

## AYURVEDIC MANAGEMENT OF KAMPAVATA (PARKINSON'S DISEASE)-A CASE STUDY REPORT

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### ABSTRACT

Parkinson's disease is a progressive degenerative neurological disorder which mainly affects the motor-system of body. Resting tremors, slowness of movements, rigidity, gait disturbances/postural instability are the main symptoms of Parkinson disease. In Ayurveda it is correlated with Kampa- Vata which is a Nanatmaja vyadhi of Vata. It is characterised by symptoms like *Sarvanga kampa* (tremors all over the body) or *Shirkampa* (shaking head). Kampavata is caused by pathological increase of Chala Guna [Moving property] of Vata. In Basavarajeeyam Kampavata is first described with characteristics by Hastapadatalakamp, Dehabharamana, Dukkha, Nidrabhanga. There is treatment given both internal and external administration of different forms which aimed to cure the pathology of Vata imbalance. Here, a

case of 75 years male patient presented with tremors in both hands and neck, pain in both knee joint and swelling is also present. Patient was treated with Panchakarma therapies; like *Sarvanga Abhyanga*, *Nadi Sweda*, *Shiro Abhyanga*, *Shiro Pichu* [Oil soaked cotton pad putting on head] and *Shiro Basti* [Retention of oil on head] and *Shamana Ausdhi*. The patient got remarkable relief in symptoms with above Panchakarma and Ayurveda medicines.

**KEYWORDS:** Kampavata, Parkinson's disease, Tremors, Vata.

## INTRODUCTION

Parkinson's disease is grouped under degenerative disorder. This is among the most prevalent extra pyramidal debilitating diseases that affect senior citizens. The classic triad of resting tremor, bradykinesia, and rigidity is present in this syndrome. This triad excludes the similarly significant gait and postural stability issues that are also present in the syndrome. The prevalence of Parkinson's disease increase with advancing age found in 1% of people over the age of 64 year. Parkinson's disease was first described in "An essay on shaking palsy" in 1817 by a London physician James Parkinson. It is estimated that, there are 5 million people all over world suffering from this disease.<sup>[1]</sup> In India the crude age adjusted prevalence rate of Parkinson's disease per 1,00,000 population is 14 in Northern India 27 in the south and 16 in the East<sup>[2]</sup> Mostly men are more affected than women.<sup>[3]</sup> Cause of Parkinsons disease may be toxins induced, drugs induced or due to trauma or injury to mid brain.<sup>[4]</sup> There are some risk factors-Parkinson' some other symptoms are restricted range of movements, excessive sweating, constipation, urinary bladder dysfunction like urgency, urge incontinence, nocturia etc.<sup>[5]</sup>

This disease can be correlated as *Kampvata* in *Ayurveda*. *Kampvata* is one among *vataja nanatmaja vyadhi* explained by Acharya Charak in *sutrasthana*.<sup>[6]</sup>

According to Basavarajiyama<sup>[7]</sup>

करपादतले कंपो देहभ्रमनदुःखिते |

निद्राभंगो मतिह क्षीणा कंपवात्स्य लक्षणम् ||

*Chala guna of vata is increases pathologically in Kampvata. According to MADHAVA NIDANAM*<sup>[8]</sup>

सर्वाङ्गकंपः शिरसो वायुर्वेपथुसंज्ञकः |

So *Kampvata*, *Vepathu*, *Shirakamp* and *Kampana* are various names for tremors in *Ayurvedic* literature. In *Ayurveda* many internal medicines, *Snehana*, *Swedana*, *Basti* (*Niruha* and *Anuvasana*), *Virechana*, *Nasya*, *Mastiskya* (*Shirobasti*, *Shirodhara*, *Shiropichu* and *Shiroabhyanga*) has been indicated for the treatment of *Kampvata*,

## CASE REPORT

A 75 year non diabetic and non hypertensive male patient with an attendant was approached to Clinical section (OPD) of parul university, Vadorara on 20 April 2022 with the Chief

complain of tremors in both hands and neck, unable to walk without support since 6 month. stiffness in whole body. Unable to have food and drink by hand since 1 month.

**Vedana vruttanta**

- Patient was said to be healthy before 1 year back.
- There is no associate complaints mentioned.

**Purva vedana vruttanta**

- No significant past medical illness elicited.

**Chikitsa vruttanta**

- Patient was said to be treated with allopathic medicine for few days, mild changes noticed.

**Kuthumbhika vruthantha**

- All the family members are said to be healthy.
- Interpersonal relationship: Good and well maintained family relation and bondage.

**Vayakthika vruttanta**

- Ahara :- Mixed diet (Mishraahara)
- Madhur, Amla Rasa pradhana ahara.
- Agni:- Mandagni
- Koshtha:- Madhyam
- Mala:- Twice in a day.
- Mutra:- 9 - 10 /day & 1-2 /Night
- Nidra:- Prakruta
- Vyasana:- tea 2 - 3 times per day.

**General examination**

1. Appearance – Pale
2. Built: Moderate
3. Nutrition: moderate
4. Pulse Rate – 102 Beats/ min.
5. B.P.- 130/90 mm of Hg.
6. Temperature- 98.6F
7. Weight – 70 kg.

8. Height – 152 cm
9. R.R.- 20/ min.
10. H.R- 104 /min
11. Weight – 70 kg.
12. Height – 152 cm
13. R.R.- 20/ min.
14. H.R- 104 /mi

### Systemic examination

- a) R.S. – Lung fields were clear, Air entry was good
- b) C.V.S. – S1S2 clear, No Murmurs
- c) C.N.S. – Conscious and oriented, cooperative
- d) P/A- Soft, Normal bowel sounds, No Organomegaly.

### Rogi pariksha

- 1) *Prakruti – Vata- kafaj*
- 2) *Pramana- Madyam*
- 3) *Satva – Madhyam*
- 4) *Sara – Madhyam.*
- 5) *Sathmya- vyamishra rasa*
- 6) *Samhanana- Madhyam.*
- 7) *Aharashkti- Avara*
- 8) *Vyayamashakthi- Avara*
- 9) *Vaya- 75 year*

### Ashtavidha parikshana

- 1) *Nadi- 102/min.*
- 2) *Mala- Madhyam mala*
- 3) *Mutra – 12-14 times in 24 hours.*
- 4) *Jivha- alpa- lipatata*
- 5) *Shabda- Spastha.*
- 6) *Sparsha- Samshitoshna.*
- 7) *Druk- alpa panduta.*
- 8) *Akriti – Madhyam*

**Samprapthi ghatak**

- *Dosha- Vataj*
- *Dushya- rasa, rakta, manshadi dhatu*
- *Agni- mandagni*
- *Srotas- nadivaha srotas*
- *Vyakta sthana – hasta, pada, shir and sarvang sharir*
- *Sadhya-asadhyata – Kashta sadhya*

**Differential diagnosis**

S. No.	Roga	Including Factor	Exciuding factor
1	Essential tremor	Tremor felt in motion	Tremor felt in rest
2	Chorea tremor	It is an abnormal involuntry movement disorder	It is one of a group of neurological disorder

**Parameter**

Stage	Hoehn and scale
1	Unilateral involvement only usually with minimal or no functional disability
1.5	Unilateral and axial involvement
2	Bilateral or midline involvement without impairment of balance
2.5	Mild bilateral disease with recovery on pull test
3	Bilateral disease: mild to moderate disability with impaired postural reflexes; physicaly independent
4	Severely disabling disease; still able to walk or stand Unassisted
5	Confinement to bed or wheelchair unless aided

**Therapeutic intrervention (Panchkarma and Shaman treatment)**

Medicines	Dose, time & anupan	Total Duration
<i>Kapikachu beeja choorna</i> + <i>Ashwagandha choorna</i>	5gm each in morning time with milk	1 month
Cap ksheerabala-101	1 cap three times a day after food with plane water	1 month
Avipatikara choorna	5gm at night time after food with warm water	1 month
Shiro abhyanga	Brahmi taila	10 days
Sarvanga abhyanga Followed by bashpa sweda	Maha narayana taila	1 month
Shiro pichu	Brahmi taila	From 11 <sup>th</sup> day to 20 <sup>th</sup> day

Tab vatachintamani rasa	1 tab two times a day with Honey at 8am and 6 pm daily	20 days
Shiro basti	Moorchita tila taila + brahmi taila	From 21 <sup>st</sup> day to 30 <sup>th</sup> day

## RESULT

- Patient shows mild to moderate degree of improvement in the symptoms.
- Hoehn and Yahr Scale changes from 4 to 3 after 1 month and changed from 3 to 2.5 after 1 month.

## DISCUSSION

- As Kampvata is a Vata Vyadhi, so Vata shamana, Vatanuloman and Rasayana therapy by administration of effective medication will lead to effective cure and also have to avoid Vata Prokopak Ahara and vihara.
- Here for Shiro Abhyanga, Shiro Pichu and Shiro Basti were done by using Brahmi Taila due to its Medhya Rasayana and stress relieving action which helps to calm the nervous system.
- Sarvanga abhyanga with MahaNarayana Taila will help in the strengthening of muscles, bones and joints and nourishment of sukshma dhatus and also do vatahara and vatanuloman action by doing abhyanga in anuloma gati which will also hamper vigunagati of vata.
- Bashpa sweda reducing the stiffness of the body.
- Kapikachubeeja churna is a natural source of L-dopa. It replenishes depleted stores of striatal dopamine.
- Avipatikara churna is given for attaining the anuloma gati of mala and also correction of agni.
- Vata chintamani Rasa is a yoga which is having rejuvenating, catalytic, antioxidant, immunomodulating and strength promoting action along with Vatahara Rasayana property.
- Ashwagandha churna acts as a Rasayana.

## CONCLUSION

- Kapikachubeeja churna is a natural source of L-dopa. It replenishes depleted stores of striatal dopamine.
- Avipatikara churna is given for attaining the anuloma gati of Mala and Also correction of agni.

- Vata chintamani Rasa is a yoga which is having rejuvenating, catalytic, antioxidant, immunomodulating and strength promoting action along with Vatahara Rasayana property.
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