

## AN AYURVEDIC REVIEW ON KAMPAVATA

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## ABSTRACT

Kampavata is a vatic disorder. In charak samhita, it is described as “VEPATHU” under 80 types of vataja nanatmaja vyadhi. It's nidana, lakshana, chikitsa are described in Madhava nidan, Basavarajeeyam, Bhaisajyaratnava. It co-releates with Parkinson's Disease in modern science. In modern science it is a progressive disease of the neurodegenerative disease. Parkinson's disease is prevalent all over the world and has no definitive treatment in modern science but in Ayurveda, it is the ocean for vatavyadhi chikitsa. In AYURVEDA, the first treatment is to equilibrium the vata dosha and secondly, to sustain the neurotransmitter by shaman, shodhana, rasayan therapy.

**KEYWORDS:** Kampavata, Vatavyadhi, Parkinson's Disease.

## INTRODUCTION

Ayurveda is a comprehensive science to deal with the ailments of mind and body and is in existence right since the ancient period. Parkinson's disease is a disorder that has been known and studied through a longer past. The Indian medical system of Ayurveda has adequate details about this disease and it is called the Kampavata. In modern times, James Parkinson, in 1817 published an Essay titled, “An Essay on shaking palsy in which he described in details various aspects of the disease. A French neurologist Jean Martin Charcot further documented the importance of Parkinson's work and named the disease after him in early 1860s.

Parkinson's disease is a gradually enlightened degenerative neurological disorder which typically impair the patients motor skills, speech, writing as well as some other function suffers often have a fixed inexpressive face, tremor at rest, slowing of voluntary movement (bradykinesia), an unusual posture and muscle weakness. In extreme cases there is a loss of physical movement. It is also associated with degeneration of basal ganglia in brain and deficiency of neurotransmitter i. e DOPAMINE.

According to Ayurveda Kampavata is a Nanatmaja disorder of Vata. In time of Charaka and Sushruta. Cluster of symptom like Kampa (tremor), Stambha (rigidity), Chestasanga (bradykinesia and akinesia), Vak-Vikriti (disturbance in speech) etc. were described in different context but they were not clubbed as part of one disease. As a separate clinical entity of Kampavata was first narrated by Acharaya Madhavakara under the name of Vepathu. However it was the Basavrajyayam who for the first time gave an ambiguous description by explaining the clinical picture of Kampavata as and all these clinical sorts are analogous to that of Parkinson's disease.

## **VYUTPATTI AND PARIBHASHA**

Kampavata is a combination of words 'Kampa' and Vata. Each of these aspects are discussed in brief in following.

### **Kampa**

The word Kampa is a masculine in gender. It is derived from the root Kapi and with a suffix Ghan it takes a form Kampa, meaning "moving or shaking". It is "shaking", i.e. "Gatradi chalanam"<sup>7</sup> which creates shakes or movements in the body. This word denotes shaking or tremor.

### **Vata**

The word Vata is also a masculine gender. It is formed with a root of Va suffixed with ktha.<sup>9</sup> It has the impact on three of the body functions "Va-gatigandhanayoho"<sup>10</sup> Vata is most important for conduction of three of the major body functions. Gati and gandhana are two the imperative functions of Vata i.e. Vata monitors the sensory and motor functions of body. Kampavata is a disorder or malfunction of Vata and therefore it is called a Vataj disorder. When Kampavata is mentioned it is the disorder of Vata and has a cardinal sign of Kampa. It is Vata impairment and is visible through Kampa.

**Nidana**

“Vyadhi Utpatti Hetu Nidanam” Nidanas are the causative elements accountable for Vyadhi Utpatti. For Kampavata, there are no specific Nidana noted in classic. But Acharya’s have noted that all the Samanya Vatavyadhi Nidana are accountable for Vepathu, that to Ati Laghu Sheeta and Alpa Anna Ativyavaya, Vishamaupachara, Ati Asruka Sravana, Aticheshta, Dhatu Kshaya, Roga Atikarshana, Marmaghata, Abhighata. Even though Acharya Madhavanidan and Basavrajyiam have given the certain clarification about the Kampavta. They have additionally regarded Samanya Nidana of Vatavyadhi are Nidanas for Kampavata.

**Roopa**

The word Kampa is viewed in a number of context of the Brihatrayi like in Aavaran Prakaran in Vyana Avrita Kapha, as a long term complication of Dushivisha and Ardita one of the sign and symptoms of Vata Vridhi etc. But the specific clarification about its Roopa and types have been given via Madhavakara and Basavrajyiam.

According to Madhavakara “Sarvanga Kampaha Shiraso Vyapathu Sandnyakam” he defined that there is Kampa in whole body or Kampa in Shiras. Here the word, Shiraso not only indicates head but it also represents any part of the body. Therefore, from this we can conclude that Madhavakara has considered two types of Kampavata that is Sarvanga Kampavata and Ekanga Kampavata.

**According to Basavrajyiam**

“Karapadatale kampo dehabhramanadukhite nidrabhagno matiksheena kampavatasya lakshanam”.

He defined that there is Karapadatale Kampa (tremors in extremities), Stambha (rigidity), Cheshtasanga (bradykinesia), Dehabhramana (Postural instability) Nidranasha (insomnia) Ksheenamati (dementia).

He additionally categorized it as

Ekbahukampashcha vikaraschyapi dehinaam mahadukhadivaratro bahukampaschya lakshanam”.

Kampa as a Samanya Lakshan is seen in Vatanubandhi Aamlapitta, Vatika.

Parinamashoola, Vatika Jwara, Sannipatika Jwara (Hina Pitta Madhya Kapha Vatanubandhi), Krodhajanya Jwara, Mushika Danshajanya Jwara, Vataj Pandu, Vataja Madatyaya, Smaronmada, Vataja Visarpa Lakshana, Ardita, Kalay Khanja, Urustambha.

### **Samprapti**

Kampavata is considered as Vataja Nanatmaja Vikara under the title of Vepathu. “Na Kampo Vayuna Vina” without Vata there is no Kampa formation So, we can conclude that like other Vata Vyadhis, Samprapti of Kampavata can be studied by two ways i.e. Dhatukshayajanya and Margavarnajanya (Kaphavrita Vyana, Udanavrita Vyana). The Dosha involved in Kampavata is Vata and Kapha. That is Vyana Vata and Udana Vata, as the function of Utkshepana, Apkshepana, Unmesha, Nimesha, Vak pravrutti, Urja, Bala and Smriti are hampered respectively. Mainly the Chala, Laghu, Ruksha and Sheeta Guna of Vata with Sheeta Guna of Kapha will be increased. Due to old age and Vataprakopakar Ahar Vihar Vata aggravates and vitiates the rasa Dhatu and travels all over the body Prasara Avastha producing Vata Vridhi Lakshanas. Vata may relocate in any weak Dhatu Sthana Samshtaya. When pre-existing weakness is seen in brain Vata (Vyana, Udana Prana) goes and resides there and damages the brain stem causing altered coordination. and tremors. Vyana Vata entering in to Mamsa Dhatu leading to rigidity due to Prana Vata it produces Ksheenamati.

Vata – All five types especially Prana, Vyana, Udana,

Pitta: - Sadhak-Pitta

Kapha – Tarpak-Kapha

Dushyas: Dhatu – Rasa, Majja, Shukra, Mamsa,

Upadhatu: - Snayu, Ojas

Mala: - Purisha, Vitsneha

Srotas: - Rasa-vaha, Shukra-vaha, Majja-vaha, Mamsa-vaha

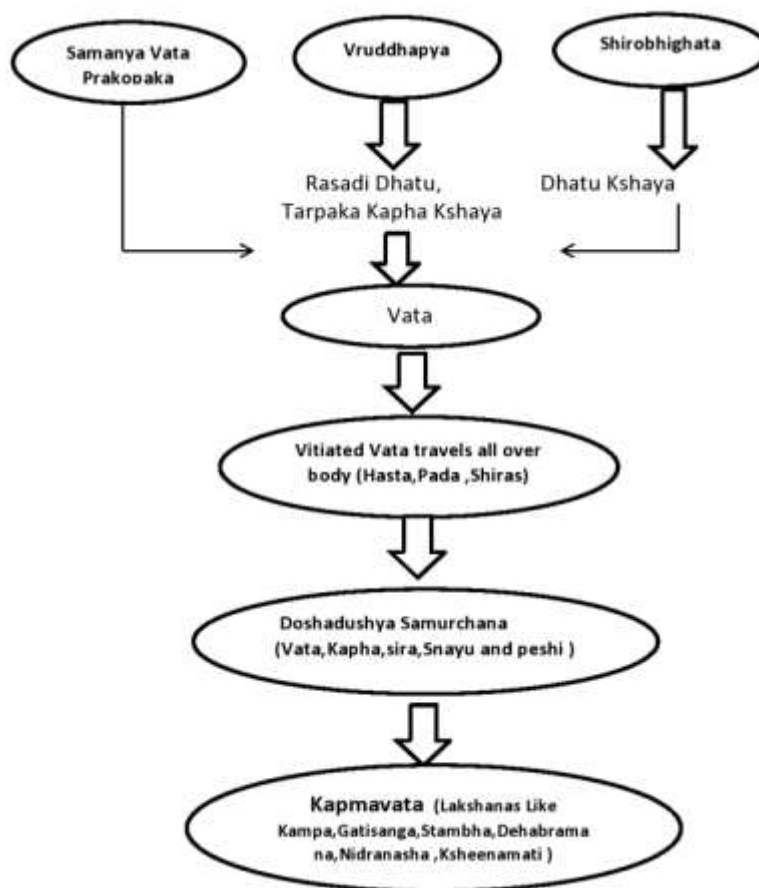
Type of srotodushti - Sanga.

Agni: - Jatharagni

Marga: - Madhyama Marga

Site: - of production – Pakvashaya, Shirastha Majja

Manifestation – Sarvanga.



## DEFINITION OF PARKINSON'S DISEASE

Marsden (1994) has demarcated Parkinson's disease as "a clinical syndrome dominated by a disorder of movement consisting of tremor at rest, rigidity, elements of bradykinesia, postural and gait abnormalities accompanying with a distinctive pathology, consisting of degeneration of pigmented brain stem nuclei including the dopaminergic substantia nigra, pars compacta, with the incidence of lewy bodies in the remaining cells."

Alternative expression of Parkinson's disease: - Parkinson's disease is also called with following names.

**Shaking Palsy:-** Since James Parkinson an English Physician wrote an essay on this disease in 1817 and described this disease as shaking palsy is also known as Shaking Palsy.

**Paralysis Agitans:-** Marshal Hall in 1841 described Parkinson's disease as Paralysis agitans. This is a conversion of the Latin words for shaking palsy.

**CLINICAL FEATURE****CARDINAL FEATURE**

1. REST TREMOR
2. BRADYKINESIA
3. RIGIDITY
4. POSTURAL DISTURBANCE

**MOTOR SYSTEM**

1. Micrographia
2. Mask face
3. Soft voice
4. Dysphagia
5. Difficulty in shoelace tying for buttoning or clothes
6. Difficulty in rolling over head

**NON MOTOR SYSTEM**

1. Anosmia
2. Sensory Disturbance
3. Mood Disorders
4. Sleep Disturbance
5. Vision Problem
6. Speech & Swallowing problem
7. Drooling Problem

**PATHOGENESIS**

Degeneration of Brain cell / Antipsychotic Drugs for Long Time / Toxins / Other Causes



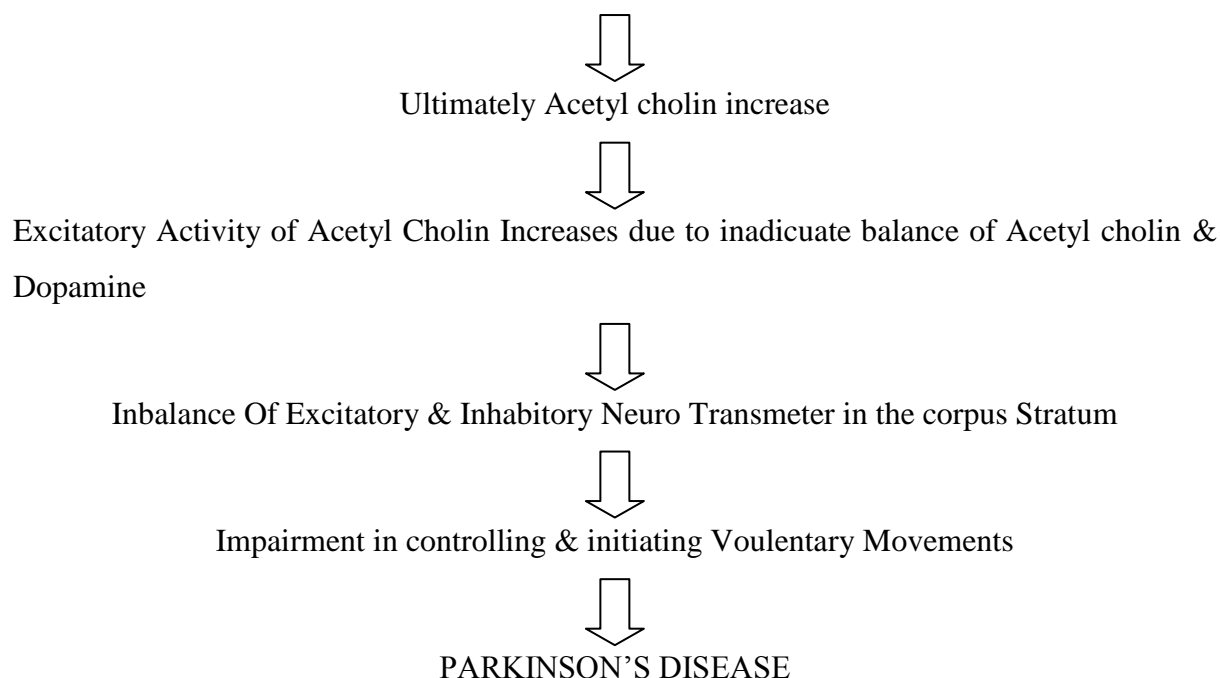
Affect The Substantia Nigra of Basal Ganglia of Brain



Destruction of Dopaminergic Neurons Present in Basal Ganglia



Reduces the amount of available striatal Dopamine



## INVESTIGATION

### **PATHOLOGICAL**

Haemoglobin, Erythrocyte sedimentation rate, Urine (RE, ME), FBS, PPBS, Thyroid profile, Lipid profile.

### **RADIOLOGICAL**

CT- SCAN OF BRAIN, MRI OF BRAIN, EEG, DAT- SCAN.

### **NEUROLOGICAL**

- Finger – Nose test
- Finger tapping
- Hand grip
- Supination-pronation
- Toe tap
- Sitting-standing test
- Pull test

N.B- There are two assessment scales, which are used clinically to know whether there is Parkinson's Disease present or not. i.e.

1-MODIFIED HOEHN & YAHAR SCALE

2- UNIFIED PARKINSON'S DISEASES RATING SCALE (UPDRS)

**Chikitsa**

Kampavata is one of the Vataja Nanatmaja Vyadhi so Vatahara line of therapy have to be adopted. Based on Samprapti that is Margavarodhajanya Samprapti and Dhatukshayajanya Samprapti a number of Shodhana and Shamana methods are adopted.

For better understanding these principles of treatment are explained i.e,

Shodhana

Shamana

Rasayan

Other treatment are also used,

Abhyanga

Swedana

Virechana

Anuvasana vasti

Niruha vasti

Shirobasti

**Shamana Oushadhi**

1. Sarvanga Kampa Rasa
2. Trigina Rasa
3. Kanakasundar Rasa
4. Vatarakshasa Rasa
5. Nakula Tail
6. Dwitiya Mashataila
7. Bala Arista
8. Aswangandharista
9. Kroncha Paka
10. Banari Gulika

**Ekamulika Prayoga**

Kapikachchu, Shatavari, Bala, Rasna, Eranda, Ashwagandha, Shalaparni, Sahachara etc. the drug which are having the Vatahara and Vatakaphahara properties can be used.

**Rasayana**

As Kampavata mainly occurs in Old age and it is a Vata Vyadhi; so mainly Brimhana Chikitsa should be adopted and also it is a neurodegenerative disorder nerve tonics are



given in the form of Rasayana like Brahmi, Bala, Ashwagandha, Kapikachchu,,Shatavari Yashtimadhu, Shankhapushpi etc.

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