EFFECT OF KSHEERA VASTI IN THE MANAGEMENT OF SPASTIC CEREBRAL PALSY IN INFANT-A CASE STUDY

Amrutha Chaitanya

Final Year P.G scholar, P.G Dept. of Panchakarma, Dr. BRKR Govt. Ayurvedic College, Hyderabad

INTRODUCTION

Cerebral palsy (CP) is multifactorial, non-progressive neuromotor disorder of cerebral origin and it is the leading cause of childhood disability affecting cognitive function and developments in ~1.5 to 3 cases per 1000 live births. Spastic type of cerebral palsy is one among the types of CP's. Based on Ayurvedic classics CP may be stated as Janma Bala Pravritta Vyadhi, & may also be considered as Shiro Marmabhhighata Vata Vyadhi. Therapeutic management is done according to Vata Vikara where the main line of treatment is considered to be vasti i.e. ksheera vasti. Methodology: 6 months infant suffering with spastic cerebral palsy selected from O. P. D of Dr. B. R. K. R. Govt. Ayurvedic College, Hyderabad, on the basis of (physical symptoms) motor activities like difficulty in sucking, spasticity of body, poor coordination, delayed milestones, and behavior symptoms like irritability, unusual tenseness, was received Ksheera vasti for 7 days in 2 cycles with a gap of 10 days. Results: Treatment with ksheera vasti proved to be more supportive in improving the motor activities and gross behavioral activity pattern. And results found were encouraging. Conclusion: However, till now there is no effective medicine in modern medicine. So, mankind hopes to search the perfect remedy from Ayurveda by its holistic approach. In this present study ksheera vasti was tried and significant results were found in case of spastic cerebral palsy. Keywords: spastic cerebral palsy, ksheera vasti, motor activities, gross behavioral activities.

ABSTRACT

Cerebral palsy (CP) is multifactorial, non-progressive neuromotor disorder of cerebral origin and it is the leading cause of childhood disability affecting cognitive function and developments in ~1.5 to 3 cases per 1000 live births. Spastic type of cerebral palsy is one among the types of CP's. Based on Ayurvedic classics CP may be stated as Janma Bala Pravritta Vyadhi, & may also be considered as Shiro Marmabhhighata Vata Vyadhi. Therapeutic management is done according to Vata Vikara where the main line of treatment is considered to be vasti i.e. ksheera vasti. Methodology: 6 months infant suffering with spastic cerebral palsy selected from O. P. D of Dr. B. R. K. R. Govt. Ayurvedic College, Hyderabad, on the basis of (physical symptoms) motor activities like difficulty in sucking, spasticity of body, poor coordination, delayed milestones, and behavior symptoms like irritability, unusual tenseness, was received Ksheera vasti for 7 days in 2 cycles with a gap of 10 days. Results: Treatment with ksheera vasti proved to be more supportive in improving the motor activities and gross behavioral activity pattern. And results found were encouraging. Conclusion: However, till now there is no effective medicine in modern medicine. So, mankind hopes to search the perfect remedy from Ayurveda by its holistic approach. In this present study ksheera vasti was tried and significant results were found in case of spastic cerebral palsy. Keywords: spastic cerebral palsy, ksheera vasti, motor activities, gross behavioral activities.

INTRODUCTION

Cerebral palsy (CP) is multifactorial, non-progressive neuromotor disorder of cerebral origin and it is the leading cause of childhood disability affecting cognitive function and developments in ~1.5 to 3 cases per 1000 live births. It is a condition with multiple etiologies which may be antenatal, natal, and postnatal. Adverse intrauterine factors like developmental malformations of brain and intrauterine infections account for some cases. Significant perinatal damage has been reported in 8-10%, genetic factors 2% cases. Although Birth asphyxia is an important cause of CP, it is now suggested that asphyxia may be a consequence rather than the cause of processes that lead to CP, and it accounts for about 10% cases of CP [1].

Spastic CP is most common form among other forms of CP's and accounts for 70-75% of cases. It is characterized by upper motor neurons signs, viz. Clasps knife hy-
pertonia, exaggerated deep tendon reflexes and extensor plantar responses. This spastic CP has 3 types: Quadriplegia, diplegia, hemiplegia. Spastic quadriplegic patients are severely disabled. All limbs involved. It is secondary to hypoxic ischemic events; often have multicystic encephalomalacia, and cortical/subcortical atrophy. Most of having severe mental retardation, pseudobulbar palsy, microcephaly, growth failure, visual and hearing deficits and often epilepsy. Hip subluxation or dislocation may occur due to severe spasticity. Delayed walking and toe walk due to tightening of Achilles tendon. Arms internally rotated, elbows extended or lightly flexed and hands fist at later flexion contractures develop at ankles, knees, elbows. Hyper tonicity leads to arching of back and sudden lifting of child may produce visible adductor spasm and even "crossing of the legs" the so called scissoring which is characteristic of cerebral palsy. This can be diagnosed early in infancy. Delay in attaining motor milestones and persistence of Moro grasp, tonic neck and other primitive reflexes after the age of 3 months should arouse suspicion [2].

In Management of CP till now there is no effective treatment in modern medical science. Current interventions for CP include: Physical therapy for motor development; occupational therapy to help develop daily living skills, such as feeding, dressing, or using the bathroom; speech therapy to help develop communication and language skills; behavioral therapy to promote socially appropriate behaviors; and surgery to treat severe cases of contractures of muscles that cause movement problems or placing a feeding tube in severe cases of swallowing problems and malnutrition [3].

CP cannot be correlated with any single disease or condition mentioned in Ayurveda, as it is a multifactorial disease. However, considering the classification and the respective features of the types, CP may be stated as Janma Bala Pravritta Vyadhi (congenital disorder). In some cases, it may also be due to the derangement of Doshas (bodily humors). Consequently, CP may also be considered as Shiro Marmabhigahata Vata Vyadhi (diseases caused due to injury to head), as Marmaghata (injury to vital organs) is one of the causes of VataVikara (disease of Vata, i.e. body humor). Ayurvedic classics have mentioned that derangement of bodily humors and/or injury to vital organs during formative stage, fetal life, delivery, and neonatal period produces symptoms like loss of activities, stammering, dumbness, and weakness, including mental derangement due to impairment of motor and sensory activities. The therapeutic management is done according to Vata Vikara (disease of Vata, i.e. body humor) where the main line of treatment is considered to be vasti[4][5].

In the present Study ksheeravasti which is said by Acharyacharaka [6] is used to evaluate its effect in spastic cerebral palsy. The drug which are used for preparation of ksheeravasti have the properties like vatahara, sroto shodhanam, bala graha haram, ayushyam, pusti, medhya, vak-swarasmiti-medha-deha-bala-varna vardanam[7][8]. Having all these properties, Dravya of ksheera vasti performs Shodana by means of the penetration into deeper Dhatu’s and by its potency draws all the...
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Doshas accumulated at various parts of the body, expelsthem, which helps in reducing-Signs & symptoms of Spastic cerebral palsy.

Aims & Objectives:
To assess the role of ‘ksheera vasti’ in spastic cerebral palsy

Case Report:
- Six months baby admitted in I. P. D of P.G Department of Panchakarma, Dr. B. R. K. R. Govt. Ayurvedic College, Erragadda, Hyderabad, with following sign & symptoms. Physical symptoms: difficulty in sucking, spasticity of body, poor coordination, delayed milestones. Behavior symptoms: irritability, unusual tenseness. Detailed medical History was taken and physical examination was done in detail according to both Modern & Ayurvedic clinical methods.

Past history: Infant suffered with HIE-2 after Birth. Up to 4 months, baby is on tube feeds only.

Examination: Behavior examination:
The baby is not able to sit comfortably in mother’s lap, & not responding to visual objects and sounds, and not smiling, & irritable.

Cranial nerve examination:
- The baby is not able to visually track an object throughout the horizontal and vertical planes.
- visual field defects are present,
- loss of hearing sense,
- Diminished Facial movements are present.

Motor examination:
- Sitting- infant not able to sit without support.
- Hand- Hand preference before one year of age is always abnormal and indicates a motor deficit in the non-preferred hand.
- Head lag and hypertonic in limbs, spasticity are present.

Reflexes
- Deep Tendon Reflexes-One of the main deep tendon reflexes is catching the extremity at rest. Positioning the extremity is also important. In infant crossed adductor is present. A few beats of ankle clonus can be normal in the first few weeks of life but sustained ankle clonus is present.
- Plantar Reflex-The most useful finding is if there is asymmetry in the toe findings. “Babinski sign “is present.
- Primitive Reflexes -like Moro reflex- Gras perplex- Asymmetric Tonic Neck are present. Sucking reflex is diminished.
- Postural Reflexes - Support Reflex, Lateral Propping--- diminished.

Materials and Method:

Materials required:
- Makshika (honey): 1ml
- Sneha- brahmi gritham: 2ml
- Phala gritham: 2ml
- Ksheeram (stanyam): 4ml [9]

Method
- Initially honey is taken in a bowel, Add Phala gritham ham and Brahmi gritham ham in the specified ratio and thoroughly mixed. Afterwards Breast milk is added and makes it as Homogeneous mixture.
- To the patient Ksheera vasti is administered in 2 sittings, each of 7 days duration, with a gap of 10 days between each sitting.
- Vasti karma is preceded by local Abhyanga with Maha Masha Tail followed
Sweda (Mrudu) to abdomen, back and thigh regions. And prepared vasti dravya about 9ml is administered to the child with the help of disposable syringe which is connected to a disposable tube. This is done for 7 days. And same procedure is repeated again with a gap of 10 days.

- Overall, the study conducted for a duration of 24 days

**Observation-based assessment criteria:** Assessment of results based on observation of signs and symptoms before and after treatment.

**RESULTS:**
- Symptomatically Significant improvement was observed with this study.

<table>
<thead>
<tr>
<th>Signs &amp; symptoms</th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sucking</td>
<td>absent</td>
<td>Improved gradually from spoon feed to bottle feed after 1st cycle and it gradually increased to Breast feed on 20th day of treatment.</td>
</tr>
<tr>
<td>Hearing</td>
<td>diminished</td>
<td>improved</td>
</tr>
<tr>
<td>Verbal sounds</td>
<td>diminished</td>
<td>Slightly improved</td>
</tr>
<tr>
<td>Activity</td>
<td>less</td>
<td>improved</td>
</tr>
<tr>
<td>recognition</td>
<td>absent</td>
<td>improved</td>
</tr>
<tr>
<td>weight</td>
<td>4.8kg</td>
<td>5.7 kg(increased upto 1 kg)</td>
</tr>
<tr>
<td>Spasticity</td>
<td>100%</td>
<td>50%</td>
</tr>
<tr>
<td>Sleeplessness</td>
<td>present</td>
<td>decreased</td>
</tr>
<tr>
<td>excessive crying</td>
<td>present</td>
<td>decreased</td>
</tr>
<tr>
<td>irritability</td>
<td>present</td>
<td>decreased</td>
</tr>
<tr>
<td>unusual tenseness,</td>
<td>present</td>
<td>decreased</td>
</tr>
</tbody>
</table>

**DISCUSSION:**

CP is a not a single disease entity with a known causal pathway, but in fact a heterogeneous group of disorders with etiological differences, brain injury patterns, and associated health complications, the choice and response to intervention is further complicated. Cure for CP is not yet available [11]. The present mode of care in CP includes regular physical therapy, followed by medical and surgical interventions if needed, mostly in early childhood through pre-adolescence.

CP is a Vata Vyadhi; therefore, The therapeutic management is done according to Vata Vikara where the main line of treatment is considered to be vasti[4][5]. In the present Study ksheeravasti which is said by Acharyacharaka [6] is used. Prior to vas-
ti Abhyanga and Sveda done, which soothe the sensory nerve endings, thereby causing relaxation? They produce a hyperemic effect causing the arterioles to dilate, limbs, and make the body strong with well-developed musculature, and reduce stiffness. The main therapy vasti is producing a widespread systemic effect which is specifically indicated in vatika disorders.

In ksheera vasti the dravya’s having following properties,

**Madhu**- Deepanam -varnyam-swaryam(promote appetite, complexion, and voice); laghu (light), soft, lekhanam (reduces fat), vagikaranam(afrodiasic), hrudyam (cordial), sandhanam (union-promoting), shodhanam (cleaning), ropanam (Healing),chakshusyam (whole some for eyes), prasadanam (pleasing), sukshnamarganusari (permeates through rough channels) [10].

**Brahmigritham**–vak(speech)-swara(voice) - smriti (memory) -meda (intelligence)-increases[7].

**Phalagritham**, -dehavardanam (body development),ayushyam (increase life span), pusti(strength), medyam( promotes intelligence), bala graha haram[8]. **Sanyam** has madhura(sweet)rasa, kashaya (astringent)anurasa, shitam(cold), jivanam(promotes life), pathyam(suitable to body),dipanam(promotes appetite)[12], Bruhmanam (nourishment),satmyam(whole some),snehanam (oleating)[13],increase intelligence, and it also contains immune factors which protect the body from pathogens, helps in decreased risk of developing psychological disorders, and occurrence of many diseases like cancer,diabetis, obesity, developing allergies[14], By having all these properties,ksheeravasti Dravya enters into enteric circulation and performs Shodana by means of the penetration into deeper Dhatu’s and by its potency draws all the Doshas accumulated at various parts of the body, ,expells them, and which helps in reducing signs & symptoms of Spastic cerebral palsy.

**CONCLUSION**

➢ However the outcome of the present study definitely gives an inspiration with rays of hope bestowed upon by Ayurveda for the crippled children to have meaningful and improved quality of life. So that new horizon may open up for children suffering from CP who are otherwise leading a long miserable life for no fault of their own.

➢ Further clinical trials must be carried out to evaluate and validate the maximum effect of Ksheera vasti, used in the present study, on a large sample with repetition of the courses for longer duration.

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CORRESPONDING AUTHOR
Dr. CH Sadanandam
HOD (I/C), Associate Professor
Email: drchaitanyasrinivas@gmail.com

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