

Review Article

AYURVEDA IN NERVOUS SYSTEM

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ABSTRACT

Ayurveda the ancient holistic science of India is treating neurological diseases since its inception. Neurological problem in Ayurveda described mainly in the context of Vata vyadhi. Ayurvedic treatments for neurological disorders will aim to rectify this Vata imbalance and bring the Vata dosha in harmony with Pitta and Kapha dosha so as to eliminate the disease. People worldwide are affected by neurological disorders. There are over 600 known neurological disorders and conditions that affect the human nervous system and for many of them treatment options are extremely limited. The aim of this study is to analyze the different neurological problems described in Ayurveda and their treatment perspective. Recent advancement of Ayurvedic Clinical Research shows that so many incurable neurological problems can be successfully treated by Ayurvedic medicines and Panchakarma therapies

Keywords: *Ayurveda, Vata vyadhi, Panchakarma, Vata, Pitta and Kapha dosha*

INTRODUCTION

The nervous system is a complex, sophisticated system that regulates and coordinates the body's basic functions and activities. Our whole body is controlled by nervous system. Starting from the digestion up to endocrine function, everything is depending upon the complex neurophysiology. It is made up of two major divisions, including the central nervous system (consisting of the brain and spinal cord) and the peripheral nervous system (consisting of all other neural elements)¹⁴. Ayurveda the ancient holistic science of India is treating neurological diseases since its inception but the terminology was something different. Ayurveda considers neurological disorders to be the result of a Vata disorder. The vitiation of Vata dosha causes an imbalance and disharmony in the human system that leads to neurological disorders. Ayurvedic treatments for neurological disorders will aim to rectify this Vata imbalance and bring the Vata dosha in harmony with pita and Kapha dosha so as to eliminate every type of disease in an individual ^{10, 16}. There are over 600 known neurological disorders and conditions that affect the human nervous system and for many of them treatment options are extremely limited¹⁵. Hundreds of millions of people worldwide are affected by neurological disorders. Approximately 6.2 million people worldwide die because of stroke each year; over 80% of deaths take place in low- and middle-income countries. More than 50 million people have epilepsy worldwide. It is estimated that there are globally 35.6 million people with dementia with 7.7 million new cases every year - Alzheimer's disease is the most common cause of dementia and may contribute to 60–70% of cases. The prevalence of migraine is more than 10% worldwide¹⁴.

Table 1: Shows common neurological diseases and their Ayurvedic terminology

Ardit	Bell's palsy
Avabahuk	Frozen shoulder
Apatantrak	Hysteric convulsion
Apasmar	Epilepsy
Akshepaka	Convulsion
Biswachi	Brachial neuritis
Gridhrasi	Sciatica syndrome
Grivashool	Cervical spondylitis
Hanugraha	Lock jaw
Jibha Stambha	Glossal palsy
Kampavata	Parkinsonism

Katishool	Lumber spondylitis
Kalayakhanja	Lathyrism
Khanja	Limping
Khalli	Cramps, fasciculation
Manyastamba	Neck rigidity
Pangu	Poliomyelitis
Pakshaghat	Hemiplegia, Paraplegia
Pakwasayagata Vata	Irritable bowel syndrome (IBS)
Sirogragha	Trigeminal neuralgia
Sukragata vata	Sexual neurosis
Twachagata Vata	Peripheral neuritis

Management of neurological disorder in Ayurveda

Whole management can be categorized in following manner –

Herbal/ Herbs-mineral classical Ayurvedic preparations

Panchakarma therapy

Table 2: Some effective herbs used in the management of neurological disorder

Common name	Scientific name
Aswagandha	Withania Somnifera
Bala	Sida cordifolia
Bramhi	Bacopa, monnieri
Bhallataka	Semecarpus anacardium
Eranda	Ricinus communis
Guduchi	Tinospora cordifolia
Guggulu	Commiphora wightii
Jatamansi	Nardostachys jatamansi
Kapikacchu	Mucuna prurita
Kuchila	Strychnos nuxvomica
Mandukparni	Centella asiatica
Nirgundi	Vitex negundo
Pippali	Piper longum
Rasana	Pluchea lanceolata
Sarpagandha	Rauwolfia serpentine
Shallaki	Boswellia serrata
Vacha	Acorus calamus

Panchakarma is fivefold treatment modalities which are basically divided in to three parts, namely Purva Karma (preparatory procedure), Pradhan Karma (main operative procedure) and Pacchat Karma (post operative regimen). Panchakarma procedure purifies various system of the human body and expel out the accumulated toxic metabolites from the body. Basically Panchakarma is a bio-cleansing procedure which detoxifies the body and helps in increasing bio-availability of drugs, diet etc.

Purva Karma (preparatory procedure): It includes carminative (Deepan), digestive (Pachan), oleation (Snehan) and medicated sudation (Swedan). These are beneficial for lubricating, liquefying of toxic waste products/metabolites accumulated in various channels of the body and also helps for easy elimination from the body through nearest route.

Pradhan Karma (main operative procedure): After Purva Karma (preparatory procedure), as per requirement the Pradhan Karma (main operative procedure), i.e. therapeutic emesis (vamana karma) and therapeutic purgation (virechan karma) to be done, then one should follow medicated enema (vasti karma) and medicated nasal drops/application (nasya karma).

Pacchat Karma (post operative regimen): After the every process of Pradhan Karma (main operative procedure) one should follow a special dietary regimen called Samsarjan karma. It is essential to restore the normalcy of body tissue and system as well as helps to rejuvenate the person.

Table 3: Some effective Oleation (snehan) process useful in Neurological diseases

Oleation (Snehan) Process	Neurological diseases
Abhynaga (External Massage)	All neurological diseases except compressive neuropathy
Akshitarpan	Optic nerve atrophy, Ptosis
Griva vasti	Cervical spondylitis,
Kati vasti	Lumber spondylitis, Sciatica,
Mardana	Muscle wasting
Murdha taila	Insomnia, Stress, Cerebral atrophy, Cerebral ataxia, Parkinsonism
Picchu dharan	Cranial neuropathy
Sirodhara	Insomnia, Stress, Anxiety neurosis, Cranial neuropathy
Sirovasti	Cerebral palsy, Cerebral ataxia, Parkinsonism
Udavartana	Hemiplegia, Paraplegia

Table 4: Some effective Sudation (Swedana) useful in Neurological diseases

Sudation therapy (Swedana)	Neurological diseases
Avagahan Sweda	All neurological disorder specially sensory neuropathy
Baspa Sweda	All obstructive neuropathy
Nadi Sweda	Lumber & Lumber Spondylitis, Sciatica,
Patrapinda Sweda	Hemiplegia, Paraplegia, Compressive myelopathy,
Shali Pinda Sweda	Muscular atrophy, Duchene muscular dystrophy

Table 5: Some effective Enema (Vasti) therapy useful in Neurological diseases

Enema (Vasti) therapy	Neurological diseases
Dasamula Niruha Vasti	Hemiplegia, Paraplegia
Lekhan Vast	Paraplegia
Matra Vasti (Mahanarayan Taila)	Hemiplegia, Paraplegia
Vaitaran Vasti	Sciatica Syndrome,

Table 6: Some Neurological disease and their effective Classical Ayurvedic Treatment & Panchakarma Therapy

Name of the disease	Therapy and Medication
Paralysis, Hemiplegia due to CVA (infraction)	Therapy: Snehan → Swedana → Virechana → Vasti Medicine: Ekangavir Rasa, Kaishore Guggulu, Sanjivani Vati, Brihat Vatachintamani Rasa
Cervical myelopathy	Therapy: Grivavasti Medicine: Trayadasanga Guggulu, Mahavata Vidhama/ Vatagajankus Rasa, Brihat Vatachintamani Rasa
Transverse myelitis	Therapy: Nadi Swedana→Kativasti Medicine: Kaishore Guggulu, Maha Yogaraj Guggulu, Ekangavir Rasa, Sanjivani Vati, Brihat Vatachintamani Rasa
Lumber Spondylitis/ Spondylosis	Therapy: Abhyanga → Nadi Swedana → Kativasti Medicine: Trayadasanga Guggulu, Mahavata Vidhama/ Vatagajankus Rasa, Brihat Vatachintamani Rasa, Dasamularista/ Aswagandharista
G.B. Syndrome	Medicine: Yogendra Rasa, Ekangavir Rasa, Kaishore Guggulu
Cervical Spondylitis/ Spondylosis	Therapy: Abhyanga → Nadi Swedana → Grivavasti Medicine: Trayadasanga Guggulu, Mahavata Vidhama/ Vatagajankus Rasa, Brihat Vatachintamani Rasa, Dasamularista/ Aswagandharista
Sciatica Syndrome	Therapy: Abhyanga → Nadi Swedana → Kativasti Medicine: Trayadasanga Guggulu, Mahavata Vidhama/ Vatagajankus Rasa, Ekangavir/ Khanjankari Rasa, Brihat Vatachintamani Rasa, Balarista/ Aswagandharista
Ankylosing Sponylitis	Therapy: Shali Pinda Sweda Medicine: Trayadasanga Guggulu, Maha Yogaraj Guggulu, Mahavata Vidhama Rasa, Maha Rasnadi Kwath/ Dasamularista/ Aswagandharista
Cerebral Palsy	Therapy: Sirovasti Medicine: Bramhi Vati, Kumar Kalyan Rasa, Saraswatarista
Bell's Palsy	Therapy: Abhyanga → Swedana → Nasya; Sirovasti Medicine: Yogendra Rasa, Ekangavir Rasa, Kaishore Guggulu
Nerve Root Compression/ with leg muscle wasting	Therapy: Nadi Swedana → Kativasti & Lekhan Vasti; Traction Medicine: Trayadasanga Guggulu, Mahavata Vidhama/ Vatagajankus Rasa, Ekangavir/ Khanjankari Rasa, Brihat Vatachintamani Rasa, Balarista/ Aswagandharista

CONCLUSION

Ayurveda considers neurological disorders are the result of a Vata dosha disorder. Above study reveals that neurological problems can be successfully treated by Ayurvedic System of Medicine. Ayurvedic treatments involves, use of Ayurvedic medicine, Panchakarma therapies i.e. Snehan (Oleation/ External Massage), Swedana (fomentation), Virechana (medicated purgation), Vasti (medicated enema), Vamana (medicated emesis), Shirodhara, Sirovasti, Murdha Taila (head massage) and use of Nadi Swedana (herbal steam) etc.

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