

# General consideration of *Pakshaghata* and its management using natural medicine and Ayurveda principles

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## REVIEW ARTICLE

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### ABSTRACT

*Pakshaghata (Hemiplegia)* is one of the most common causes of death especially in elder age group. *Pakshaghata* mainly occurs due to the obstruction of cerebral blood vessels, ischemia, and lack of glucose metabolism and weakness of nerve cell. Loss of movement, sensory deficit, dysarthria, atrophy, stiffness and disturbed nerve impulses are the major symptoms of disease. Ayurveda offers various treatment modalities for the management of *Pakshaghata* such as; use of herbs & formulation, *yoga* and *Shodhana Chikitsa*. Present article described various approaches of ayurveda for the management of *Pakshaghata* including natural herbs and *Shodhana Chikitsa*.

**Keywords:** Ayurveda, *Pakshaghata*, Vata vyadhi, Hemiplegia, Herbs, *Shodhana Chikitsa*.

## 1. Introduction

*Pakshaghata* is a *Vatavyadhi* and large number of population affected by disease globally and elderly aged peoples are more susceptible than younger one. Various etiological factors such as; *Virudha Aahara*, *Atijagarana*, *Ati Vyavaya*, *Asruk srava*, *Vichesta*, *Dhatu kshya*, *Shoka*, *Chinta*, *Diwaswapna*, *Marmabhighata* and *Vegasandharana* initiates pathogenesis of *Pakshaghata*. Modern science described age, arteriosclerosis, injury, hemorrhage, nutrition imbalance and anxiety as causative factors of disease. These factors vitiated *Doshas* especially *Vata*, causes nerve degeneration further resulting obstruction in nerve impulse which lead to altered functioning of cerebral vessels and finally hemorrhagic strokes (1-5). The

disease manifestation involve *Sira Snayu Shoshatva*, *Shithiltva of Sandhibandhana*, loss of movement especially one side of body, dysarthria, loss of sensory impulses, facial rigidity and disturbed muscular tone associated with altered nerve functioning (4-9).

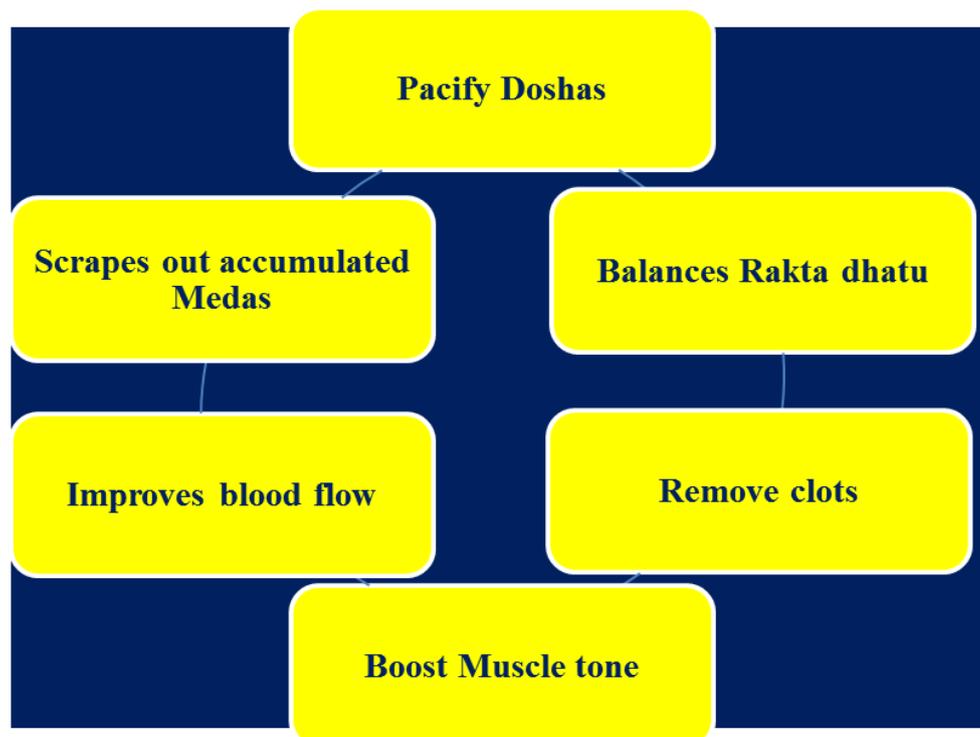
### Ayurveda Management of *Pakshaghata*:

*Nidan Parivarjana*, *Shaman*, *Shodhana Chikitsa* and use of natural medicines are the basic line of treatment suggested by traditional text of ayurveda for the management of disease. Ayurveda drugs like; *Sariva* and *Manjishta* remove vitiation of *Rakta* and help to maintain balances of *Rakta dhatu* thus offers *Raktaprasadana* effect in *Pakshaghata*.

Drugs; *Pippalyadi*, *Salasaradi*, *Surasadi gana dravyas*, *lekhaniya dashemani* and *chedaniya dravyas* may help to remove clots associated with *Pakshaghata*. Drugs possessing *Katu rasa* offers *Shonitasanghatabhedana* property. *Katu rasa dravyas* also having *ushna*, *tikshna* and *laghu gunas* which helps to corrects digestive and metabolic functioning (*agnideepana*), these drugs possessing *lekhana* effect thus scrapes out accumulated *Kapha* and *Medas*. Herbs like; *Elettaria cardamomum*, *Cinnamomum camphora*, *Valeriana wallichii*, *Saussurea lappa*, *Cissampelos pariera*, *Embelia ribes*, *Cedrus deodara*, *Piper longum*, *Plumbago*

*zeylanica*, *Zingiber officinale*, *Haridra* and *Pongamia pinnata* may be used in the management of *Pakshaghata*. Drugs are also prescribed for *Avagharshana* with *Lavana* and *Thaila* for external application while internal application of natural drugs help to dissolve obstruction/clot thus improves blood flow.

*Kshara dravyas* helps to remove obstruction in *srotas*, *Ksharas* of *Nymphaea stellata*, *Nelumbo nucifera*, *Butea monosperma*, *Pterocarpus marsupium*, *Callicarpa macrophylla* and *Glycyrrhiza glabra* with honey and ghee recommended in *Pakshaghata* to remove blood clots (7-10).



**Figure 1:** Beneficial effects of Ayurveda therapies in *Pakshaghata*.

Herbs which may be recommended in *Pakshaghata* are as follows:

- Madhuka (*Glycyrrhiza glabra* Linn)
- Sariva (*Hemidesmus indicus* R. Br.)
- Haridra (*Curcuma longa* Linn)
- Bhunimba (*Andrographis paniculata* Nees)
- Ananta (*Fagonia arabica* Linn.)
- Pippali (*Piper longum* Linn)
- Sunthi (*Zingiber officinale* Roscoe)
- Haritaki (*Terminalia chebula* Retz)
- Brahmi (*Bacopa monnieri* (Linn) Pennell)

**Madhuka** (*Glycyrrhiza glabra* Linn)

*Glycyrrhiza glabra* offers clot lysis activity due to the presence of Glycyrrhizin and Glycyrrhetic acid which possesses corticoid like activity. *Glycyrrhiza glabra* offers significant relief in predisposition factors of *Pakshaghata* such as; hypernatremia, oedema and hypertension, etc.

**Sariva** (*Hemidesmus indicus*)

Sariva possess anti-oxidant and antithrombotic activity due to its ability to delayed plasma recalcification time. This herb also enhances release of lipoprotein lipase enzyme thus inhibits ADP induced platelets aggregation which sometime may lead initial symptoms of *Pakshaghata*.

### Haridra (*Curcuma longa* Linn)

Haridra having *katu* & *tikta* rasa and *ushna virya* considered *lekhaniya dashemani* drug help to improve circulatory process and maintain normal functioning of heart. Haridra offers hypolipidaemic, antiatherosclerotic and antidiabetic effects thus prevent chances of *Pakshaghata*. It also having fibrinolytic & thrombolytic effect therefore may be used for dissolving minor clot.

### Bhunimba (*Andrographis paniculata* Nees)

Bhunimba having *Tikta rasa*, *laghu ruksha guna* and *katuvipaka* properties along with *deepana* and *kaphapittahara* effect. It possesses hypoglycemic, antioxidant and antihypertensive activities. These properties of herb offer beneficial effects in prevention of prognosis of early stage *Pakshaghata*. This herb also proved to have thrombolytic properties one of the major advantages in disease like *Pakshaghata*.

### Haritaki (*Terminalia chebula* Retz)

Haritaki is considered *Hridya*, *Medhya* and *Kaphavatahara*. Haritaki is *laghu* & *ruksha ushna dravya* possessing *deepana*, *pachana* and *vibandhahara* properties. Extracts of drug reported to have potent platelet aggregation inhibition activity thus may be recommended for the management of disease like; *Pakshaghata*.

### Brahmi (*Bacopa monnieri* (Linn) Pennell)

Brahmi help to boost memory and combating stress, Brahmi is *rasayana* drug considered as *Hridya*, *swarya* and *medhya*. Brahmi having antioxidant, hypotensive, vasodilator and antidiabetic activities along with mental strengthen qualities. These all properties of Brahmi may be utilized effectively for the prevention and early stage management of *Pakshaghata*. This drug also reported to have significant clot lytic properties thus recommended in thrombosis.

### Pippali (*Piper longum* Linn)

*Pippali* mitigates deranged *Kapha vata*, possess hypoglycemic and coronary vasodilatory effect. It also proven to have anticoagulant activity and significantly inhibits activities of thrombin aggregation factors. Therefore *Pippali* offer vital role towards the prevention of thrombosis associated with *Pakshaghata*.

### Sunthi (*Zingiber officinale* Roscoe)

Sunthi classically offers *kaphavatahara* and *pachana* effect, it also exerted *vibandhabhedana* property thus help to breaks down vascular obstruction. Extracts of drug reported to have antioxidant, cardioprotective and hypocholesterolaemic activities thus may be used as preventive measure of *Pakshaghata*. Antiplatelet aggregation and vasorelaxing activity of chief constituents of *Sunthi* enhances drug acceptability in *Pakshaghata*.

### Shamana Chikitsa for *Pakshaghata*:

- ❖ Ayurveda formulation such as; *Rasnadi churna*, *Gandharvhastyadi kashayam*, *Baladi ghrita*, *Nirgundadi taila*, *Sahacharadi taila*, *Yogaraja Guggulu*, *Shwadanstra taila* and *Rasna taila* may be used to normalize vitiated *Vata Doshas*.
- ❖ *Tailas* and *ghrutas* as *pana* & *abhyanga* offer nourishment to body. Similarly *Ekanaveer Ras* and *Rajat Bhasma* possess neurostimulant property.
- ❖ *Mahamanjishtadi kashayam*, *Abhayaamalaki Rasayana* and *Kumariasavam* offers *vatashamana* effect used to balances vitiated *Vata Dosha* associated with *Pitta* in *Pakshaghata*.
- ❖ Vitiated *Vata Dosha* associated with *Kapha* may be balanced by using formulation such as; *Dashmoolarishta*, *Dashmooayam*, *Dashmooladi ghrita*, *Lavangarista*, *Chitrakadi ghrita* and *Rasna taila*.

### Shodhana Chikitsa for *Pakshaghata*:

*Shodhana* is purification process help to eliminate vitiated *Doshas* and *Dushyas* from body. *Panchakarma* is major approach of purification involving sub-therapies such as; *Swedana*, *Snehana*, *Anuvasana Basti*, *Nasya*, *Shirobasti* and *Shirodhara* etc. These therapies offer remarkable beneficial effects in *Pakshaghata*. *Panchakarma* lubricates body, reduces *Rukshatva*, empowered muscles, remove stiffness and improve muscle tone therefore *Panchakarma* possesses great symptomatic relief in *Pakshaghata* (8-12).

### PATHYA

#### Aahar:

- ❖ *Mash*, *Godhooma*, *Kulthi*, *Raktabha Shali* and *Navina Tila*.

- ❖ *Draksha, Dadima, Amla Rasayukta Phala, Parushka, Badar, Jambira, Pakwa Tal, Rasala, Nagaranga and Tintindi Phala.*
- ❖ *Anupa, Gramya, Audak, Jangala Mamsa.*

#### Vihaara:

*Sukhoshna Parisheka, Abhyanga, Nirvata Sthana, Basti, Avgahana, Bhushaiya, Snan, Upanaha, Aasana, Shiro Basti, Shayanam, Nasya, Agni-Atapa Sewan, Samvahanam and Snigdha-Ushna Lepa.*

#### APATHYA

#### Aahar:

*Chanaka, Kathillaka, Rajmasha, Neevar, Kanguni, Bimbi, Nishpava Beeja, Kesheruk, Kordusha, Shyamak Churna, Mudga, Kuruvinda, Jambu, Kramuka, Mrunal, Trunaka, Talaphalasthimajja, Tinduka, Bala Tal, Shimbi, Patra Shaka, Shaluka, Shushka Mamsa and Dushita Jala.*

#### Vihaar:

*Vyavaya, Atibramana, Vegavidharana, Prajagarana, Chardi, Shrama, Rakta Mokshana, Chinta, Ati-Gaja, Anashana and Ashwa.*

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#### Conflicts of Interest

The author declares that there are no conflicts of interest.

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