

BASICS OF PARKINSON'S DISEASE AND ITS AYURVEDIC MANAGEMENT WITH MINIMAL SIDE EFFECTS.¹**Dr. Bishnupriya Mohanty, ²Mith Vivek Naik and ³Prof. (Dr) Sangram Keshari Das**¹MD, PhD., Professor & Head Department of Sanskrit Samhita and Siddhanta.²IV B.A.M.S. Student,

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ABSTRACT

Parkinson's disease is the second most common neurodegenerative disorder after Alzheimer's disease which leads to motor and non-motor dysfunctions in the body of the individual. In this perspective review we will explore the basics of PD and its management through Ayurveda, which offers treatments with minimal or no side effects. Unlike modern treatments that provide only symptomatic relief without halting the progression of the disease, Ayurveda approaches long-term management. The levodopa dose that is prescribed by the modern science, the Neuro degeneration in Parkinson's continue, leading to worsening symptoms as dopamine levels decline. Consequently, higher doses of pharmacological treatments are required over time, often resulting in side effects like dyskinesia, where patient lose control over their movements entirely. Ayurveda on the other hand, focuses on holistic approaches to mitigate these issues.

KEYWORDS: Parkinson's disease, KampaVata, dopamine, Ayurveda treatment, Kapikachu.**INTRODUCTION**

Parkinson's disease (PD) is a neurodegenerative disorder primarily affecting the motor and non-motor functions of the body. It occurs due to loss of neurons in the substantia nigra that produce dopamine- a part of the brain that regulates movement. Key motor symptoms include- bradykinesia (slowness of movement), rigidity of muscles (stiffness), tremors (resting tremors) and postural instability (balance issues), whereas non motor dysfunctions include- sleep disturbances, gait difficulties (small steps or shuffling walk), cognitive impairments, autonomic dysfunctions (urinary problems, constipation etc) and olfactory dysfunction. Some of the common pharmacological contemporary treatment involves administration of levodopa. But in time its effectiveness fluctuates and side effects like dyskinesia may develop. Other drugs that are used are dopamine agonists (mimics dopamine), MAO-B inhibitors (prevents breakdown of dopamine) and COMT inhibitors (extend levodopa inhibitors). In Ayurveda, PD can be correlated with Vepathu, a condition mentioned by Madhvakara under the chapter of KampaVata. Symptoms mentioned are SarvangaKampa (generalized tremors), which closely aligns with hallmark of PD. Along with this, sir Govind Das Sen, mentioned KampaVata, highlighting symptoms like tremors in hands and legs, sleep disturbances and

slowness in both speech and thought processes. CharakSamhita and SushrutaSamhita, under Vata disorders, mentioned conditions like Kampa (tremors), Stamba (stiffness), and Cheshtanga VataVikruti (impaired movement).

MATERIALS AND METHOD-

High impact journals for PD, traditional texts from Ayurveda, relevant clinical and para-clinical studies with botanicals. Comparative studies with modern medicine.

CLINICAL OBSERVATIONS

In Ayurveda, Parkinson's disease is considered to be a form of KampaVata, which falls under the broader category of VataVyadhis (neurological disorders caused by imbalance in VataDoshas)

Symptoms of KampaVata in Ayurveda.

1. Kampana- tremors- uncontrollable shaking and vibrations in various parts of the body.
2. Stambha- rigidity- stiffness and resistance in muscles and joints.
3. Chestahani- bradykinesia- slowness of movement.
4. Akshepak- involuntary movements- uncontrollable jerking or spasms.

5. Gatrasada- weakness- generalized weakness and fatigue in the body.
6. Vishada- depression- feeling of sadness and low mood.
7. ChakshuShoshan—dryness of eyes.
8. ShiroBhrama- giddiness.
9. SmritiBhramsha- memory impairment, decline in cognitive functions.

Ayurveda identifies 3 Doshas- Vata, Pitta and Kapha. Each represents variety of elements and characteristics of body and mind. Vata- primarily, air and space and movement and communication in the body. Imbalance of this Dosha i.e Vata causes various musculoskeletal disorders including PD.

The main causes of Vata imbalance are.

1. Food- eating dry, cold or light foods that will cause bloating.
2. Lifestyle- irregular routines, excessive exercise or even stress.
3. Environmental factors- cold, dry weather etc.

DIAGNOSIS OF PD – IN AYURVEDA.

1. NadiParikshan- pulse diagnosis Patient's pulse is felt by Ayurvedic practitioner to determine the imbalance of Doshas, particularly looking for aggravation of VataDosha.
2. Prakriti analysis- body constitution Understanding the body constitution of the patient whether Vata, Pitta, or Kapha to assess how the Dosha imbalances manifest based on natural tendencies.
3. AshtaVidhaParikshan- eight fold examination Nadi, Mala, Mutra, Shabdha, Druk, Sparsha, Akruti.
4. Roga Marga- pathways of disease Analysis of how the disease affects different body systems and channels, particularly the MajjaDhatu (nervous system) and Vata channels in the body.
5. Lakshan Parikshan- symptom analysis Detailed examination of presenting symptoms, which is cross referenced with clinical texts to confirm the Vata imbalance and diagnosis of KampaVata.
6. Manasik Parikshan- mental health assessment Since Vata is also linked to mental functions, assessing the psychological state of the patient, such as anxiety, fear, and depression is important in diagnosing of the disease.

Hence, Ayurveda aims at balancing VataDosha and improve overall functions of VataDosha. The approach is holistic, incorporating healthy diet, lifestyle changes, herbs and specific therapies.

DIET

Warm cooled foods, soups, stews, easy to digest cooked rice.

Healthy fats- ghee, sesame oil, nuts and that which nourishes body and reduces dryness.

Herbs and spices- ginger, turmeric, horseradish to aid digestion and reduce inflammation.

Avoid- cold, raw foods.

LIFESTYLE

Keep a proper routine and incorporate regular muscle relaxation exercise.

Regular routine- going to bed, and waking up at same time.

Gentle exercise- yoga and tai chi to improve flexibility, strength and balance.

For stress management- yoga, meditation, deep breathing exercises, time in nature to reduce anxiety and promote psychological wellbeing.

PANCHAKARMA THERAPY

For detoxifying and rejuvenating purposes.

1. Abhyang- use of warm and medicated oils to calm Vata and improve circulation.
2. ShiroBasti- ghee over head.
3. Nasya- with ghee or oil.
4. Basti- with herbal decoctions and oils to cleanse the colon and balance Vata.

DRUG ADMINISTRATION-

1. Mucunapuriens- Kapikachu

Known for its natural source of levodopa. Seeds of mucunapuriens have a long standing safe use and has a pharmacokinetic profile distinct from synthetic levodopa and therefore reduces untoward motor complications.

The seed extracts of it have neuro protective benefits.

2. Withaniasomnifera- Ashwagandha

Rejuvenating that strengthens the nervous system and reduces stress.

3. Sidacordifolia- Bala

Used to improve muscle strength and reduce Vata imbalances.

4. Tinosporacordifolia- Guduchi

Known for neuro- protective and Vata balancing properties.

MEDICATED OILS AND GHEE

1. BalaAshwagandha-LakshadiTaila – externally used to relieve stiffness and tremors.
2. Brahmighrita- supports cognitive function and balances Vata.

RASAYANA

1. Brahmi- bacopamonnier- to rejuvenate the brain and improve memory and cognitive function.
2. Shankhpushpi- improves brain function and calm the mind.

These therapies are combined to manage symptoms, reduce progression of disease and improve quality of life.

RESULTS

By administration of the Ayurveda medicines according to the patient's condition, improvements in patients' motor functions, psychological wellbeing and reduced

dependency on increase doses of modern medicine is seen.

Ayurveda medicines, especially the herbal formulations and Panchkarma, lead to fewer side effects as compared to conventional PD drugs.

DISCUSSION

Modern pharmacological medicines like levodopa have various limitations because they induce dyskinesia and other psychiatric issues. Ayurveda theory views PD as a Vatic disorder and all its major symptoms align with that of KampaVata.

Ayurveda treatments not only deals with reducing the symptoms of the disease but it also aims at removing the cause of the disease i.e.Dosha imbalance thus helps in halting the progression of the disease.

CONCLUSION

In light of the rising concerns regarding the side effects of conventional medicine or treatments like levodopa in PD, there is a pressing need to explore alternative therapies that offer safe, long term solutions even more.

Ayurveda medicines, with their natural, holistic approach and focus on balancing the body's systems, offer a promising alternative. Drugs such as Kapikachu, Ashwagandha, and Basti therapies, not only help manage symptoms effectively but also work on improving overall wellbeing without severe side effects associated with modern medicines. Promoting further clinical studies on these Ayurveda innervations could pave way for their border acceptance in treating Parkinson's disease. By integrating these medicines into standard care, we can offer patients a path to improved quality of life, reduced reliance on harsh medication, and a more balanced, side-effect-free treatment approach.

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