

ROLE OF AYURVEDA MEDICINE IN THE MANAGEMENT OF NEUROLOGICAL DISORDERS

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ABSTRACT

Neurological disorders are common in modern India. People come to Ayurveda physician to get treatment for neurological disorders frequently . These diseases are occurring either due to some primary diseases like Diabetes Mellitus, Hypertension , CKD, or due to degeneration or due to autoimmune processes . Since course of these disorders are prolonged , the treatment is also prolonged. Ayurveda system of medicine has a better role in the treatment of neurological disorders. Use of medhyarasayanas,Smritivardhakadravyas , Poshaka, Nadibalya, antistress, adaptogenic CNS stimulant drugs and Panchakarma procedures like Matrabasti, Anuvasanabasti, Kashaya basti,SarvangaAbhyanga, by using Vatahara raaushadhis, ShastikashaliPindasweda, Pathyapathyaprayoga, exercise and repeated counselling are found effective in the management of these diseases.

In this paper role of Ayurveda system of medicine in the management of neurological diseases discussed elaborately .

DISEASES:

1. Pakahaghata (Hemiplegia)
2. Ekangavata (Monoplegia)
3. Ardita (Facial palsy)
4. Ardhangavata (Paraplegia)
5. Vishwachi (Frogen shoulder)
6. Avabahuka (Cervical spondylosis)
7. Pangu(Lame by both legs)
8. Khanja(Lame by one leg)
9. Balapakshaghata(Poliomyelitis)
10. Khalli(Cramps)
11. Diabetes polyneuropathy
12. Motor neuron disease
13. Dementia
14. Kampavata (Parkinsonism)

15. Smritibhramsha(Dementia)
16. Amnesia
17. Alzheimer's disease
18. Guillain barre syndrome

PRINCIPLES OF TREATMENT:

1. Nidanaparivarjana
2. Vyadhipratyanikaushadhiprayoga
3. Rasayana
4. Ojovardhaka
5. Nadibalya
6. Poshaka
7. Medhyarasayana
8. AntistressAdaptogenic
9. Immunomodulater
10. Antioxidants

SINGLE HERBS (EKAMOOLIKAS) USED IN NEUROLOGICAL DISEASES:

1. Ashwagandha
2. Bala(Sidacordifolia)
3. Guggulu (Commiphoramukul)
4. GandhaPrasarini
5. Jatamamsi (Nardostachysjatamamsi)
6. Tagara
7. Sunthi (Zinziberaofficinalis)
8. Bhallataka (Semicarpusanacardium)
9. Masha
10. Ksheera
11. Goghrita
12. Vishatinduka (Strychnosnuxvomica)
13. Vatsanabha (Aconitum ferox)
14. Sarpagandha (Rawalfiasarpagandha)
15. Kapikacchu (Mucunapruriens)

PANCHAKARMA IN NEUROLOGICAL DISEASES:

1. ShastikaShaliPindasweda
2. Matrabasti
3. Niruhabasti
4. DhanvantaratailaAnuvasanabasti
5. KsheerabalaAnuvasanabasti
6. Shirodhara
7. Shirobasti
8. TailaAbhyanga

TAILAS:

1. Ksheerabalataila
2. Narayana taila
3. Mahanarayanataila
4. Shuddhabalataila
5. Mahamashataila
6. Dhanvantarataila
7. Prabhanjanavimardanataila
8. Kottamchukkaditaila

CHOORNAS:

1. Ashwagandhadichoorna
2. Kapikacchuchoorna
3. Ashwagandhachoorna
4. Balamoolachoorna

RASOUSHADHIS (HERBOMINERAL FORMULATIONS):

1. Brihatvatachintamani rasa
2. Mahavatavidhwamsa rasa
3. Yogendra rasa
4. Ekangaveera rasa
5. Vishamushtivati
6. Vasantakusumakara rasa

GHRITAS:

1. Panchagavyaghrita
2. Brahmi ghrita
3. Paishachikaghrita
4. Puranaghrita
5. Mahapaishachikaghrita

DISCUSSION

Neurological disorders are a major group of disorders where conventional modern system of medicine has little role in the management. Integrative medicine along with Ayurveda have a better role in the management of these disorders. Since the treatment of these disorders take prolonged duration, Ayurveda medicine having least ADRs can be best utilised in these days. These are cost effective safe and affordable also. It will improve quality of life in these patients . It will also decrease the severity of complications and disabilities in these patients. Surgery has lot of side effects, hence better avoided in these patients. In Ayurveda Nadibalya, Rasayana, antistress, adaptogenic, memory booster and medhyarasayana drugs are used which has a better outcome .

CONCLUSION

1. Ayurveda medicine has a very good role in the management of neurological disorders
2. Especially Nadibalya (nervine tonic) Rasayana , antistress, adaptogenic, CNS Stimulants, antioxidant , medhyarasayanadrugs are responsible for the relief in patients of neurologic disorders.
3. Causative factors like genetic, occupational , immunological , metabolic , degenerative and

traumatic are responsible for the genesis of neurological disorders .

4. Causative factors are to be addressed and line of treatment should be planned according to the cause of the disease .

5. It may be the in genetic disorders mutation after the Ayurveda treatment which has resulted in relief in these patients.

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