

## AYURVEDIC MANAGEMENT OF DAKSHIN PAKSHAGHATA (HEMIPLEGIA) - A CASE REPORT

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### ABSTRACT

Hemiplegia is a condition caused by brain damage or spinal cord injury that leads to paralysis on one side of the body. It causes symptoms like muscle weakness, muscle stiffness, difficulty while walking, difficulty in maintaining body balance, and problems with muscle control. In *Ayurveda* hemiplegia can be correlated with *Pakshaghata*. *Pakshaghata* is *Vataj Nanatmaja Vyadhi* which includes under *Maha Vatvyadhi*. Though classical descriptions mention the involvement of *Vata* in half lateral of the body, the origin of the disease is *Shirah* (brain) which is one of the *Trimarmas*. *Sira* and *Snayu* are the main *Dushyas* in *Pakshaghata*. Lack of control due to complete loss of communication preventing any willed movement is known as paralysis. In the present article, I am going to present a single case report of *Dakshin Pakshaghata* (*right hemiplegia*) and its management through *Ayurvedic Chikitsa* and *Panchakarma*. A 68-year-old female patient suffered from *Dakshin Pakshaghata* for about weeks, she took various allopathy medicine for the same but didn't get a satisfactory result so her relative decide to take *Ayurvedic* treatment and for further management, her relatives bring her to In D. Y. Patil College of Ayurveda and research center Pimpri, Pune, *Kayachikitsa* department. In this case, the patient took treatment very sincerely and timely and got complete relief after 60 days. The result was so challenging and worth documenting after oral medication and *Panchakarma* therapy.

**Keywords:** *Trimarma, Pakshaghata, Hemiplegia, Ayurveda, Panchakarma.*

## INTRODUCTION

*Pakshaghata* is *Vataj Nanatmaja Vyadhi*<sup>(1)</sup> which includes under *Maha Vatvyadhi*<sup>(2)</sup>

*Pakshaghata* is the paralysis of one-half of the body, due to the impairment of *Gnyanendriya Karmendriyas* and *Manas*. *Gyanendriyas* is a part of the sensory system and *karmendriyas* are part of the motor system. The *Manas* is to control and guide both. According to *Acharya Sharangdhara*, *Pitta* and *Kapha* are designated as *Pangu*<sup>(3)</sup> and *Vata* is the main *Dosha* who causes all body movements. Hence it can be derived that *Vata* is the main *Dosha* in our body, vitiation of *Vata Dosha* leads to various types of diseases. *Pakshaghata* is one of those *Vatavyadhis*, *Pakshaghata* can be correlated with Hemiplegia. Hemiplegia is a condition caused by brain damage or spinal cord injury that leads to paralysis on one side of the body. It causes symptoms like muscle weakness, muscle stiffness, difficulty while walking, difficulty in maintaining body balance, and problems with muscle control. The prevalence of stroke in our country ranges from 40-to 270 per 100000 population<sup>(4)</sup> In the present article I am going to present a single case report of *Dakshin Pakshaghata* and its management through *Ayurvedic Chikitsa* and *Panchakarma*. A 68-year-old female patient suffered from *Dakshin Pakshaghata* for 7days she was admitted to XYZ hospital for the same and took allopathy treatment, but the result was unsatisfactory, so her relatives decided to go with *Ayurveda Chikitsa* and brought her to Dr. D. Y. Patil College of Ayurveda and research center Pimpri, in *Kayachikitsa* department. In D Y Patil College of Ayurveda and research center Pimpri, Pune, the patient of *Pakshaghata* is treated with *Ayurvedic* preparation like some *Ayurvedic* oral medications like *Ashwagandha Ghanavati*, *Ekanaviras*, *vishtinduk Vati*, *Ashwagandhadi* Decoction, *Chatan* with *Pimpli*, *Yashti*, *Vacha* mixed with *madhu* and *ghee* in unequal quantity. Some therapies in *Panchkarma* like *Snehana*, *Swedana* with *salishastik Pindasweda*, *Nabhipurana*, *Shirovirechana* (*Nasya*), *Anuvasana basti* (Enema). A patient of *Pakshaghata* was treated with the above-mentioned treatment and the Result showed significant im-

provement in various clinical outcomes including motor functions like the ability to walk, speech, etc.

### **Material and methods:**

**Centre of study:** Dr. D.Y. Patil College of Ayurveda and research center Pimpri, in *Kayachikitsa* department.

**Method:** Simple random single clinical case study.

**Material:** For the study 68 years old female patient having symptoms of *Pakshaghata* (Hemiplegia) for 7days has been mentioned in detail.

**Assessment criteria:** Subjective Parameters according to the gradation of signs and symptoms of and *Pakshaghata* (Hemiplegia) objective parameters according to Central Nervous System Examination.

The patient was treated with some *Ayurvedic* oral medication and *Panchkarma* therapy.

### **CASE REPORT:**

#### **Patient information and clinical findings:**

A 68-year-old female patient visited Dr. D. Y. Patil Ayurved Hospital Pimpri, Pune. She had symptoms such as Loss of ability unable to move her lower limb and upper limb, swelling in her right hand and feet, incontinence of urine, inability to control bowel movements, unable to speak. She was admitted on Oct 31, 2020, for 60 days. Considering all the symptoms, the patient was diagnosed with *Dakshin Pakshaghata* (Hemiplegia). She was treated with *Ayurvedic* medicines and *Panchakarma* therapy for treating illness.

#### **HISTORY OF PRESENT ILLNESS:**

The patient was alright 8 days back then she started complaining of Loss of ability unable to move lower limb and upper limb, swelling in right hand and feet, incontinence of urine, inability to control bowel movements, unable to speak hence patient got admitted to Dr. D. Y. Patil Ayurved Hospital, Pimpri, Pune in Paralysis unit for *Ayurvedic* Treatment on 31/10/2020. Primary treatment is taken at XYZ Hospital, Pune.

#### **PAST HISTORY:**

The patient is K/c/o of Hypertension and Diabetic Mellitus Type 2, History of Convulsions 9 years back., Recent history of stroke (Right-Sided Hemi-

plegia) on 23/10/2020., No H/O any drug allergy., No, Surgical history., No H/o any addiction.

**DRUG HISTORY:**

Tb. Telma 40mg OD., Tb. Livipril 500mg BD., Tb. Ecosprin 150mg OD., Tb. Atrova 40mg HS, Tb. Metformin 500mg OD.

**FAMILY HISTORY:** No Family History.

**PERSONAL HISTORY:** DIET- Vegetarian., Sleep – Normal., Bowel habit –Loss of Sensation., Micturition - Catheter in situ., Addiction- No addiction.

**Ashtavidh Pariksha (Eight-fold Ayurvedic examination):** Nadi (pulse) –Vata predominant Pitta, 85/min., Mala (stool) –Loss of Sensation., Mutra(urine)-Catheter in situ., Jihva (tongue)- Niram., Shabda (speech)- Unable Speak., Sparsha (touch)- Normal., Drik (eyes)- Normal., Akruiti (Built)- Krusha

**Vital examination**

**Reflexes:**

Reflexes:	BJ (bicep jerk)	TJ (triceps jerk)	KJ (knee jerk)	AJ (ankle jerk)	BR (brachioradialis jerk)
Right	+++	+++	++	++	+++
Left	++	++	++	++	++

**Investigations:** Investigations done before treatment as follows:

**Cytology report (31/10/2020):**

Hb- 8.8mg/dl, RBC- 3.44, WBC- 6800/cu mm, MCV-25.58, PCV- 26.9, ESR- 18, Platelet count-2.82 lakhs/cu mm, Urine Examination: Nil, Lipid Profile –

Blood Pressure (B.P.) -160/70 mmHg., Pulse rate (P) - 85/min., Respiratory Rate (RR)-20/min., Weight – bedridden., Temperature- 98.1F., SpO<sub>2</sub> -99%

**Local Examinations-:** Right pedal edema + + +, Pal-lor- + +

**Systemic Examination**

Cardiovascular system Examination – S<sub>1</sub> S<sub>2</sub> Heard Normal., P/A - Soft & Non-Tender, Respiratory system – A<sub>E</sub>B<sub>E</sub> Clear., Central nervous system Examination- Before treatment, Well oriented, Obeys verbal command, Unable speech, No H/o Dysarthria, No H/o Dementia., No H/o, hallucination/Delusions., Cranial nerves- Normal., Pupils- B E R T L., Cerebellum – Normal., No H/o Ataxia. , No H/o Dysmetria., No H/o Hypotonia., No S/o Meningitis., No neck stiffness., Gait- unable to bear weight on the right foot.

Within normal limit. Blood Sugar Level, Fasting - 135mg/dl., Postprandial – 210mg/dl., HbA<sub>1C</sub> – 6.16.

**REPORT:** MRI BRAIN WITH MR ANGIOGRAPHY AND MR VENOGRAM (24/10/2020)- ‘Multifocal acute infarcts are seen in left-sided frontal lobe’.

**Samprapti Ghatakas Of Pakshaghata Vyadhi.**

1.	Doshaja Prakruti	Vatapradhan Kaphanubandhi
2.	Manas Prakruti	Tamas
3.	Ahar	Aniyamita Ahar Sevan, Ushna Tikshna Ahar Sevan
4.	Vihar	Diwaswap, Ativyayama, Krodha.
5.	Agni	Mandagni
6.	Dosha	Vata Dosha
7.	Dushya	Rasa, Rakta, Mansa, Twak.
8.	Rogamarga	Shakhagata
9.	Mulasthana Of Vyadhi	Pakvashaya.
10.	Adhishthana Of Vyadhi	Sandhi, Mansa, Twak.

**TREATMENT GIVEN:**

**Oral medicine:** Ashwagandha Ghanvati 250 mg BD, Ekangvir ras 125 mg 2 BD., Vishtinduk vati 250 mg 2 BD.

**Decoction:**

1. Kadha of Ashwagandha + shatavari + Vidari + bala + Erandamooladi + yashtimadhu (3 gm each) morning and evening.
2. Pippali + vacha + yashtimadhu (2 gm each) + honey 1 tablespoon + 1/2 tablespoon ghee (make a paste for Chatan)

**Panchakarma treatment:**

Sthanik Snehan Swedan Paschat Pindasweda at Dakshin hasta pada v mukha., Nabhipurana with bala tailam (5 drops), Nasya with Balatailam BD (2 drops), Anuvasana basti with Balatailam (100ml) + saindhav (10mg) + honey (10ml).

**Result:** The patient received treatment very timely and daily for 60 days. And got amazing results. Dur-

ing treatment, the patient can walk with support, and after treatment, the patient can walk without support. Now she can talk also.

**DISCUSSION**

Acharya Charaka has explained Pakshaghata under Vata Nanatmaja Vyadhi<sup>(5)</sup>, Acharya Sushruta has mentioned Pakshaghata in Mahavat vyadhi<sup>(6)</sup>, and also Acharya Charaka and Acharya Sushruta have given treatment protocol for Pakshaghata patient which is Snehana, Swedana, Mridu Virechana, Basti Karma, Murdhanitail<sup>(7)</sup>, so as per general treatment protocol we gave Panchakarma treatment to a patient and result was so amazing so here is tabular form of drugs and treatment given to the patient and its mode of action.

NO	DRUG/KARMA	Properties	MODE OF ACTION
1	Sthanik Snehan and Swedan <sup>(8)</sup>	Vatashamak	Reduces Vata Vruddhi <sup>(9)</sup>
2	Shali Shashtik Pinda Sweda <sup>(10)</sup>	Vatashamak	Reduces joint pain, inflammation, improves muscle strength, re-energizes and rejuvenates the body <sup>(11)</sup>
3	Nabhipuran with Balatailam	Ushna Virya, Tridoshara, Vatashamak <sup>(12)</sup>	suppress the aggravated Vatadosha
4	Nasyakarma with Balatailam	Vatashamak, Nasa hi Shirso Dwararam <sup>(13)</sup>	Improves muscle strength and brain tissues
5.	Anuvasana Basti with Balatailam + Saindhav +honey	Vatashamak, Bala Taila which is Balya, Vrushya, and saindhava which is Rochana, Deepana, Pachana, Hrudyaya, Vrushya, Chakshushya, honey has properties like Laghu, Vishada	improves digestion, muscle strength, Vriddhi of Varna, Bala, Arogya, and Aayushya <sup>(14)</sup> Saindhav helps to improve taste, digestion, balances Kapha and Pitta dosha Agnidipana <sup>(15)</sup> Also reduces mental stress and improves the general health of the patient, so the patient feels fresh and energetic day by day.
6	Ashwagandha Ghanvati	Ayurvedic Rasayan, antioxidant <sup>(20)</sup>	Reduces stress anxiety and fatigue <sup>(16)</sup> , improves immunity, helps to protect against cellular damage caused by free radicals <sup>(17)</sup>
7	Ekangvir ras Vati 125 mg	Madhura Rasa, Snigdha Guna, Ushna Virya and Madhura Vipaka. Kaphaghna, Tikta, Katu, Kashaya Rasa, Laghu Guna, Ruksha Guna, Ushna Virya and Katu Vipaka.	Useful in the management of Pakshaghata (Hemiplegia) <sup>(18)</sup> .

8	Vishtinduk vati 250 mg 2 BD	Vatashamak, amapachak	Improves digestion, and removal of toxic substances. strengthening the nervous system improves muscular coordination, and improves the strengthening of muscles, joints, and bones. Useful to treat neuralgia, facial palsy, hemiplegia, insomnia dribbling Micturation <sup>(19)</sup>
9	Decoction- Ashwagan- dha+Shatavari+Vidari+Bala+Erandamoola+Yashtimadhu (3gm churna each boiled in water) morning and evening.	Vatashamak, antioxidant <sup>(21)</sup> Vidari - Vrushya, Balya, Madhur Gunatmak, and Sheeta Virya <sup>(22)</sup> . Bala - Madhur, Sheet Gunatmak, Bruhan, Vedanasthapana, Shothhar, Vatashamak, Hrudy, Raktapittashamaka <sup>(32)</sup> Erandamoola-Vatashamak, Kati- bastirujahara, Amavatahara, Shothaghna, Shoolaghna, Yashtimadhu -Balya, Sheeta Gunatmak, Madhur Rasatmak, Vatashamak and Pittashhamak, Vatanulomak, Mruduvirechanya and Jivaniya, Sandhaniya, Rasayan <sup>(25)</sup>	improves neurological conditions, like brain strokes, paralysis, neuronal deficit, boosts healthy energy levels and strength, boost energy level, improves muscle strength. helps to relieve joint pain and muscle inflammation, reduces symptoms of Pakshaghata <sup>(24)</sup> improves digestion, decrease aggravated vata dosha.
10	Chatan Pippali + Vacha + Yashtimadhu Churna (2 gm each) + honey 1 tablespoon + 1/2 tablespoon ghee OD	Dipana, Truptighna, Vatanulomak, Shoolprashamak, Krumighna, Raktashodhak, Raktavardhak, Medhya, Sandhyasthapan, Truptighna, Jwaraghna. Antihypertensive <sup>(25)</sup> . Vatashamak, Pittashhamak, Vatanulomak, Mruduvirechanya, Jivaniya, Sandhaniya, Rasayan.	Improves digestion, improves grasping power acts on hypertension Reduce constipation, reduce flatulence.

## CONCLUSION

In this article, we represented the *Pakshaghata* case and its successful management by Ayurveda *Chikitsa*. many acharyas have explained Ayurvedic treatment protocol for *Pakshaghata Vyadhi* in various Ayurvedic *Samhitas* and the same manner we applied Ayurvedic treatment protocol for this *Pakshaghata* case and have got amazing results .in this case we gave patients *Shaman Chikitsa* followed by some *Shodhan Karma*, which helps to reduce vitiated *Vata Dosh*, and improves patient digestion by *Deepan Pachan Aushadhi*.

and *Shodhan Karma* like *Sthanik Snehan Swedan* gives strength to muscle and improves muscle tone, also *Nasya* gives strength to the head and *Anuvasan Basti*, *Shashtik Shali Pinda Sweda* was given to paci-

fy *Vatadosha*, increase strength and restore motor as well as sensory functions. in this case, the patient took the treatment timely and got complete relief after a total treatment duration of 60 days. This case study is an example for all of us it proves that *Ayurveda Chikitsa Paddati* is much more powerful than any other pathies, and this case also proves that the Ayurvedic treatment protocol given by our *Acharyas* in ancient *Ayurvedic Samhitas* is beneficial for *Pakshaghata Vyadhi* we can easily overcome symptoms of *Pakshaghata* by *Ayurvedic Shaman* and *Shodhan Chikitsa*. In this case, the results were so challenging for *Pakshaghata Vyadhi* so we thought for publication of this case study. While the scope for further research and clinical trials is enormous.

## Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent forms. In the form, the patient has given her consent for her clinical information to be reported in the journal.

The patients understand that her name or initials will not be published, and due efforts will be made to conceal her identity, but anonymity cannot be guaranteed.

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