

**MANAGEMENT OF PAKSHAGHATA IN AYURVEDA BY SHODHAN AND SAMAN  
CHIKITSA AND BY PHYSIOTHERAPY - A CASE STUDY**

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**ABSTRACT**

Vata among tridosha is considered as the controller of everything in the sharira. vitated vata itself effects the dusyas which pervades the entire body or a part of it and gives rise to different types ailment is called vatavyadhi. pakshaghat is belong to vatvyadhi *pakshaghat* is made up of two words *paksha* (half part of body) and *aghat* (loss of function). in modern science all the motor activities are controlled by brain. cerebrovascular accidents are mainly responsible for loss of function in body and due to maximal similarity they can be correlated with pakshaghat. pakshaghat can be cure by two method shaman and shodhan in ayurveda. pakshaghata is one of the important diseases of such criteria which is popularly known as hemiplegia. a 45 years old female patient, k/c/o of htn since 1 year & stroke 1 months ago complaining of vak-aspastata, bhar-vruddhi in right upper and lower limb, dakshin bahu and pad karma alpata, dakshin amsha sandhi stabhata. patient was on various treatment methods for the past 1 months but did not get complete improvement. so that patient came on arogyshala ruganalaya panchavati nashik for ayurvedic treatment. shaman, shodhan and physiotherapy chikitsa help to get relief in pakshaghat. first patient gave pachan chikitsa, virechan karma, shashtishali pinda swedan. basti and shaman chikitsa. side by side physiotherapy given for 15 days. from that above chikitsa patient get relief.

**KEYWORDS:** Pakshaghat, Vata Vyadhi, Ayurveda, Panchakarma, hemiplegi.

**INTRODUCTION**

Pakshaghata is included in the vatavyadi. Acharya Sushruta explained that Vata Dosha travels in Urdhava, Adhoga, Tiryaka Dhamani and causes Sandhi Bandhana Moksha ultimately leads to loss of function in one half of body called Pakshaghata. pakshaghat can be corelated with hemiplegia in modern. In this case study patient is suffering from ischemic stroke. Due to that ischemic stroke Dakshin hastpad kriyahani and Dakshin bahu karma alpata and Dakshin amsha sandhi stabhata. Treatment given to patient in step by step pachan chikitsa, virechan, shashtishali pinda for 7 days, yoga basti and physiotherapy. panchendriyavardhan tail nasya along with shaman chikitsa given for 5 to 6 month.

**CASE STUDY**

A 45 yrs old female complaints of slurred speech, right upper lower limb weakness, right upper and lower limb heaviness, and generalized weakness, Right upper and lower limb stiffness.

Since 1 month.

K/C/O HTN Since 1 yr. Patient on irregular medications.

No any drug or food allergy

No any surgical history

Addiction: mishri 8 time per day.

O/E

Temp -Afebrile

P -80/ min

BP -140/80 mmHg

RS -B/L clear

CVS -S1S2 Normal

CNS -Conscious oriented

Central nervous system

Higher functions Consciousness -fully conscious to time place and person. Memory Intact, Behavior friendly, Orientation fully oriented to time, place and person.

O/E

Eye closure normal, whistling not present, blowing not present.

Motor system

**Table 1: Muscle power (Before treatment).**

	right	left
Upper limb	2/5	5/5
Lower limb	2/5	5/5

**Table 2: Reflexes.**

	Right	Left
Bicep reflexes	Exagrated	Normal
Tricep reflexes	Exagrated	Normal
Knee reflexes	Exagrated	Normal
Planter reflexes	Exagrated	Normal
Abdominal reflexes	Exagrated	normal

MRI Report large wedge shape area of low attenuation seen in left occipital parital and frontral lobe s/o acute infraction.

For 7 days as following

Sr no	Kalyanak Ghрут in vardhaman matra	Pathay	Snehapan lasha
1 day	30 ml	Divaswap varj and koshna jal pan	Agni dipti
2 <sup>nd</sup> day	60 ml	Divaswap varj and koshna jal pan	Ang laghvata asahat varcho
3 <sup>rd</sup> day	90 ml	Divaswap varj and koshna jal pan	Gatra mardavata, purish snigdghata.
4 th day	120 ml	Divaswap varj and koshna jal pan	Adhomarg sneh nirgaman., vatanuloman

5<sup>th</sup> day sarvang snehan swedan

6<sup>th</sup> day sarvang snehan swedan

7 th day virechan Pradhan karma

Vegiki	18 veg
Lengiki	Laghavata
Manik	madhyam
Aantik	kaphant

Shashti shali pinda swedan for 7 days at affected side

Yog basti for 7 days

Anuvasan basti of Dashmul sidha tail

Niruh basti of dashmul kwatha

Shaman chikitsa given for 5 to 6 month

Ekangvir ras	250 mg bd
Dashmularishta	20 ml bd
Hingvashtak churn	2gm bd
Astimajjapachak kwath	20 ml bd
Amruta guggul	500 mg bd
Gandharvharitaki churna	3gm hs

Panchendriya Wardhan Tail for 2 months.

Physiotherapy Tens for 15 days at Rt upper and lower limb.

And continue Dual Antiplatelet to prevent further complications

1. Tab Ecosprin 150 mg 1 HS.
2. Tab Atorva 20 mg 1 HS.
3. Tab Telma 40 bd.

Treatment

## MATERIAL AND METHODS

### Pachan chikitsa

Ampachak kadha	40 ml bd	3 days
Sutshekhar ras	500 mg bd	3 days
Gandgarva haritaki churn	2gm hs	3 days

Panchkarma

3) virechan

Probable Mode of Action

Nasya is potent Vata Shamaka procedure as it directly acts in Urdhava Jatrugata Vikar. Shira.

Pradesh is main Adhishthana of Indriya and Nasa is considered way to it. Drug administered.

Through Nasa goes to Shira and causes Dosha Nirahana and Vata Shaman simultaneously. In this case patient was given Shaman Nasya with Panchendriya Vardhan Tail. Panchendriya Vardhan Tail has Vata Shamaka properties and specially acts on Urdhva Jatrugta Vyadhis as explained in Samhita.

### Shastika Shali Pinda Swedan

Work due to ushna guna to stimulate the sympathetic nervous system and perform vasodilation. Due to Sara and Sukshma guna of Swedan dravya, Lina dosh are liquefied and came out through micropores of the skin It decreases stiffness due to massage and heat applied over the area. ● Nutrients of Shastika Shali get absorbed and give strength to the muscles. ● Sweat pores open and flow out various metabolic wastes. ● Increased blood flow promotes relaxation process and increasing range of movement. ● Toxins remove from the body by inducing sweat.

Yoga basti for 7 days

Anuvasan basti by dashamul siddha tail.

Niruha basti by dashamul siddha niruha.

When Basti is brought into the Pakwashaya, the Veerya of Basti reaches all throughout the body, collects the collected Doshas and Shakrut from the Nabhi, Kati, Parshwa, and Kukshi Pradeshas, gives the body Snehana, and expels the Dosha together with Pureesha. It is

'Amrutopamam' for patients with Kshina Majja, Shukra, and Oja, according to Charakacharya, and has properties such as Balya, Brimhana and Pushtikara.

**Anuvasana/Sneha Basti (Oil based enema):** Anuvasana Basti with Dashmul Taila, Anuvasana Basti will hold the oil for a set period of time without generating any negative effects. Pureeshadhara Kala is protected by the Snehana effect. Dashmul Taila, which has Guru and Snigdha Gunas, combats Vata's Ruksha and Laghu Gunas, resulting in Vata Shamana. While reviewing the Anuvasana Basti, Acharya Charaka notes Sneha's digestion with the words "Sneham Pachati Pavakah," and after digestion, Dravyas can be taken to cause the effect on the body.

**Niruha Basti (Decoction based enema):** Dashamula Niruha Basti, In Niruha Basti Madhu possesses Yogavahi and Sukshma Marga Anusarita, functions as a catalyst, penetrating the Sukshma Srotas. The Laghu and Tridosha Shamaka Gunas were introduced to the Saindhava Lavana. The Snigdha Guna of Sneha Dravya (Tila Taila) combats the Ruksha and Laghu Gunas of Vata, resulting in Vata Shamana. The major medicines, Kalka (Triphala, Bala), are the ones that give the overall combo its power. It aids in the disintegration of Mala. Kwatha performs Dosha Anulomana and Nirharana.<sup>[16]</sup>

#### Virechan

Virechana is the procedure for expelling the Doshas through Adhomarga i.e., Guda. This Karma is mostly used to reduce Pitta Doshas. Virechana Therapy results in the purification of circulation channels, the clarity of sense organs, the lightness of the body, a rise in energy, and the promotion of health. Virechana Drugs are Ushna (hot), Tikshna (sharp), Sukshma (subtle), Vyavayi (pervades the entire body before being digested), and Vikasi (causing looseness of joints). Virechana Dravya reaches the heart and circulates throughout the body through the vessels due to their inherent efficacy. They liquefy the compact Doshas due to their Agneya character. They separate the adhering Doshas in the channels of the entire body due to their Tikshna Guna. This hazardous substance enters the stomach due to its natural ability to travel through tiny channels and flow towards the gastro intestinal system. The Doshas or diseased material are expelled down the descending tract due to the predominance of Prithvi and Jalamahabhutas in Virechana medicines, and their special action (Prabhava) to go downwards (anus)

#### PHYSIOTHERAPY

The goal of physiotherapy in this setting is to enhance joint integrity and muscular flexibility, as well as to meet any delayed developmental milestones as soon as feasible. Increased circulation to all four limbs and brief pain alleviation are among the other advantages. Considering the spasticity, joint mobility and flexibility were achieved with Range of Motion (ROM) exercises, passive stretching, and peripheral joint mobilization.

#### DISCUSSION

We know that in ayurveda our aim is not only cure sign and symptoms of disease but also cure root of cause of that disease. Pakshaghat is the vataj vyadhi. In Pakshaghata disease Vata is basic cause of disease which should be treated first. Vata Prakopa can occur due to many causes and Dhatu Kshaya is one of them Vasti not only causes Vata Shaman but due to multidimensional affect it causes Dhatu Poshana and pacification of other Doshas if associated with Vata Dosha.

Nasya is administration of drug through nose. In Ayurveda Nasa is called Dwar to Shira (brain). In case of Pakshaghat main pathology lies in brain. Nasya causes Vata Shamanas we use Snehana through oil. In case of Pakshaghata initially there is flaccidity in muscles and then comes stage of rigidity by that shashtishalipinda swedan we can see that relief in rigidity .physiotherapy help in nerve stimulation and blood circulation of that affected body.

#### CONCLUSION

Pakshaghat is the vata dominant disease in which doing panchakarma like virechana, basti, nasya, shashtishali pinda swedan, shaman chikitsa along with physiotherapy help to cure the disease and patient will able to do their regular routine.

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