



AYURVEDIC MANAGEMENT OF KAMPAVATA A- CASE STUDY

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ABSTRACT

The term Kampavata first explained by Basavarajeeyam. Kampavata is one among Vataja nanatmaja vyadhi explained by Acharya Charaka in Sutrasthana while explaining the Vatavyadhis. It is also explained in the name of Vepathu by various other Acharyas for the disease Kampavata. Pradhana lakshanas of Kampavata as explained in Basavarajeeyam like Karapadatala Kampa (Involuntary movements of upper and lower extremities), Dehabhramana (Giddiness), Nidrabhanga (Disturbed sleep) and Matiksheena (Loss of memory). Parkinson's disease is a degenerative disorder of the central nervous system, it mainly affects the motor system. Parkinson's disease also has similar features like tremors, Rigid muscles, Akinesia, Problem with balance, Loss of autonomic movements, Speech changes, Writing changes, Depression, Hallucination, Constipation and Expression less face etc.

We don't find much reference in Vedic literature pertaining to Kampavata and vepathu but one reference in Rigveda that is Indra suffered with the disease Vepathu and in Atharvaveda we get the reference of Vepathu.

KEYWORDS : Kampavata, Parkinson's disease, Shirodhara, Nasyakarman, Dhumapana

INTRODUCTION

- Kampavata is one of the Vataja nanatmaja vikaras "Na Kampo vayuna vina |"

NIRUKTI:

- Vepathu pum kampaha |
- Vepanam kampanam | (Shabdharatnavali)
- Na kampo vayunaa vina iti vaidyakam | (Shabdhalakpadhruma)

PARYAYA:

- Kampavata:** Madhavanidana, Basavarajeeyam.
- Vepathu:** Charaka Samhita, Gadani-graha, Vangasena, Kashyapa Samhita and Yogaratnakara.
- Snayugata vata:** Kampa and sthamba (Cha.Chi, Su.Ni. Bhavaprakasha)
- DEFINITION:** Sarvanga kampa shiraso vayu vepathu sanjnataha¹

NIDANA⁵:

- Acc to charaka:
- AHARA: Ati Ruksha, Sheeta, Laghu & Alpbojana
- VIHARA: Ati Vyavaya, Ratrijagarana, Langhana, vyayama, Dukhashayyasana, Divaswapna & Vegasandharana
- ABHIGATAJA: Marmaghata, Balvad Vighraha, Prapatana, Praapedana & Vikshepa abhigata
- MANASIKA: Chinta, Shoka, Krodha & Bhaya
- SAMPRAPTI:** Not mentioned samprapti for Kampavata, here mentioned Samanya Vatavyadi Samprapti.

Nidana sevana like

↓

Vitiates vata

↓

Vitiated vata travels in the body through the srotas

↓

Settles in rikta sthana

↓

Kampavata

- PURVAROOPA:** Avyakta Lakshanas

LAKSHANAS:

- Sarvanga kampa shiraso vayu vepathu sanjnataha | (M.Ni) Sarvanga Kampa or kevala Shirakampa is said to be Kampavata. Acharya Yogaratnakara also opines the same as that of Madhavakara instead of Kampavata acharya Yogaranakara said as Sarvangakampavata lakshana.
- Shirasahakampa iti shira ityavayavopalakshanam tene hastaderapi kampa-vepathu ityarthaha¹ In Madhukosha shiraha iti hastadikampa is also considered.
- Basavarajeeyam²:**

Lakshanas of Kampavata- "Karapadatala kampo

dehabhramanadukhite |

Nidrabhango matihikshina kampavathasya lakshanam ||"

Kamapa in Hasta and Pada, Dehabhramana, Nidranasha and Bhudhikshaya

Baahu Kampavatasya lakshanam:

Ekabaahuprakampaccha vikaracchaapi dehinaam | Mahadhukham divaratrai Baahukampasya Lakshanam ||

Kamapa in one side of the *Bahu*, *Maha dhukham* and this Bahukampa present in Day and Night.

4. Shirakampa: Intake of Ruksha anna continuously and because of udaavatha vitiated vayu become urdhvamukha ashraya produces Shirakampa.⁶

- SADHYASADHYATA:** Asadhyata (charaka)²

- CHIKITSASUTRA:**

- SHODHANA:**

1. Acc to Vangasena⁷:

"Vaayu vepathunamanam swedaabhyanga anuvasanai |

Upacharenniruhescha shirobasti virechanam ||" (Vangasena)

- Abhyanga, Swedana, Anuvasanabasti, Niruhabasti, Shirobasti & Virechana

• SHAMANA:

- Acc to Basavarajeeyam:** Mashataila -Basti prayoga Baahukampavata, Karpasatailam – Baahu kampavata, Vijayabhairavaras- Suta, Tamra bhavana with Gokshura
- AFI⁸:** Chagaladyaghritha: Hastakampa & Shirahakampa..
- A.H.C.21/66⁹:** Brihatamashataila
- Sharangadhara Samhita¹⁰:** Sahacharaditaila, Dashamula & Varunitaila.
- Sahasrayogam¹¹:** Sarvamyantakaghritha, Ajamamsaghritha, Datturataila-Shirahakampa and Maharasanadikwatha.
- Vangasena:** Brihanmashataila-Hasta, Shirakampa, Sahacharadyataila, Mashataila- Hastakampa, Mahamashataila, Brihanmashataila - Basti, Abhyanga, Pana, Navana Hastakampa and Shirakampa.
- Bhaishjyarnavalli¹²:** Nakulataila, Nakulagrita, Brihachagaladyaghritha, Sarvanagakampariras
- Chakradatta¹³:** Dwitiya Mashataila – Pana, Abhyanga, Basti, Nasya Hastakampa and Shirakampa, Tritiyamashataila-Basti, Nasya, Pariseka – Bhujakampa, Saptaprastha mahamashataila-Basti, Abhyanga, Pana, Navana Hastakampa
- Be.Sam.Chi.23⁶:** Rasnataila-Gatrakampa

- PATHYA:**¹²

- AHARA:** Jambira, Badara, Draksha, Dhanyaamlam,

Tintidiphalam, Mamsarasa, Lavana, Kumkuma, Aguru, Kushta, Ela, Tagara, Navanita, Tila, Godhuma, Masha, Shashtikashali, Kulatha, Sura, Nagara, Prasarani, Gokshura, Paaribadra, Matsya, Snigdhosna Bhojana Sevana, Mahishakshira, Gokshira & Ajakshira.

- **VIHARA:** Snehana, Swedana, Abhyanga, nasya, dhumapana, sukoshna snigdha gandusha, Snana, sleeping on soft bed.
- **APATHYA:**
- **AHARA:** Peas, Rajmasha, Mudga, Yava, Contaminated Water, Jambu, Betel Nuts,
- Kaseru, Nishpavabeeja, Taalaphalastimajja, Tindukaphala, Karavel laka,
- Leafy Vegetables, Udumbura, Sheetaambu, Virudhahara, Kshara, Shushkamamsa, Madhu, Kashaya, Katu & Tikta rasa Ahara.
- **VIHARA:** Vyavaya, Ati Chakramana, Vegadharana, Ratri Jagarana, Ati Langhana, Raktamokshana, Hastyasvayaanamapi
- **Brief History about patient:** A Female Patient by name ABC of 20 years old

Chief Complaint: Shirokampa, Greevashoola, Balakshaya, Dourbalya since one year **Associated with** –Loss of appetite and weight loss

History of present illness:

Patient was apparently normal one year back one day she noticed Shirokampa, Shoola in Greevapradesha Balakshaya in upper and lower limbs. Shirokampa was continuous only in night hour during sleep the kampa was absent. Because of continuous Shirokampa patient noticed Shoola in Greevapradesha. Patient also noticed disturbed in writing.

Chikitsa vrittanta: For this problem patient taken treatment but not found any improvement.

Poorvavyadhi vrittanta: No History of any other major illness.

Kula vrittanta: All family members are said to be healthy

CVS- S1 S2 heard, No cardiac murmurs

R.S- Normal vesicular breath sounds heard

Per abdomen- Soft, No Tenderness & No Organomegaly
Rest other system found to normal

On examination¹⁴:

- Neurological examination
- Consciousness, Behaviour, Intelligence, Memory, Orientation in Time, Place and Person, Hallucination and Speech
- Gait, Coordination and Reflexes
- Involuntary movements
- Motor system examination, Sensory system examination

• **Reduction in the strength in both Upper limbs and in Lower limbs Investigation**

MRI scan of Brain was done

No significant abnormality seen

Materials and methods:

Treatment schedule

- **Shirodhara-** with Ksheerabala taila for 8 days
- **Nasyakarma** with Dhanwantaradi 101 taila
- **Dhumapana** with Panchagavyaghrita
- **Kapikacchu churna** 5 grams three time before food with lukewarm water
- **Cap Nuron** 1 cap two times after food
- **Tab Cognium** 1 tab three times after food for 30 days

Follow up- 15 days

Total study duration- 45days

Image- 1 to 7 Showing before treatment, after treatment and after follow up



Image- 1

Image- 2

Image- 3



Image- 4

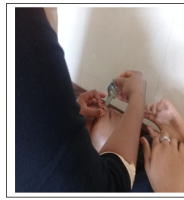


Image- 5



Image- 6



Image- 7

Image- 1 Showing Examination of the Patient

Image-2 Showing Before treatment

Image-3 Showing After Treatment

Image-4 Showing Tailadhara

Image-5 Showing Nasyakarma

Image-6 Showing Dhumapana

Image-7 Showing After Treatment

RESULT

Lakshanas	Before treatment	After treatment
Shirokampa	Present	Absent
Greevashoola	Present	Absent
Balakshaya	Present	Absent
Dourbalya	Present	Absent

MODE OF ACTION OF TREATMENT:

SHODHANA:

1) SHIRODHARA:

Route of administration: Taila pouring on forehead

Due to continuous pouring lukewarm Ksheera bala taila on forehead

Due to their properties of taila spreads all over scalp & enter into minute channels of the head

It stimulates the trigeminal nerve, deep temporal nerves & increase the fore head skin temperature

Relieve the pain, stiffness, mainly acts on nervous system and Vatahara

2) NASYA¹⁵:

- Nasya done with Dhanwantari taila 101, ingredients of this oil are Tila taila, Bala, Gokshira, Yava, Kola, Kulatha, Dashamoola, Meda, Mahameda, Devadaru, Manjishta, Kakoli, Kshira Kakoli, Rakta Chandana, Sariva, Kushta, Tagara, Jivaka, Rishabaka, Saindava Lavana, Vacha, Agarar, Punarnava, Ashwagandam, Shatavari, Yashtimadhu, Triphala, Mudgaparni, Masha Parni, Ela and Tejpatra
- Sneha dravya gunas:

“Dravam sukshmam saram snigdham picchilam guru shitalam | Prayo mandam mrudu cha yat dravyam tatsnehanam matam ||” (Ch.Su22/15)

Drava, Sukshma, Sara, Snigdha, Picchila, Guru, Shita, Manda & Mridu

• Nasa is mainway for head
The drug Danwantari taila 101 administered 6 drops in both nostrils

Due to Drava guna oil liquefies the doshas

Sukshma guna of taila enters into minute channels

Sara guna increase movement of Doshas by circulating into Brain, vessels, eyes, ear and throat.

Vasodilator nerves are stimulated

Increases the blood brain barrier to enable certain drug absorption in the brain tissues

↓
Thus helps in removing the morbid Doshas from Shira

3) DHUMAPANA¹⁵

Snahika Dhumapana with Panchagavya Ghrita

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Dhumapana especially used for Urdhwajatrugata Rogas, act as
Kapha-Vatahara

↓
By Dhumapana, lightness of the chest, throat and Head and
eliminates vitiated doshas

SHAMANA:

1) Kapikacchu churna:

Chemical Compositions of Kapikachu are Levodopa, Gallic Acid
& Betasterol

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Levodopa works by replacing the chemical messenger dopamine

↓
Dopamine directly cannot cross blood brain barrier but fortunately
levodopa can cross the blood brain barrier

↓
Enter into brain further it converts into Dopamine and changes the
movements will be normal

- **KARMA:** Balances all three Doshas, Balya, Brihmana, Hridya, Purishavirajaneeya, Vrishya and Mutrala.

2) Cap Neuron :

Neuron contain ingredients are Dashamoola, Ashwagandha,
Kapikachu, Brihatvata chintamani

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DASHAMoola: act as Anti-Oxidant, Anti Inflammatory and Anti
Analgesic Activity

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ASHWAGANDA: best rasayana to mamsa dhatu & it has calming
effect on mind, hence promotes sound sleep & antistress

↓
KAPIKACHU BEEJA: Levodopa chemical, it improves dopamine
level, reduces the head tremors.

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BRIHATVATA CHINTAMANI: Rasayana, Vrushya, All vatavyadhi
hara

3) Tab Cognium:

1 tab three times after food for 30 days

- It helps in improving memory, concentration and attention, cognitive functions as learn, remember and memory

DISCUSSION:

Kampavata symptoms as mentioned in classics are similar to the Parkinson's disease in modern science. It is a neurodegenerative disease.

- **Shirodhara:** Shiro means head, dhara means "Dripping", Shira is mula sthana of all indriyas and it is main one of the marmas
- **Nasya:** Nasa is the gateway of Shira, Dhanwantari taila 101 when administered into nostrils it reaches Shrugataka marma and circulated into Brain, vessels, eyes, ear and throat.
- **Kapikachu:** Acharaya Yogaratnakara mentioned it is useful in Kampa, Rasapanchaka of kapikachu is RASA: Madhura, Tikta, GUNA: Guru, Snigdha, VIRYA: Ushna, VIPAKA: Madhura
- Kapikachu beeja contain dyhydroxy- phenylalanine chemical, it improves dopamine level, it results reduces the head tremors.

CONCLUSION:

The Nidan as explained in classics are noticed in this patient like Patient mainly gave history that Manasika Nidan as, she attended funeral function by that she suffered with Chinta, Bhaya and Ratrijagarana. The lakshanas explained in classics are noticed in this patient like Shirokampa, Greevashoola, Balakshaya and Dourbalya. The chikitsa siddanta followed here is Dhatuwardaka chikitsa as the disease belongs under Vatavyadhi. After following Shirodhara and Nasya karma, patient found high improvement in her symptom

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