CHIKITSA**

<b>Churn</b>	Kapikacchu, Dashmool, Kakoli, Ksheerkakoli, Ashwagandha, Brahmi, shankhpushpi
<b>Guti/Vati</b>	Brahmi Ghan Vati, Mahayograj Guggulu, Mahavatavidhvansa Rasa, Ekangvir Rasa, Sameerpannag Rasa, Sarvangkampa Rasa
<b>Taila<sup>[7]</sup></b>	Nakula Taila, Mahanarayan Taila, Narayan Taila, Sahacharadi Taila, Rasna Taila, Ksheerbala Taila, Mashadi Taila, Mahamasha Taila, Varuni Taila
<b>Ghrita<sup>[7]</sup></b>	Nakulandhya Ghrita, Brihat Chagaladi Ghrita, Ashwagandha Ghrita
<b>Kwath</b>	Maharasnadi kwath, Devdarvadi kwath
<b>Arishta</b>	Dashmularishta, Ashwagandharishta, Balarishtam, Saraswatarishta
<b>Rasayan</b>	Kapikacchu, Ashwagandha Rasayan, Amalaki Rasayan, Guduchi, Brahmi, Bala, Shankhpushpi, Yastimadhu, chavanprasham,

**EFFECTIVE PROPRIETARY DRUGS:** Vanari Kalpa, Cap. Palsineuron, Cap. Roy Nuron Zandopa powder, Palsi Oil for massage.

**PATHYA- APATHYA**

PATHYA	APATHYA
Snigdha, Ushna, Guru, Madhur Ahara Regular sleep, Abhyanga Swedana Yoga, Pranayana, etc	Laghu, Ruksha Ahara Diwaswpa, Ratri jagrana Ati Shrama Vyayama Chinta, Bhaya, shoka, Vega vidharan, etc.

## DISCUSSION

Kampavata is a neurological disorder related with Parkinson's disease in modern science, The allopathy treatment available on this primarily focuses on symptomatic control without addressing underlying neurodegeneration. Also treatment like levodopa, dopamine agonists, MAO-B inhibitors, COMT inhibitors offers faster symptomatic relief, however these medication do not stop disease progression and are associated with long term side effects. Over the period of time patient may face drug tolerance, requiring higher doses of medicine or additional medication. Also this lacks holistic approach to patient care, ignoring aspects like diet, mental health, which are important in chronic diseases like Parkinson.

Ayurveda, on other hand offers a comprehensive & holistic approach that focuses on the root cause of disease rather than only suppressing the symptoms. Also Nidanpanchak framework provide detail understanding of disease progression. According to Ayurveda Kampavata is caused by aggrevation of Vata Dosha, particularly affecting the nervous system. Treatment available in Ayurveda is herbal formulation, lifestyle modification, diet, detoxifying & rejuvenating therapy like Snehana, Swedana, Abhyanga, Basti, Mrudu Virechana, Shirodhara & Shirobasti.

**Snehana:** Properties of Snehana like Snigdha, Manda, Guru, Mrudu, Sthira are opposite to the properties of Vata. Hence Snehana helps to pacify aggravated Vata, which is the root cause of Kampavata.

**Swedana:** Swedana having Snigdha, Ushna, Drava properties it soften the stiff joints and muscles & promote better movements.

**Abhyanga:** Abhyanga having Snigdha, Ushna, Mrudu, Vata pacifying properties, it improves circulation, reduces stiffness & tremors, improve neuromuscular coordination & promote overall relaxation.

**Basti:** Basti is the most effective therapy for Kampavata. As it balances Vata Dosha, which is the root cause of this condition. By this therapy all disturbed body elements fall into rhythm & equilibrium.

**Mrudu Virechana:** This therapy does Agnideepan and Supports better absorption of medhya rasayana. Also it does the Koshthashuddhi without aggravating Vata Dosha.

**Shirodhara & Shirobasti:** This combinedly calms the central nervous system, improve mental function, reduces tremors, restore motor function & also it slow down progression of Kampavata.

**Nasya:** As per Aacharya Vagbhata 'Nasa hi Shiraso Dwaram'- the nose is the gateway of head. It directly influences the nervous system & enhances brain function by delivering medicated oils through nasal route.

This above mentioned therapies aims to balance the Doshas, nourish the nervous system & slow down the degeneration process. This have very few side effects & promote overall well being. In this way, Ayurvedic management of Kampavata Stands out as a more balanced, natural & holistic strategy aimed at improving both functional capacity and quality of life in patients.

## CONCLUSION

Kampavata as understood In Ayurveda by its Nidanpanchak, offers a comprehensive and holistic approach to conditions like Parkinson's disease by focusing on the impact on the nervous system. While modern medicine targets symptoms management through dopaminergic therapies, Ayurveda emphasizes restoring balance through Panchkarma. Vatahar Chikitsa & Rasayana therapy, aiming for both symptomatic relief & long term rejuvenation. Integrating ayurvedic principles with contemporary understanding can offer a broader approach to managing neurodegenerative disease like Parkinson's disease.

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