

**ROLE OF TRIDOSHA SIDDHANTA IN THE MANAGEMENT OF
KAMPAVATA W.S.R.T PARKINSONISM****Reena Shivasgar Mishra***

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ABSTRACT

Parkinson's disease known as Kampavata in Ayurveda, is a degenerative neurological disorder of central nervous system, mainly affecting the motor system. It is most common extra pyramidal crippling disease with a prevalence of 1% of total population. On the basis of sign and symptoms; Parkinson's disease is described under Vata Nanatmaja vikara in Ayurveda. Symptoms like Kampa (Tremor), Stambha (Rigidity), Chestasanga (Bradykinesia and Akinesia), Vakvikriti (disturbance in speech) etc. were described in different contexts of Charaka Samhita, Susruta Samhita and Basavarajeeyam. Because of non-availability of curative treatment in modern science, this disease has remained as a great problem in the aging society.

Study is about management of known case of Parkinson's disease with multimodality treatment in the form of Panchkarma procedures such as Abhyanga (Dashmool Tail), Svedana (Dashmoola Kwatha), Shirobasti (Ksheerbala Taila), Nasya (Ksheerbala Taila) and Mustadi Yavana Basti.^[3] Significant improvement was found with Panchkarma along with oral medicines. Assessment was done on the basis of signs and symptoms, bradykinesia and functional activities.

INTRODUCTION

Tridosha Siddhanta explains about the biostatic energies i.e. Vata. Pitta and Kapha. Balance and imbalance of these biostatic energies is health and disease respectively. Thus, the three doshas are the primary essential constituents of the living being.

Of these, Vata dosha is the motivator and controller of other two doshas and is responsible for manifestation of almost all diseases.^[1]

In various classics, eighty types of Vataja nanatmaja vikaras has been explained. Major neurological problems comes under Vatavyadhis and Kampavata is one of them under the synonyms of vepathu, spandan, kampan.^[1]

“Nakampovayunavina”

Kampavata means the disorder of impaired Vata, in which the prime clinical manifestation is Kampa.^[1,2,4]

In modern science Kampavata vyadhi shows resemblance with clinical features of Parkinsonism. Parkinsonism syndrome is a slowly progressive neurodegenerative condition affecting the basal ganglia resulting in disturbance of motor function in body.

It is characterized by bradykinesia, tremors, shuffling gait, flexed posture, and muscle rigidity. The prevalence of Parkinson's disease is 1% of total world population and most commonly found in the early onset of 60s. The neurological disorder as understood in the modern science are considered to be due to imbalance of vata dosha. Ayurveda takes a unique approach to the management of these neuropathies.

AIM AND OBJECTIVES

Aim -To understand the role of Tridosha siddhanta in management of kampavata vyadhi.

Objectives -

1. To compare the kampavata vyadhi with Parkinson's disease.
2. To enlighten the applied aspect of Tridosha siddhanta in Kampavata vyadhi

MATERIALS AND METHODS

Ayurvedic literature related to the Tridosha siddhanta and Kampavata vyadhi were searched. Books related to modern aspects of Parkinson's disease were studied. Other research journals, papers, books related to Kampavata were also explored to collect the matter. Clinical trial experiences also taken in the study matter for pratyaksha gyan with practical view.

Literary review

Tridosha siddhanta – In Ayurveda the pivotal concept is the theory of Tridosha signifying the bio entities viz -vata, pitta, kapha which forms the basis for understanding the disease process and for evolving treatment strategies. Tridosha is formed by the five elements viz. ether, air, fire, earth and water. These entities are collectively responsible for the overall physical,

physiological, psychological and in fact all type of activities of a person. The concept of prakruti of individuals also is the applied aspect of these Tridoshas.

Vata is considered to represent psychomotor activities, Pitta the digestive and metabolic activities and Kapha the growth aspects.

However, vata enjoys a supreme position as life force and the other two are considered as a subordinate.

Dosha	Elements	Attributes	Functions	Sub types of doshas
Vata	Air and Ether	Dry Light Cold Rough Subtle Mobile Clear	In balance- governs breathing, blinking, muscle and tissue movement, the pulsation of the heart, and all the movements in the cytoplasm and cell membranes, promotes creativity and flexibility. Out of balance -vata produces fear, anxiety, and abnormal movements.	Prana, Udana, Samana, Apana, and Vyana.

Vata dosha

Pitta dosha

	Elements	Attributes	Functions	Sub types of doshas
Pitta	Fire and Water	Hot Sharp Light Liquid Mobile Oily	In balance– governs digestion, absorption, assimilation, nutrition, metabolism, body temperature, pitta promotes understanding and intelligence. Out of balance	Pachaka Ranjaka, Sadhaka Alochaka, and Bhrajaka.

			-pitta arouses anger, hatred, jealousy, and inflammatory disorders.	
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Kapha dosha

Dosha	Elements	Attributes	Functions	Sub types of doshas
Kapha	Water and Earth	Heavy Slow/dull Cold,Oily Liquid Slimy/smooth Soft,Static,Sticky, Hard, Gross	In balance -the energy that forms the body's structure, and provides cohesion that holds the cells together. Kapha supplies the water for all bodily parts and systems. It lubricates joints, moisturizes the skin and maintains immunity Out of balance - leads to attachment, greed, possessiveness and congestive disorders.	Kledaka, Avalambaka, Bodhaka, Tarpaka and Shleshaka.

Kampavata

The word kampa is derived from the root kapi and suffixed ghan which means 'to move' or 'to shake'.

“Gatradi chalanam”^[6] – means shaking or movement of body.

“Va gati gandhanayoha”^[5]

Vata is one of the three humours of body.

Gati and Gandhan are the two important functions of vata i.e. all the motor and sensory function in the body is governed by vata.

The term kampavata is defined as one of vataja disorder which has cardinal sign of kampa.

Samprapti ghataka

Dosha – vata (Prana, Udana, Vyana)

Dushya – Mastulunga Majja, Snayu

Srotas – Vatavaha

Srotodushti – Atipravrutti

Udbhavasthan – Pakvashayaya

Adhishthan – Mastiksha

Vyaktasthan – Sarvashareera

Vyadhimarga – Madhyama

Upshaya and anupshaya – The factors that aggravates vata is considered as anupshaya and that pacifies vata can be upshaya

Parkinson's disease^[10,11,12]

Parkinson's Disease is believed to be due to a combination of genetic and environmental factors. The factors as ageing, neuro-degenerative changes, increased free radical and iron content in the Substantia Niagra, repeated head injury contribute in the pathogenesis of this disease.

There are four cardinal motor symptoms of Parkinson's disease which include -tremor, rigidity, bradykinesia or postural instability.

Current drug therapies for Parkinson's disease with Levodopa or various dopamine receptor agonists offer symptomatic relief and appear to have little effect on the neuro-degenerative. The common side effects of levodopa are psychiatric problems, dyskinesia, and the wearing-off-effect (loss of effectiveness).

Relation of dosha with symptoms of parkinson's disease.^[8]

Symptoms	Relation of Dosha
Stambha (Rigidity)	Stambha caused due to sheeta guna of vata. Aggravated vata causes dushti in Snayu which results in stambha. Avarana of Vyana vayu by Kapha leads to stambha.
Cheshtasanga (Bradykinesia)	Disturbance in function of Vyana vayu leads to Cheshtasanga.
Avanamana (Flexed posture)	Avanamana means to bend down. Vagbhata mentioned Avanamana as a sign of aging with Vata dominant in old age and aggravated Rooksha Guna of vata.

Gatisanga (Gait abnormalities)	Gati is function of Vyana vayu. Avarana of Vyana, Udana, Prana vayu by Kapha manifest with symptom of restricted movement. Gati function is assisted by mansa dhatu, snayu and asthi dhatu. Impairment in any of these causes Gatisanga.
Vaka Vikriti	Vaka is function of udana vayu. Ruksha guna of vata responsible for obstructed, low, broken voice. Charaka mentioned Vakaswaragraha is due to Avarana of Udana Vayu by Kapha.
Nidrabhanga (sleep disturbance)	Due to anxiety and depression Vata gets aggravated and causes disturbance in sleep.
Matiksheena (Dementia)	Prana vayu, Udana vayu and Sadhaka pitta supports Buddhi. The impairment of Prana, Udana vayu and Sadhaka pitta lead to matiksheena.
Vishada (Depression)	Udana vayu related with functions of mind. Prana vayu supports all indriya. Thus derangement in function of Prana, Udana vayu and Sadhaka pitta and impaired dhatu like rasa, ojas leads to Vishada.
Smritihani	Impairment in Udana vayu function in Smritihani
Vibandha (Constipation)	Dushti of Apana vayu causes constipation.

Management^[7]

- **Snehana** -Snehana does balvardhana, agnivardhan and nourishes shushka dhatus.
- **Swedana** - It cures Stambha, Shoola, Guruta and Sheetata.
- **Basti chikitsa** - Basti is said to be the best treatment for vitiated Vayu, which is the chief cause of Kampavata. Due to its vast action, it is considered as the complete or half of the treatment.
- **Niruha basti** – Eliminates mala and dosha from all srotas and relieves stambha ,stabdhata and constipation.
- **Anuvasana basti** –It destroys the rooksha, laghu and sheeta guna of vata by their snigdha, guru and ushna properties.
- **Virechana** –Mrudu virechana with snehasamyukta drugs is advised in this vyadhi. It gives bala to indriya, does agnideepana and koshtashuddhi.
- **Nasy.**
- **Shaman chikitsa** – Sahacharadi taila, Mahanarayan taila, Mahamasha taila, etc.

Triguna rasa, Kanakasundar rasa, etc.

Saraswatharishtam, Ahwagandharishtam

Panchatikta ghrita guggulu, Brahmi vati, Vatakulantaka Rasa, Vatagajankush Rasa, Brihatvatachintamani Rasa, etc.

DISCUSSION

- Vata dosha is the motivator and controller of other two doshas, is responsible for the manifestation of all neurological disease.
- Kampavata is one of them manifest with “karpadatale kampa”(tremors), dehabhramana (postural instability), matiksheena (dementia), cheshtasanga (bradykinesia), vakavikriti and Nidrabhanga.
- Direct reference of kampavata in Ayurvedic classic is rare. Thus the condition is referred by various names for kampavata, vepathu, shirakampa, kampana, vepana.
- Basavrajeeyam explained for the first time kampavata with clinical features similar to that of Parkinson’s disease.
- In kampavata the responsible factors are aggravated vata dosha, Avarana of vata with kapha, dhatukshaya and aptarpana.
- The treatment that pacifies vata and kapha dosha can manage kampavata and ultimately relieves the symptoms of Parkinson’s disease.

CONCLUSION

- Parkinson’s disease can be compared with Kampavata according to Ayurveda.
- According to Samhitas, Vata shamaka treatments such as Abyanga, Swedana, Nasya, Virechana and Basti is effective for treatment of kampavata. Both Samshodhana and Shamana Chikitsa plays an important role and can improve the activities of daily living of a Parkinson disease patient.
- This treatment can also relieves the symptoms like tremor, rigidity etc. which indicate the similarity of management in both cases.
- Hence, Ayurveda has a unique approach towards Parkinson’s disease and the concept of Tridosha siddhanta plays an important role for better diagnosis and management of kampavata.

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