

## ROLE OF PANCHTIKT GHRITA KSHEER BASTI AND AYURVEDIC MANAGEMENT IN KAMPVATA - A CASE REPORT

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### ABSTRACT

*Kampavata* is a one of the *Vatic* disorder which is mentioned as *Vepathu* in the eighty types of *Nanatmajvyadhi* in Charak Samhita. *Vepathu* word specific meaning is mentioned in Ayurveda is *Angakampata* in body. *VataDosh* is predominantly present in *AsthiDhatu* and *Sandhi*. *Tikta* rasa has tendency to go towards *AsthiDhatu* after assimilation in the body due to dominance of *Akasha* and *VayuMahabhuta*. In the present study *Ksheera* along with *PanchtiktaGhrita* is used as *Ksheer Basti*. It is effective in *Asthigatroga*. *Ksheera* and *Ghrita* has *Snigdha* and *Madhura* properties hence it does *Vata* shaman in the body. Considering all those factor of study was carried on “Role of *panchtiikt ghrita ksheer basti* and ayurvedic management in *Kampvata*”

**Keywords:** *Kampavata*, *Ksheer basti*, *Kraunch Pak*, Parkinsonism disease, *Kampan*, *Nanatmaj vyadhi*, etc.

### INTRODUCTION

Ayurveda is the ancient science of life which deals with physical, mental, spiritual wealth of mankind. It is mentioned In Charaka Samhita (ancient classical Ayurvedic text) that if *Vatadosha* becomes imbalance then it produces 80 types of *vata NanatmajVyadhi*. *Vepathu* is one of the terms which are commonly called as *Kampavata* is mainly associated with tremor (*Kampa*), rigidity (*Stambha*), etc. Although etiology of a disease not well known. Parkinson's disease is believed to be due to a combination of genetic and environmental factors. The factor as accelerated ageing, Neuro-degenerative changes, increase free radical and iron content in the *Substantia Nigra* repeated head injury, environmental factor as pesticides, contribute in the pathogenesis of the disease. *Kampavata*

is one of the rare disorders mentioned under *Vatavyadhi* (neurological disorders). In present era many such neurological disorders are arising and their incidence increased day by day. *Basti* Chikitsa is regarded as the prime treatment modality of *Panchakarma*. It is considered as the best treatment for *vata dosha*. *VataDosh* has a prominent role in the pathogenesis of most of the diseases and this *Dosha* alone is capable of mobilizing pathological accumulation of *Doshas* from the periphery to *Koshta*, where from it is eliminated from the body, according to Charak Samhita *Basti* Karma is considered as *Ardha* Chikitsa.

*Ksheer Basti* processed with decoction is given as enema in this types of *basti*.<sup>1</sup> For the first time Acharya

Madhav has a mentioned the disease *Vepathu* in a separate chapter in his work “*Madhav Nidan*” in which he mentioned *Vepathu (Kampavata)* is characterized by *Sarvang kampa, Shirokampa* (tremors in hands), *Vishesh ang kampa* etc<sup>2</sup>. In this case study we were used *Panchatikta GhrtaKsheer Basti* as a main treatment for the patient. *Ksheer Basti* works as *Bruhana, Shodhana, Basti*. *Vepathu* is a *Majavaha strotovikara*. *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 country around the world. Nearly, two centuries have elapsed since this disease is known but better treatment is still being sought.

*Kampavata* is modern point of view correlate with Parkinsonism disease is neurodegenerative condition which affects the basal ganglia and which presented with different combination of signs like Slowness of movement, rigidity and loss of postural reflexes. Parkinson’s disease has an annual incidence of about 0.2/1000 and a prevalence of 1.5/1000 United Kingdom.<sup>3</sup>

## CASE REPORT

A 52 years old male patient came to OPD of Kayachikitsa Department of BMAM, Nagpur. He was having presenting with c/o both hands *Kampan, Shirkampa* since 2 years. He developed slowness in daily activities, increased Drowsiness and loss of appetite due to slow digestive power. He was admitted in IPD of Kayachikitsa Department of BMAM, Nagpur. During the trial, Ayurvedic treatment started in hospital.

### Aim and objective:

To study the effect of *Panchatikta Ksheer Basti* and *Abhyntar Snehana*, in the management of *kampavata*.

### Material and Method:

Various *Ayurvedic* books, review papers, Articles, Journals, and websites have been referred for this purpose, rubber catheter, 50ml syringe, gloves, milk, *Panchtikta Ghrta* etc.

### Diagnostic criteria-

- \*Tremors (*Kampa*)
- \*Rigidity (*Stambha*)

\*Bradikinesiya (*Hastsang*)

\*Gait abnormalities (*Gatisara*)

\*Posture abnormalities (*Avanaman*)

### Ayurvedic treatment of *kampavata*:

#### 1) *Ksheer Basti-Panchtik ghrta+Ksheer*

**Action**-According to modern medical science, enema is drug which is administered through trans rectal route. The rectum has rich blood and lymph supply. Drug can cross rectal mucosa like other lipid membranes, thus by entering in general circulation, Basti drug can act on whole body. Action of *Basti* in body follows ‘low of osmosis’ *NiruhaBasti* is hyper-osmotic it facilitates absorption of morbid substances from blood into gut and helps there expulsion where the *Anuvasana Basti* is hypo-osmotic and hence get absorbed in the blood, helps in nourishment of body. Electrolyte helps ionic exchange. *Basti* acts through collaboration between enteric nervous system and central nervous system. Internal viscera are highly supplied with nerve fiber of autonomic nervous system which has connection with CNS. *Basti* causes visceral afferent stimulation to the activities of hypothalamus, pituitary, adrenal and ANS, thus it increase secretion of hormones and neurotransmitters. *Sneha basti* flourishes normal bacterial flora, thus it increases endogenous synthesis of vitamin B12 and Vitamin k. *Sneha basti* causes increment in fatty acids and protein hence give nourishment to body. *Bruhan basti* like *Ksheer basti* increases phospholipids from cell membranes and hence give stability to cells.<sup>4</sup>

2) *Panchtikta Ghrta Abhyntar Snehan: Panchtikta Ghrta* 15 ml and 50 ml warm *Go-Ksheera* taken orally. Once a day in empty stomach.

3) **Action:** *Balvardhan, Marutghna, Sthirakar, Majavardhan, Shleshmavardhan.*

#### 3) *Kraunch pak:*

##### Ingredients

*Kapikachu* seeds, *Godugdha, Goghrta, vanshalochan, Sweta musli, swet jirak, lavang, jivanti, jatiphala, karanja giri, priyangu, gajapippali, bilva, ajowan, akarkara, samudra shosha, and trikatu, chaturjat* etc.

**Benefits-**

Ayurvedic treatment of *Ksheenashukrata*, *Prabala prameha*, *Veerya Vardhan*, *Pushti*, *Bala*, *Buddhi*, *Vrushya*, *Vataroga*, neurological disorders.<sup>5,6</sup>

Uses of main ingredients *kapikachu* seeds –

Loss of libido

Erectile dysfunctions

Premature ejaculation

Oligospermia

Parkinson's disease

Depression

**Assessment criteria-****\*Tremors (*Kampa*)**

T-absent

T1-slightly and infrequent

T2-moderate

T3-severe, interferes with many activities

T4-marked, interferes with all activities

**\*dyspepsia (*Agnimandya*)**

A-no *Agnimandya*

A1-mild *Agnimandya*

A2-moderate

A3-severe

**\*Sleeplessness (*Nidraalpata*)**

N-no *Nidraalpata*

N1-mild *Nidraalpata*

N2-moderate *Nidraalpata*

**\*Rigidity (*Stambha*)**

R-rigidity absent

R1-slight or only with activation

R2-mild/moderate

**\*Gait (*Gatisara*)**

G-normal

G1-walk slowly may shuffle short steps, no festination or propulsion

G2-walk with difficulty

**\*Posture (*Avanaman*)**

P-normal

P1-slightly changes

P2-Definitely abnormal

In this case study above symptoms are seen in the patient gradation are as follows

Sr. No	Symptoms	Before treat	After treat
1	<i>Kampa</i>	T2	T1
2	<i>Agnimandya</i>	A2	A1
3	<i>Nidraalpata</i>	N2	N0
4	<i>Stambha</i>	R2	R0
5	<i>Gatisara</i>	G2	G1
6	<i>Avanaman</i>	P1	P0

**RESULT & DISCUSSION**

Patient was advised to take the medicine as per the treatment plan completely ceases the other medicine and make completely use of only prescribed medicine in our hospital. *Panchtikta Ksheer Basti* is used to Patient for significant relief in rigidity, tremors, *bradikynesiya*, posture, loss of Appetite, loss of sleep. For these purpose *Ksheer-Basti* taken for 8 days course along with *Kraunch Pak* also be used continuously for patient it is help for strength and immunity improvement. In Ayurveda *Basti karma* was significant role in any types of Vata Rog. *basti* is a treatment procedure in which the liquid medicine are administered through the a anal route .the medicine were administered using sterilized urinary bladder of an animal as equipment (enema cans, syringes used now days are called *basti yantra* or enema equipment. The bladder of either cow, bull, goat, buffalo etc animal were used in the procedure .One are more *Kwatha* (herbal decoctions), *Sneha* (Herbal oils, ghee, *ksheera* (medicated milk), *Mamsarasa* (meat soup), *Rakta* (blood) etc liquid medicine are used for *basti karma* depending on the morbidity, condition of the disease and diseased.

*Ksheer Basti* contents *PanchatiktaGhrita+Ksheera* respectively. *Kampavata* is considered as a one of the disease provoked *Vata* due to *Dhatukshaya*, Oleation through *Sarvang Snehan*, *Swedan*, in *Vataj Vyadhi*. It removes rigidity make body flexible.

**CONCLUSION**

On the basis of the single case study it can be concluded that *Panchatikta GhritaKsheer Basti* along with *Kraunch Pak* and *Panchatikta Ghrita* as *Snehan*

orally this medicine are effective in the management of *kampavata* (parkinsonism disease). Further trial is needed to establish a standard management of Kampavata

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