



A Current Trend in the Scenario of Major Joint Disorder of Ayurveda PAKSHAGHATA (HEMIPLEGIA)

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Nidana

Pakshaghat is considered as a Vatavyadhi by Brihat trayee and Laghu trayee. Kashyapa is the Laghu trayee. Kashyapa is the only authority mentioned it among the “Asheethi Vathika Rogas”

Sushruta’s Samprapthi narrates that there are associated doshas, but Vata is considered as the Principle dosha responsible for the consalion of the disease.

Specific causative factors are not stated for Pakshaghat. As such the general Vatavyadhi nidanas and Vata Prakopa karanas are to be considered as Nidan factors. However a specific Nidan has been mentioned for Pakshaghat is Kashay Ras Adhika Sevans

Difference gums responsible for Initiation of Vata

1. Ruksha
2. Laghu
3. Shetha
4. Khara
5. Vishade
6. Abhishyandi

Ahara and Vihar possessing the above said Gunas are the Vata Initiation. Vata Prakopa takes place during the below mentioned kalas i.e.

1. Raining Season
2. After Digestion
3. Balavativigraha
4. Summer
5. Mid-Night

A few of the Vata Prakopa kara aharas which are in general uses are mentioned here under...

1. Mudga
2. Masoor
3. Adhaki
4. Chanaka
5. Tumbhi
6. Jambava
7. Rasamasha
8. Yava
9. Kanda
10. Alabu
11. Nimba
12. Udumbara
13. Sarshapa
14. Palandu

As Kashayarasa Adhika Sevans is mentioned as the specific causative factor for Pakshaghat, The Kashayvarga Dravyas are also considered as nidanas...

1. Priyangu
2. Ananta
3. Amra
4. Amrasthi
5. Lodhar
6. Mocharas
7. Priyala
8. Badara
9. Saliki
10. Ashaka
11. Vibhitaka etc.

Poorva Roopa

The poorvaroopas are not mentioned specially for Pakshaghat. The Lakshna as which are seen partially or in completely can be considered as poorvaroopas for Pakshaghat...

Asthiparvabheda, Lomaharshana, Pralapa, Amidratha, Spandana, Moha, Ayasa. These are the Poorva Roopa.

Roopa

The signs and symptoms which are manifested specifically can be considered a Roopa.

1. Cheshtanivritti of a Praksha (Right or Left)
2. Vaksthambha
3. Sandhibandha vimokshana
4. Siru Snyu vishodhana
5. Dibaratra Shira, Padaparyantha ardhanga Shoola

Types

Pakshagata is of two types that pittasa and kaphasa.

Pittasa - Daha, Samthapa, Murcha

Kaphasa - Shaithya, Shotha, Gurutwa but Sushruta has not mentioned specifically. The amubomda closhas or the classification but while explaining about the Sadhyasadyata categorised the disease into 3 varieties,

- ego -
1. Sudha Vataja
 2. Samrishta doshaja (Pitta 8khrills)
 3. Dhatakshayojja

Other Lakshanas of the disease

1. Parvanam Samkocha, Hostha, Padr Sthamkh Asthi, Parvabheda, Peda, Prishtashirograha, ongasosha, Amidra, Spadana Gatrurusupta, Spamlam, Maha etc.

Upasaya

Upasaya is one which is/are suitable to the patient and/or diseases, whether this may be ahara, aushada or vihar this can do has, when the Lokshamas are not giving the perfect knowledge of the disease, Upasayas must possess the opposite or more qualities of hetu and vyadhi.

A few dravyas which are upasyas

1. Patala, Lasuonas, Drdima dwaya Parushaka, Jambira, Nagara, madhuka parasarion, Rabu tailam, Payes, Noveemtail Ramata, moolaka etc.

Somprapti

Urdhwadeha dhamamis which are directed downwovels and Laterally are affected in pakshagata. Eigher dekshinei or varva Dumanis or Shisas are affected by extremely agnitated vata dosa.

Upadrava

Vata Vyadhi are included among ashtavidha maha gedas, | Vasically these disease are difficult to threat, if these are associated with prama mamos Kshays, swasa, hikka, sosher, " Irishna, Jwara Murcha, atthisaca should not be treated.

visarp, daha, ruk, sangha, murcha, arudhi agmimandya, mansa, balakshaya, hridroga, vidradhi are the upadravch.

Arishta Lakshana

The patient of dhatukshaya jamya vatavyadhi should be left untreated adhmana, achioypain, coliyypain - a case of vatavyadhi developing these symptoms usually imedicate the unfavourable outcome.

Sodhyasadhya

Vata in its association with pitta or kapha is sadhya. In case of a recent onset, if the patient is strong enough to sustain the disease process and without any upadravas indicate good prognosis.

Usually the disease due to vataprakopa are grave enough when occurs to a vata prakritthi person, As the disease is related to madhyama rogo marga and trimarmas, The prognosis is bad, it may be yopyaor asadhya, but it can be treated with great difficulty if it is of recent onset.

If vata alone is involved without any doshanu bandhatha, it becomes krichrasadhi.

Dhatrikshya janya pakshagata is asadhya to treat, if the patient is either grabhini. Suthika, bala, vriddha, Ksheena, asrik, loss of blood and insensitive also indicate unfavourable outcome.

Pakshagata Chikitsa

Among the various vatavyodhis pakshagata is a very complicated disease. The cause for this complicated nature is due to the involvement of the pranayathana and marma that Siras, Siras is a place in which many marmas and indriyas are situated.

There is an evolution in the chikitsa pattern for Charak Samhitha to Sushruta Samhitha. The treatment mentioned in Charak Samhitha is somewhat simple when compared to Sushruta, different methods of Sushruta, Different methods of treatment patterns are stated below.

1. Snehanam
2. Swedanam
3. Virechanin

Snehanam

It can be done with chaturvidha sneha and also with Eramdu Tail. Eramosa tail is having all the three actions i.e. Snehana, Swedana and virechana

and even it is indicated in Pakshagata also, it can be used even if the disease is associated with pitta, kapha and rakta or in case of vata avaranas.

Swedanam

Sarvadhik swedh is very essential to bring the doshas from all the dhatus in to the koshta, It is not possible to do swedan to the urdhwadhe i.e. Siras as it is a marma and pranayathama, Hence it becomes difficult to bring the sthanasamsritha doshas from the siras into the koshta.

Shashtika Shali pinda sweda, Baluka sweda, or parishek sweda is well suited, any snigdha sweda can be performed to the patient.

Virechana

Irivrit or Satphala Siddha ghrita can be used Eramda tail can also be used as specific drug by changing the different anupanas like ksheera, gomutra, Yusha, triphala kwatti etc.

After the completion of swedan, swedans, anuvasana vasti is the next treatment to be adopted, if performed with pitta kapha hara dravyas it can be used in the dosha anulamdhata

Chamanachikitsa

1. Musha, Atmagupta, Eranda, Hingu Saindavam – Kwatha
2. Atmagupta - Balamasha, Visura, Eranda Saindava - Kwatha.
3. Mashu, Bela, Sukasimbi, Katruma, Rasna, Urvbuka, Ashwagandha, Ramata Lavana- kwatha, Indicated in Pakshagata.
4. Mosha, Hingu, Saindava, Gramthika, Agni, Kanashumti, Rasna, Sainduva, Mosha Kwatha-Taila preparation.
5. Bhringarasa, Nirgumoli, Matsyakshi, Arkapatra, Tail, Maricha - Nasya Prayoga

S.No.	Name of Yoga	Dosage	Anupana	Days
1	Brihat Vata Chintamani twine	125-250mg	Balarista 20ml	15 days
2	Ekamgaveer ras twine	125-250mg twine	Milk	15 days
3	Xogendra dosa	125-250mg	Dashamula Kwatha 20ml	15 days
4	Trayodoshanga Guggul	250-500mg twice	Rasmadi Kwatha 20ml	30 days
5	Mahavata Bedwansini	125-250mg twice	Aswagandha rista 20ml	30 days

1st Stage -

Morning - Akangovir Rasa 250 - 250mg
 Vicamabhamla 125 - 125mg
 Brmhirasayan 25 - 20gm
 afterfood - A jomedad churna 3 - 3gm
 Aswagandharista 25 - 25ml
 Night - Dashamuladyoghra 20 G. with ghita.
 7am massage - Mahamasha Tail 40 Minutes

2st Stage -

Morning - Yogemdraras - 125 - 125gm
 with honey
 Trayodesagga guggul - 2 - 2gm
 Mahakaladi Kwatha 20 -20gm
 Afterfood - Sunthechurna 1gm with
 warm water.
 Dasamularista - 25 - 25ml
 Day 2pm - Mahayogaraja guggul - 2gm
 with warm water.
 Night - Eramda Sneha 10gm with milk.

3rd Stage -

Morning - Brihat vata chintamani 125 –
 125mg with Triphala Kwatha.
 Muktasakti 250 - 250mg.
 Dashemula Kwatha - 15 - 15ml
 Afternoon - Chihnada guggul - 2 tab
 with warm water.
 Night - Mahenarayanatial 15ml with milk

Other Medicines

Erandapaka, Bhalatakpa, Bhartatak - Lalehe,
 Aswagandapakaeto.

The fiver in the Pakshaghata

Morning - Brihata latagogamkusa Ras- 250mg
 with Pamarasa8huony
 Afternoon - BhulaneswarRas + Basrukyar with
 warm water
 Evening - Vatamisumdanarasa + Basrukyar
 with warm water.
 Night - Byasamarchurnna 3 gm with warm water,
 this times lath less.

Stage of Prameha

Morning - BrihatabongeswarRasa with honey
 Evening - BasamtakusumakaraRasa syasus
 with satahar it honey.
 Night - Surihadi Salica is ml with cooled water.

Stage of Bahumutra

Morning - BasantakusutakarRasa 120mg with
 Banana flower syozasa.
 Afternoon - Dasamularista 15ml with cold wated.
 Evening - Brihatahatachintamani Rose 125mg
 with honey + water.
 Morning & Evening massage Madhyana Narayana
 Tail.

Harhal Drug & Chikitsa

1.

Refermoes

1. Charaka Samhita Vimana Stana & Chikitsastana & Chukrapani Commentary.
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4. A shanga Somgraha Sarira Stana.
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8. Pancharma Ayurveda Chikitsa Vigyana
9. Vatalyadhi (Krushtachamlra Tripatty)
10. Shahashra smzuti & Anuthuti (Rames Das)