AN AYURVEDA CONCEPT OF DEMENTIA ASSOCIATED WITH ALZHEIMER’S DISEASE

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ABSTRACT
Alzheimer's disease is a leading cause of dementia. The term "dementia" described as an acquired cognitive and behavioural decline associated with brain disease. There are various etiological factors associated with disease such as; aging, trauma, syphilis alcohol abuse, menstrual disorders, disappointed affections and shocks. Later, investigators described neuropathological correlation of dementia syndromes, for establishing the relation between brain disease and dementia. Ayurveda literature mentioned Smriti and its importance under Pragyaparadh concept where Smritibhrinsha also considered as leading cause of disease dementia.

KEYWORDS: Ayurveda, Dementia, Smritibhrinsha, Pragyaparadh.

INTRODUCTION
Dementia is a disease arises due to the disorders of cerebral neuronal circuits and total quantity of neuronal loss. Dementia has many causes, but dementia associated with Alzheimer's and vascular dementia together represent 75% of all such cases. Modern management of dementias is difficult and troublesome. The disease involve dwelling on sense objects which leads to desire when this desire left unfulfilled, person acquired anger leading to confusion and impairment in memory. Memory impairment leads loss of intellect or reasoning which causes complete ruin of neuronal circuits. Memory and Buddhi are prime importance and the understanding of dementia by Ayurveda literature emphasized general physiology of Manas and Buddhi. Consideration of Mana, Buddhi, Medha, Dhriti and Smriti is very essential for understanding etiology and psychopathology of Smritibhramsha. Power that determines the nature merits and demerits of an object is Buddhi. Buddhi and Mana are associated with Karyakarana Sambandhu in the process of evolution; Buddhi is the first Tatva which is responsible for the development of Indriyas and Mana (Vijayrakshita on Ma. Ni. 3/82). Dhriti is the power which controls the orientation of attitude; it is the regulator of the functions of Mana, while Smriti helps the mind to recollect the entire percept or objects on the basis of the concept made by past experiences. The mind behaves accordingly by remembering the Tatvagyana (ethics). Medha is the power that grasps and retains the knowledge which is not possible without the conjunction of mind. Chakrapani has described excessive, weak or wrong conveyance of mental perception as Chintya. Kama, Krodha etc. are like Manovighatakabhabhavas that derange all the circuits of the mind, which would be categorized in the group of 'Pragyaparadha' as basic etiological factor for the all psychiatric disorders. The different etiological factors derange the normal mental pathways and ultimately result in the development of Smritibhramsha.

Figure 1: Causes of dementia.
Smriti
Different Ahcaryas described Smriti as follows:
- Smriti is the product of the traits of internal impressions produced by the union of experiences of the soul and mind (Vaisheshhika Sutra 1/26).
- Capacity of recollect the past experienced knowledge: Vachaspabyam and Asampramoha of the internal impression in the mind about the moments of the past (Yoga Sutra 1/11).
- Charaka described that recollection of things directly perceived, heard or experienced earlier is called Smriti.
- Smriti is the mass product of the knowledge through the impression gathered in the mind.
- Vijayarakhita has described that remembrance of past experience is Smriti.
- Sushruta has mentioned Smriti as Bhutartha Vijyana; knowledge of past the experience.

Bhramsha
Bhramsha means conditions of derangement:
- Falling or slipping down.
- Decline/decay, ruin.
- Disappearance, loss, cessation.
- Straying or deviating from abandonment.

Factors influencing the physiology of Manas
Atma: it gives Chetanatva to the Manas, through which Manas attains its Karmtrava.
Buddhi: the characteristic of Atma; influences Manas through various dimensions such as:

Dhee (judgement), Dhrity (controlling power) and Smriti (memory) (Ca. Sha. 1). The functional dimensions of Manas; Satva, Rajas and Tamas also influence the mind physiology.

Role of Dosha towards physiology of Manas
1. Vata: control and stimulation of Manas is under the influence of Vayu.
2. Pitta: Sadhaka Hrdgatam Pittam; Buddhi Medha Abhimanadayai (A. Hr. Su. 12/3).
3. Kapha: Normal mental functions like concentration, tolerance, endurance are associated with normal functioning of Kapha (A. Hr. Su. 11/3). Avalambaka Kapha and Tarpaka Kapha are related with Manas.
4. Prana: Buddhi Hridayendriya Cittadhrirk (A. Hr. Su. 12/4), the function described to the Prana is to hold the Citta and Hridaya.
5. Udana: Udana is responsible for the recollection of past experience i.e. memory thus it helps Manas to analyse the entire perception and action projected to Karmendriyas (As. H. Su. 12/56).
6. Vyana: Stability and concentration of Manas is dependent upon the normal condition of Vyana (Su. Ni. 1/17), [Prayah Sarvah Kriyah (A. Hr. Su. 12/6)].

Role of Dhatus towards physiology of Manas
Rasa : Cintyanam; Aticintat (Ca. Vi. 5)
Rakta : Normal mental function; Buddhi Karmanam.

Mansa : Akshaglani (A. Hr. Su. 11).
Meda : Sukhabhisanga, Alasaya, Dredhata (Su.Su. 15/5).
Majja : Bhrama Murccha, Tamodarshana (Ca. Su. 27/7) (Su. Su. 15/14).

Management of Dementia
Psychiatric management, psychotherapy and other psychosocial treatments
- Establish and maintain an alliance with the patient and family.
- Monitoring the psychiatric status.
- Intervene to decrease the hazards of wandering.
- Advise the patient and family about activities that may put patient and other people at risk.
- Educational counselling of patient and family regarding the illness and available treatments of disease.
- Family guidance towards the financial and legal issues.
- Improvement of cognitive skills, mood or behaviour.

Types of psychotherapies/treatments
(a) Behavioural approach
(b) Emotion approach
(c) Cognition approach
(d) Stimulation approach

Preventive Care
- Consumption of low-fat and low-calorie diet.
- Consumption of cold-water fish since they possess high level of omega-3 fatty acids.
- Reducing intake of linoleic acid found in margarine, butter and dairy products.
- Use of antioxidants, such as vitamins A, E, and C may prevent damage caused by free radicals.
- Maintenance of normal blood pressure levels may reduce the risk for Alzheimer's disease.
- Hormone-replacement therapy stimulates growth of brain cells and improves blood flow in the brain.
- One should be mentally and socially active.

Suggestive Lifestyle
- A supervised walking program may improve communication skills and diminish the risk of wandering.
- Bright light therapy may control insomnia and wandering.
- Calming music may reduce wandering and restlessness, boosts brain chemicals and improve behaviour.
- Relaxation training and other exercises that require focused attention can improve social interaction and the ability to perform tasks.
- The one should follow specified diet plane and discipline daily life routine.
REFERENCES