



A CRITICAL REVIEW ON THE EFFECT OF AN ANUVASANA VASTHI YOGA FROM LOOTHA VISHA PRATHISHEDA FOR NEUROLOGICAL DISORDERS

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ABSTRACT

Neurological disorders are medically defined as disorders, that affect brain as well as nerves throughout the body & spinal cord, resulting in wide range of symptoms. The prevalence rate of such disorders are 2394 per 100000. The commonest neurological problems are Cerebro vascular disorders, Parkinson's disease, Facial palsy, Sciatica & Peripheral neuropathy. *Vasthi* mentioned as, *Ardhachikitsa* in Ayurveda, is a unique & broad spectrum therapeutic procedure which is mainly practised in neurological disorders. This conceptual study is a mere attempt to find out the effect of *Erandavilwa ghrithamanda anuvasana vasthi* , mentioned in *Ashtanga sangraha, Loothavishaprathisheda adhyaya* in managing the neurological disorders.

Key words : Neurological disorders, Anuvasana vasthi, Erandavilwa ghrithamanda

INTRODUCTION

Panchakarma therapies, the backbone of Ayurveda, are done either to expel the vitiated doshas or to maintain the normal health of an individual, which overlaps with the fundamental principles of Ayurveda, which is "swasthasyaswasthyarakshanam athurasyavikaraprashamanam". Any *Panchakarma* procedure can be practised singly too to prevent or cure any disease. *Vasthi karma* is an unique & broad spectrum therapeutic & preventive approach , mentioned as *Ardhachikitsa* in *Kayachikitsa*. *Vasthi* itself contributes the one half of all the treatment procedures. It is considered as prime treatment modality for *vata dosha*. The superiority and importance of *vasthi* has been praised in Ayurveda classics with special similes such as, "just as the sun evaporates the liquid from the earth by its heat, *vasthi* draws away vitiated doshas from the whole body", in *charakasamhitha sidhithana*. Acharya bhela says *vasthi* is equivalent to all other karma and if properly administered acts like *amritha*(nectar). *Anuvasana vasthi* is a simple & important type of *vasthi*, most commonly used in practice, used independently in various Neurological disorders and also together with *niruhavasthi*.

Neurological disorders comprises a wide range of disorders. Cerebro vascular diseases includes the most common ischemic stroke and haemorrhagic stroke caused by a reduction in blood flow that lasts longer than several seconds. The clinical manifestations of stroke are highly variable because of the complex anatomy of brain and its vasculature¹. Parkinson's disease, the most common form of a group of progressive neurodegenerative disorder characterized by bradykinesia, resting tremor, cog wheel rigidity, shuffling gait and also by a variety of non motor symptoms like sleeplessness, psychiatric disturbances etc. Peripheral neuropathy includes symptoms such as pricking and tingling sensation in the affected body part (pins and needles) ,numbness , reduced ability to feel pain or temperature, particularly in the feet, muscle weakness,loss of co-ordination , muscle paralysis etc.

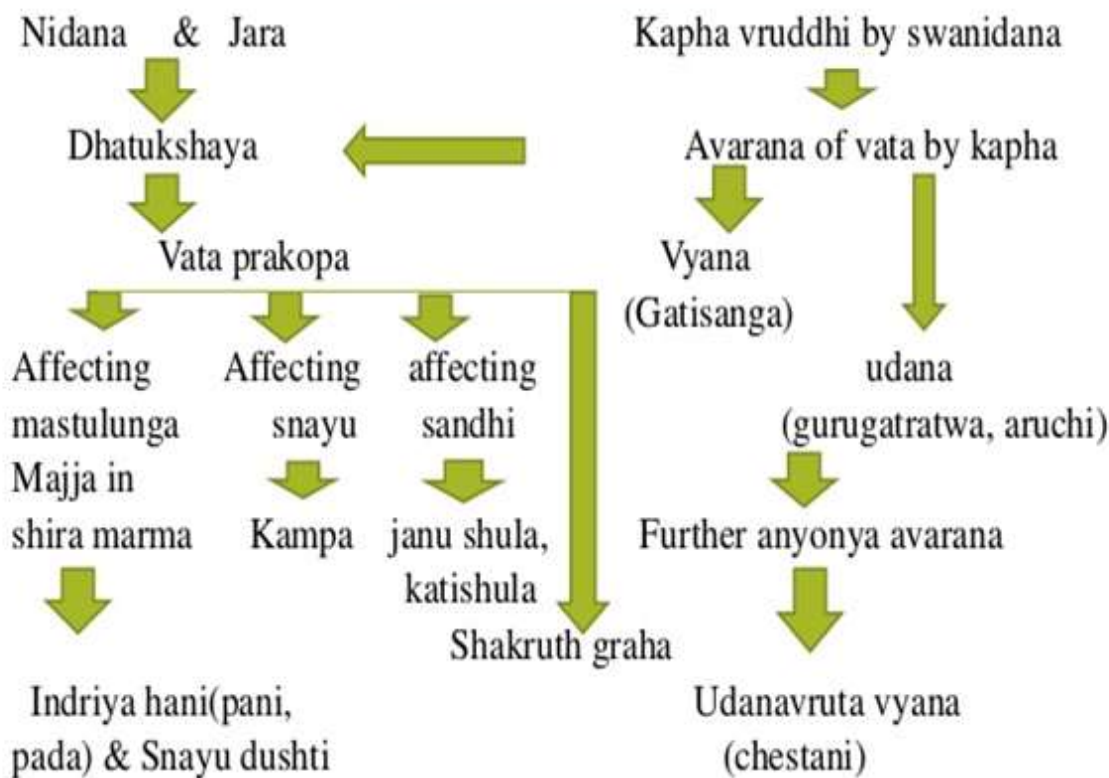
The term facial palsy generally refers to weakness of facial muscles caused by temporary or permanent damage to the seventh cranial nerve , facial nerve. Sciatica is another common neurological issue in present day scenario. Sciatica is a term used to describe nerve pain in the leg that is caused by irritation and/or compression of the sciatic nerve. Sciatica originates in the lower back, radiates deep into the buttock, and travels down the leg. Even though we have mentioned only about a few neurological disorders based on their prevalence rate across country, there are a broad spectrum of disorders that we can include in this study.

In *Ashtangasangraha*, *Uttara sthana*, the chapter named *loothavishaprathisheda*, we can find the reference of *Erandavilwaghritha* for *vasthi*. While mentioning its indications , Acharya have clearly mentioned *adhmana,prishtagreevaavabhanjanam, sankocha, sthambha, kampa, shoola, vataroga, parvabheda* etc. So all these signs & symptoms arises in neurological disorders that we have discussed above. Moreover as we know, all the motor functions of our body including the perception of sense organs, are maintained and regulated by *Vatadosha*. It is a self generating and self propagating force inside the body responsible for the conduct, regulation and integration of all vital functions and maintenance of structural integrity of the body as the *Acharya charaka* quotes, “*sarvaehichesthavathena, sapranapraninamsmritha*” . So any derangement in *vata* can create motor or sensory impairments in body. *Vatadosha* can be attributed to the functions of neuro endocrine system. The main *upakrama* for *vatadosha* is *snehana*, & the main *panchakarma* procedure for regulating *vatadosha* is nothing but *vasthi*². Among *vasthi*, *anuvasanavasthi* is chosen here as it has *brimhana* effect also, along with the quality of giving out vitiated *doshas*, provides nutrition to *dhathus*, strengthens the body, & moreover it works as best *anulomana* for *vatadosha*³. In the condition of neurological disorders, there will be a need for *brimhana* as well as *shodhana* for correcting the deranged *vatadosha*. So the aim of this article is to find out how the *Erandavilwaghritha* acts on neurological disorders.

DISCUSSION

The probable samprapthi (etiopathogenesis)of *vata* disorders can be attributed as follows

SAMPRAPTI



Due to the *nidanasevana* and as age progresses, *dhathukshaya* may occur which aggravates *vatadosha* & affects *masthulungamajja*, *snayu*, *sandhis* creating symptoms like *indriyahani*, *kampa*, *janu shola*, *katee shola* etc. In another sense, the *vataprakopa* may arise as a result of *Avarana* concept ie, *Avarana* of *vata* by *kapha*, resulting in manifestation of symptoms based on which type of *vata* got *avarana* by *Avarakadosha kapha*.

According to *Vagbhata acharya*, the probable *samprapthi* for *vata vyadhi* is by *nidana seva* leading to *vata prakopa* & *sthana samsraya* at *sira snayu sandhi* resulting in symptoms of *chesthahani* by the *shoshana* of *sira* & *snayu*. For *vataja ghridhrasi*, the possible *samprapthi* can be by *nidana sevana*, *dhathu kshaya* occurs resulting in *vata prakopa* creating *rukshtha*, *kharatva* and *parushtha*, *kha vaigunya* in *kati region* along with sciatic nerve innervation resulting in *gridhrasi* or *sciatica*. From all these *samprapthi*, the main *nidana* for *vata kopa* is either the *dhathu kshaya* or by *avarana* resulting in symptoms like *sramsas*, *vyasa*, *vyadha*, *swapa*, *sadha*, *ruk*, *thodha*, *bheda*, *sthambha*, *sangha*, *angabhanga*, *sankocha*, *kampa*, *parushya*, *sosha*, *spandhana* etc. The indications of *Eranda vilwa ghritha* definitely coincides with these symptoms. Moreover if we analyse the individual drugs for *kashaya* and *kalka* in *Erandavilwa ghritha*, we can clearly draw to a conclusion that majority of the drugs are having *vatakapha hara*, *balya*, *vatanulomana* property.

Drugs for kalka

Yasti ⁴	Vata pitta samana, Balya
Nisha ⁵	Kapha vata samanam
Natam ⁶	Kapha vataharam ,mada apasmara nasanam
Devadaru ⁷	Vata kapha samanam ,
Vidangam ⁸	Vata kapha samanam ,soola admana haram
Sarala ⁹	Kapha vata haram ,
Satahwa ¹⁰	Vata kapha samanam , soola haram
Lodra ¹¹	Laghu,kapha pitta samanam
Gairikam	
Jevanthi ¹²	Sarva doshaghni, balyam
Kusta ¹³	Vata kapha hara ,
Musta ¹⁴	Vatakapha haram ,stanyakaram
Pippali ¹⁵	Vatakapha samanam ,anaha pleeha gulmagnam
Madanam	Kapha vata hara ,gulma anaha samanam
Saindavam	Maduram ,tridosha samanam

Drugs Kor Kashaya

Eranda	Kapha vata samanam ,soola sotha kativasti sira peedaharah
Vilwa	Vatakapha harah ,balyam laghu
Sarala	Kapha vata haram

Chirivilwa	Laghu, lekhaneeyam,kapha pitta samanam
Arka	Vata kapha samanam ,vishuchika sirovataharam
Patali	Vata rakta samanam
Shigru	Kapha vata hara ,pleehahara,sirasoolahara
Pata	Vatakapha hara, balya
Kusa	Tridosha hara,mutra virechaneeyam
Vasa	Kapha pitta hara,ksayam,kasam etc
Vidulam	Vata hara,vishagna
Laghu pancha moolam	Vata kapha haram ,kasaya maduram

By using these drugs, ghritha is prepared, kalka one part each of above mentioned drugs, sneha as ghritha mandam four parts, dravdravya decoction of above drugs eight parts & equal quantity of milk. This ghritha manda is used for anuvasana vasthi. This eranda vilwa ghritha yoga is mentioned in lootha visha prathisheda.

Loothas are of two types: *vathika (neurotoxic)* and *paithika (cytotoxic)*¹⁶. The neurotoxic loothas produces neurotoxic venom which increases ACH production and causes CNS disruption by blocking the nerve impulses to muscles thereby resulting in cramps, rigidity, tremor , pain like symptoms. The neurotoxic venom affects body and cause complications which more or less coincide with the symptoms of neurological disorders like stroke, parkinsonism, peripheral neuropathy etc.

CONCLUSION

From the above discussions, we can conclude that Eranda vilwa ghritha can be a best choice of anuvasana vasthi in neurological disorders as majority of the drugs mentioned in the yoga are vatakapha hara, balya in nature. Moreover the yoga has more importance as it is explained in visha prakarana which is an atyayika condition affecting dhatus and even marmas causing CNS symptoms. Anuvasana vasthi being a best anulomana & brihmana panchakarma procedure can be chosen to perform in neurological disorders as it tackles vata as well as provides nourishment to dhatus, smoothness and lightness to body.

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