

INTERNATIONAL JOURNAL OF UNANI AND INTEGRATIVE MEDICINE



E-ISSN: 2616-4558
P-ISSN: 2616-454X
<https://www.unanijournal.com>
IJUIM 2024; 8(1): 96-99
Impact Factor (RJIF): 6.3
Peer Reviewed Journal
Received: 20-11-2023
Accepted: 29-12-2023

Dr. Amita
Associate Professor,
Department of Rog Nidan and
Vikriti Vigyan, Ch. Devi Lal
Ayurvedic Medical College &
Hospital, Jagadhri, Yamuna
Nagar, Haryana, India

Corresponding Author:
Dr. Amita
Associate Professor,
Department of Rog Nidan and
Vikriti Vigyan, Ch. Devi Lal
Ayurvedic Medical College &
Hospital, Jagadhri, Yamuna
Nagar, Haryana, India

A review study on Parkinson's disease: An old age disorders

Dr. Amita

DOI: <https://doi.org/10.33545/2616454X.2024.v8.i1b.266>

Abstract

There are several Vataja Vyadhis, including Kampavata. Karapaadatale kampa, nidra-bhanga, deha bhramana, and kshinamati are few examples of the symptoms. Tremor, bradykinesia, stiffness, and motor symptoms are among the hallmarks of Parkinson's disease, a progressive neurological illness. After age 60, the majority of people get Parkinson's disease. In the appearance of a disease, nidana is crucial. The whole process via which a sickness manifests itself is called samprapti. Even though the general nidana and samprapti of vata vyadhi are not discussed individually, they might be taken into consideration in Kampavata. Since Parkinsonism is typically more successfully treated in Ayurveda Seventy percent of Parkinson's disease cases are paid for as a mental health condition. Actually, the term "paucient disease" describes individuals with Parkinson's disease who do not exhibit any unusual symptoms and who have essentially normal MRIs that rule out any other possible explanation for their symptoms. The primary difference between the two is the medication's impact on Parkinson's disease, not the other way around.

Keywords: Parkinson disease, Kampavata etc.

Introduction

Parkinson's disease falls within the category of degenerative disorders. This is one of the most common extrapyramidal disabling illnesses affecting the elderly. This condition presents with bradykinesia, stiffness, and resting tremor—the traditional symptoms. The condition also includes equally serious gait and postural stability problems, which are not included in this trio. Men and women are equally affected by this age-related condition, which has a prevalence that varies from 1% in those over 65 to 5% in those over 80. The illness begins slowly, advances subtly, and finally causes substantial morbidity in the elderly [1].

Among the most prevalent extrapyramidal neurological conditions affecting the elderly is this one. The traditional triad of stiffness, bradykinesia, and resting tremor is present in this syndrome [2]. Parkinson's disease usually appears after the age of fifty, however it might appear at an earlier age. Parkinson's disease is a neurological disorder that gradually results in the failure and death of brain cells. Dopamine-producing brain cells are impacted by the illness. Movement abnormalities brought on by a dopamine deficiency are the hallmark of Parkinson's disease [3].

According to Ayurveda, Parkinson's illness is a state of aggravated Vata. The condition is caused by reasons other than hereditary predisposition, such as disruption of certain brain networks. According to Ayurveda, the Vata dosha is characterized by rigidity, weariness, degeneration, and dryness. The heightened movement, tremors, lack of sleep, and other indications of the Air element's hyperactivity are the external dysregulation that results from this inside degradation [4].

Concept of Kampavata

According to Ayurveda, Parkinson's disease is associated with a condition known as Kampavata. It is also known as vepathu because there are widespread involuntary motions in every area of the body. Since Vata vitiation is the root cause of vepathu, the first focus of therapy is mostly on restoring normal Vata function [5].

Degenerative alterations in neurons are caused by the aggravation of Vata in the brain and associated structures as a result of mental stress, poor food and lifestyle choices, and sleep deprivation.

This disorder is caused by progressive degradation of the neuron. In the later stages of life, vata aggravates by default. Thus, this illness mostly affects us as we age. Both general and condition-specific vata-pacifying medications and therapies work incredibly well for managing Parkinson's disease. Ayurvedic medicine, which includes natural levodopa, and the consumption of medicated ghee, which has the ability to preserve brain cells, are the particular medications chosen for the treatment regimen. Physical impairments are managed by therapies that make use of certain medicinal oils [6].

Therapies such as therapeutic oil massage, the application of a poultice made of cooked herbal grain mixed with herbal decoction and cow's milk, continuous oil streaming over the body, the application of a poultice made of cooked herbal grain, continuous lukewarm oil streaming on the forehead (siro dhara), and maintaining an oil pool on the head in a container fixed over the head (siro dhara) are typically used in this situation. Major Panchakarma treatments include the use of medicinal oil for enemas (vasti), drops of heated oil administered via the nose (nasya), and herbal concoctions [7].

Symptoms of Kampavata (Parkinson's disease)

- Karapadtalkampa (tremors in hands and legs),
- Dehabramana (postural instability)
- Nidrabhagna (insomnia)
- Matiksheen (dementia).

Other Symptoms Include

- Stambha (rigidity)
- Cestahani (slowness of the movement)
- Vanaman (flexed posture)
- Vakvikriti (speech disorders)

Methodology

Parkinson's Disease and Its protein i.e. Alpha – Synuclein Protein related materials were collected from numerous journals, *Ayurvedic* and Contemporary Text Books, Reputed Newspaper Authoritative Websites, Authoritative Literature, Manuscripts, Sanskrit Dictionary, etc.

NIDANA

As we get older, especially in our latter years, Apana Vayu (sanchaya) builds up and can become Prakopa. This results in the constipation that is so typical of the elderly. This creates the conditions for vata to Prasara into circulation together with constitutional dispositions and a lifestyle that increases vata. Vyana Vayu becomes disturbed within the Rasa Dhatu due to overflow. Vata imbalance manifests systemically as dryness of the body's membranes [8].

When a preexisting weakness exists in the brain's tissue, this turns into the site of relocation, resulting in a vata (prana, Samana, and Vyana) state in the Majja dhatu, causing damage to parts of the brain stem, tremors, and decreased coordination. Other often occurring components of the disorder include reduced prana (prana Kshaya) entering the Manovaha srota and generating depression, or vata (Vyana) entering the mamsa dhatu and causing muscular stiffness. Furthermore, in these patients, there seems to be less kapha in the Majja dhatu. Vata increases dry out cellular structure (kapha) in the vulnerable area of the Majja dhatu (brain stem).

As a result, there is an opening for vata to get vitiated. Therefore, the most vulnerable to this disease are people with vata (fear) and pitta (intense) personalities; kapha types are the most naturally protective [9].

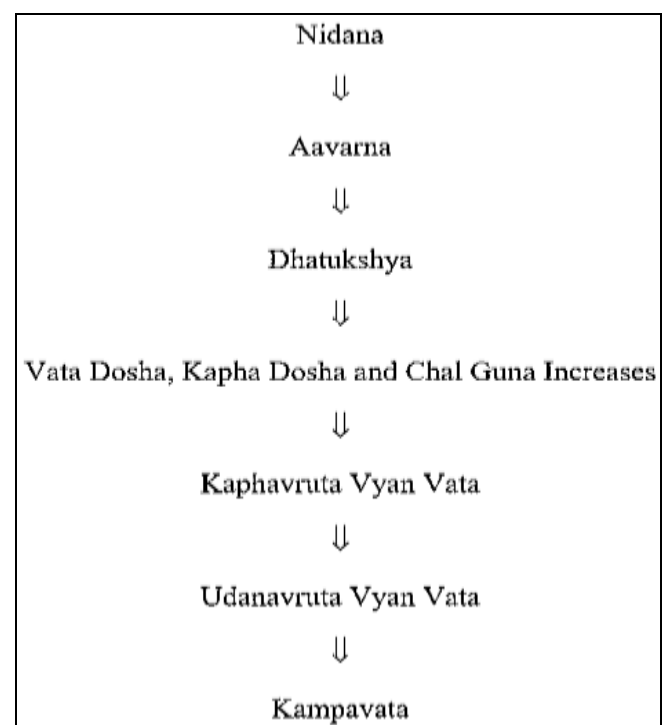
Roopa

Although tremors can affect other locations, the hands, arms, and legs are the most typical places they manifest. Tiny Eventually, hand and finger motions might become challenging. This disorder, known as micrographia, may make simple everyday tasks extremely challenging, like buttoning a shirt. Stambha, or stiffness, is another sign in which movement becomes sluggish and challenging to start. Patients frequently have to gaze at their feet to begin, shuffle forward and occasionally. The arms don't swing in unison with the typical gait.

The face might seem expressionless (mask face), lifeless, or depressed, while melancholy itself might not be evident. Reduced blinking is one of the initial signs. Some people may misinterpret the monotonous and expressionless tone of the voice as sadness. One-half of the individuals will experience dementia. Parkinson's disease is most commonly characterized by tremors, muscular rigidity, mask face/staring, and festinating gait [10].

Samprapti

Ayurveda describes Kampavata as a Vata dosha sickness, although no particular structural pathology is mentioned. The Samprapti of Vata Vyadhi is a difficult process to comprehend. In expressing the vata vyadhi, Acharya Madhavakara clarified that vikrita vata janito asadharana vyadhi vata vyadhi. It has also been said that restriction in the body channels (Avarana) or dilution of body element (Dhatukshaya) might cause the aggravation of Vata. As a result, the general samprapti of vata vyadhi must be taken into consideration and the samprapti of Kampavata is not stated individually [11].



Discussion

Kampavata is an old type of Parkinson's disease that is well-treated in Ayurvedic treatment. A complex condition, Parkinson's disease presents with more than 20 motor and nonmotor symptoms. It is false to say that the only available treatments are dopamine and its analogs. Taking sinemet three times a day is insufficient. Treatment for this disease in Ayurveda is not simple. Treatment for kampavata involves one or more courses of panchakarma chikitsa, carefully chosen herbs, medications derived from minerals and metals, a balanced diet, and a healthy lifestyle. On the other side, implementing these recommendations can help reduce physical symptoms while also offering light on the psychological aspects of the illness. Illness stems from living out of harmony with one's own nature (Prakriti), and real recovery necessitates a re-alignment of the physical, mental, intellectual, and pranic planes^[11].

The effects of our herbal remedies on brain chemistry are only one aspect of the Ayurvedic approach to Parkinson's disease. The real strength of Ayurveda is found in its capacity to reshape and reconstruct the subtle energy body, which is the foundation of health and the origin of illness. The aforementioned approach is concentrated on improving one's lifestyle, living in balance with the natural world, and refining one's mind via yogic practices. Since the early stages of Parkinson's illness are likewise marked by Nidana mentioned for Vatavyadhi, the Prakupitavata adds to Dhatukshaya and manifests as Ekabahukampa. It's possible to interpret this this way: Vataprakopa, who assemble at Rikta Srotas and go to Lakshanautpatti, the residence of Baahukampavata, is reached by Nidana. Considering Snayugatavata's Lakshanas, the Nidana may go to Vataprakopa, which might climb to the Snayusthana and take Snayugatavata's Lakshana; this might be the Samprapti that causes Parkinson's illness^[12].

Considering the Lakshanas of Snayugatavata, the Nidana may go to Vataprakopa, which might go on to the Snayusthana, acknowledging the Lakshana Utpatti of Snayugatavata as a possible Samprapti that causes Parkinson's disease. When physical weariness and postural dysfunction become apparent in the later stages of Vyanavata, Kapha's Avarana can be a useful remedy. This is where the Nidana assimilates to bring Vataprakopa to various Sthanas, leading to the Udhirana of Pitta and Kapha. Kapha therefore creates the Vyanavata Avarana. 15 This latter on refers to the Shoshana of Rasadhidhatu in the form of Kaphavruta Vyanavata. People with resting tremors who are confined to their beds or wheelchairs exhibit the entire spectrum of Parkinson's disease symptoms. The Kampavata Lakshanas, which cause emaciation and insomnia, might be considered the full manifestation of Parkinson's disease, similar to Kampa in the body. Vataprakopa's placement in the Dhatukshaya Avastha is indicated by Nidana. It is Vriddhi of Vyanavata who is in dispute here. Rasayanis distributes which facilitates the appearance of Kampavata^[13].

Conclusion

The most prevalent kind of a series of progressive neurodegenerative diseases is Parkinson's disease. illnesses exhibiting tremor, increased tone (rigidity), shuffling gait, bradykinesia, and lack of postural reflexes. Kampavata is considered a Nanatmaja vyadhi of Vata in Ayurveda. The earliest narration of Kampavata is given by Acharya

Madhavakara as "Vepathu," a distinct clinical entity. Nonetheless, the Basavarajiyam provided the first detailed account by elucidating the clinical picture of Kampavata. The general nidanas of vata vyadhi can be taken into consideration, as Kampavata is one of the nanatmaja Vyadhi of Vata dosha. Although the precise etiology of Parkinson's disease is still unclear, it is important to recognize the likely causes, which include particular medicines, poisons, and environmental factors. The *Lakshanika Chikitsa* is commonly followed with respect to that of Parkinson's disease in *Ayurveda*. Therefore, whenever possible, the appropriate diagnosis should be made and the *Oushadi* and procedures that aid in the same should be followed, bearing in mind our limits.

Conflict of Interest

Not available

Financial Support

Not available

References

1. Singhal GD, Tripathi SN, Sharma KR. Madhavakara Madhava Nidana, chapter 22, sloka 74. Varanasi: Chowkhamba Sanskrita Pratistana; Reprint; c2016. p. 184.
2. Shukla AV, Tripathi PR, Agnivesh. Charaka Samhita Sutra sthana, chapter 20 sloka 11. Varanasi: Chowkhamba Sanskrita Pratistana; Reprint; c2007. p. 293.
3. Sreekumar T. Ashtanga Hridaya, Sutrasthana, Chapter 11, Sloka 5-6. 4th edition. Harisree Hospital Publications; c2013. p. 250.
4. Sharma PV. Charaka Samhita, Sidhisthana, chapter 9, Sloka 6. Varanasi: Chowkhamba Ayurveda Pratishtan; Reprint Ed. c2008;2:645.
5. Das B, Sharma RK. Caraka Samhita, Sutrasthana, Chapter 7, sloka 19. Varanasi: Chowkhamba Sanskrita Series Office; Reprint. 2015;1:149.
6. Agnivesha. Charaka Samhita, Ayurveda Dipika commentary by Chakrapani Dutta, chapter 28, vatavyadhichikitsa, sloka 59. Chaukamba Orientalia. Reprint; c2014. p. 738, p. 619.
7. Basavaraja. Basavarajeeyam, chapter 6. Varanasi: Chowkhamba Sanskrita Pratishtana; Reprint; c2005. p. 423, p. 101.
8. Agnivesha. Charaka Samhita, Ayurveda Dipika commentary by Chakrapani Dutta, chapter 28, vatavyadhichikitsa, sloka 229. Chaukamba Orientalia. Reprint; c2014. p. 738, p. 626.
9. Agnivesha. Charaka Samhita, Ayurveda Dipika commentary by Chakrapani Dutta, chapter 28, vatavyadhichikitsa, sloka 75-77. Chaukamba Orientalia. Reprint; v2014. p. 738, p. 620.
10. Bhavamishra. Bhava Prakasha, commentary by Dr. Bulusu Sitaram, vol 2, chapter 24, sloka 258. Chaukamba Orientalia. Reprint; c2014. p. 770, p. 294.
11. Agnivesha. Charaka Samhita, Ayurveda Dipika commentary by Chakrapani Dutta, chapter 28, vatavyadhi chikitsa, sloka 238-245. Chaukamba Orientalia. Reprint; c2014. p. 738, p. 627.
12. Sreenivas S, Muralidhara D, Sindhura AS. The purview of Parkinsonism in Ayurveda. J Ayurveda Integr Med Sci. 2019;5:249-254.

13. Sardar M. Samprapti of Kampavata. Ayurlog: National Journal of Research in Ayurved Science. 2021;9(02):01-07.
<https://doi.org/10.52482/ayurlog.v9i02.847>.

How to Cite This Article

Dr. Amita. A review study on Parkinson's disease: An old age disorders. International Journal of Unani and Integrative Medicine. 2024;8(1):96-99.

Creative Commons (CC) License

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.