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. VataDosha 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 PanchtiktGhrita 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 panchtikt 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 aging, 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. VataDosha has a prominent role in the pathogenesis of most of the diseases and this Dosh has capability 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. For the first time Acharya
Madhav has 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 kamp etc. In this case study we were used *Panchatikta GhritaKsheer 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.

**CASE REPORT**

A 52 years old male patient came to OPD of Kayachikitsa Department of BMAM, Nagpur. He was having presented 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, *Panchatikta Ghrita* etc. 

**Diagnostic criteria**

* Tremors (Kampa)
* Rigidity (Stambha)
* Bradikinesiya (Hastsang)
* Gait abnormalities (Gatisara)
* Posture abnormalities (Avanaman)

**Ayurvedic treatment of kampavata:**

1) *Ksheer Basti-Panchtikt ghrita+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’ *Niruha Basti* 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.

2) *Panchtiktak GritaAbhyntar Snehan*:

*Panchtikt* Ghrita 15 ml and 50 ml warm *Go-Ksheera* taken orally. Once a day in empty stomach.

3) *Kraunch pak*:

**Ingredients**

*Kapikachu* seeds, *Godugdhga*, *Goghrita*, *vanshalochan*, *Sweta musli*, *swet jirak*, *lavang*, *jivanti*, *jatiphal*, *karanja giri*, *priyangu*, *gajapippali*, *bilva*, *ajowan*, *akarkara*, *samudra shosha*, and *trikatu*, *chaturjat* etc.
Benefits-
Ayurvedic treatment of Ksheenashukrata, Prabala prameha, Veerya vardhan, pushti, bala, Buddh, Vrushiya, Vataroga, neurological disorders.5,6

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 see in the patient gradation are as follows

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

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. Panchatikta 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), Mamsaras (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 PanchatiktakGhrita+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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