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“Effect of Ayurvedic formulations in the management of Sarvangaghat w.s.r. to quadri-paresis due to cord compression: A case study.”

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Abstract:

In *quadriparesis* paralysis of all 4 limbs occurs. In the causative factors trauma to the cervical region spinal cord to the nerve is the special cause of this disease and the spasm and spasticity of the all 4 limbs occurs suddenly. Here we report the case of *quadriparesis* with the history of trauma presents with muscle spasm of all 4 limbs which is bitterly treated by the *ayurvedic* procedures and treatment. *Quadriparesis* is paralysis caused by illness or injury that results in the partial or total loss of use of all 4 limbs or torso. Muscle weakness affecting all 4 limbs. It is *flaccid* or spastic in nature. In *ayurvedic* text this can be compared with *sarvangaghat*. A *nanatmaj vaat vyadhi* according to *ayurveda*. According to *ayurveda* when *vaat* vitates it dries the *seera* and *snayu* of limbs of affected body parts. According to *ayurveda* *dushti* of *pran vaayu* is the special cause of *sarvangaghat*. The *vaat vardhak ahar vihar* and trauma are the causes of *sarvangaghat*.

Keywords: paralysis, *Pakshaghat*, *sarvangaghat*, Stroke,

A Case Report:

A 40 years male patient came to OPD of kayachikitsa department of L. K. Ayurvedic hospital, Yavatmal with chief complaints of-

- 1) *Dvaya hast karmavaigunya* (bilateral weakness of both limbs)
- 2) *Dvayahastchimachimayan* (Tingling numbness)
- 3) *Dvaya hastapaad vedana* (pain in bilateral limbs)
- 4) *manyashool* (cervical pain)
- 5) *katishool* (low back pain)
- 6) *aruchi* (dyspepsia)
- 7) *mutrakshaya* (oliguria)

Patient having above complaints since 1.5 yrs

N/H/O- HTN & DM

No any H/O major illness.

HISTORY OF PERSONAL ILLNESS:-

- The patient was normal before 2 yrs ago
- Then in October 2016 patient was fallen from height then suddenly he suffered from above complaints. Then patient was sends to VNGMC yavatmal , he

O/E DTR are as follows

advised referred to higher centre. Then patient goes to Sevagram Wardha.

- After admission in Sevagram Wardha all the needful examinations are carried out. Like CT brain, X ray spine, MRI spine.
- When the patient is admitted in Sevagram he was fully bed retained. Then he couldn't get relief then patient was discharged. After taken rest at home. He came to L.K. ayurved Rugnalay for treatment.

Rugna parikshan:-

- *Nadi*(pulse) - 60/min
- *Mala*(stool) - *Malavashtambha* (constipation)
- *Mutra*(urine) -*mutrakshaya* (oliguria)
- *Jivha*(tounge) - *saam*
- *Netra*(eyes) - *shwetabh*
- *Shabd*(speech)- *Kshin*
- *Sparsh*(skin) -*Prakrut* (normal)
- *Akriti* - *Krush*
- *Bala* - *Alpa*
- *Raktachaap* (B.P) - 100/60 mm of Hg

Deep tendon reflexes		26-11-18
Biceps	Right	Very Brisk
	Left	Very Brisk
Triceps	Right	Very Brisk
	Left	Very Brisk
Brachio-radialis	Right	Brisk
	Left	Brisk
Quadriceps	Right	Very Brisk
	Left	Very Brisk
Achilles	Right	Diminished
	Left	Diminished
Patella	Right	Clonus
	Left	Clonus
Ankle	Right	Clonus

	Left	Clonus
Material and methods:-		Ayurvedic hospital , Yavatmal
Method:-		affiliated to D.M.M. Ayurved college Yavatmal.
1) A case study.		Material:-
2) Centre of study:- Postgraduate		
Department of Kaychikitsa, L.K		

Table 1. - showing material of case study.

Sr. No	Dravya	Dose	Duration	Anupana
1	<i>Mahayogaraj guggul</i>	500 mg	Twice a day	Warm water
2	<i>Vaatvidhvans ras</i>	250 mg	Twice a day	Warm water
3	<i>Ekangavir ras</i>	250 mg	Twice a day	Warm water
4	<i>Hingvashtak churna</i>	3 gm	Twice a day	Warm water
5	<i>Smrutisagar ras</i>	100mg	Twice a day	Warm water
6	<i>Cap.paralyn</i>	1	Twice a day	Water
7	<i>Tab.Ruma G</i>	1	Twice a day	Water
8	<i>Cap.Satwik neuron</i>	1	Twice a day	Water
9	<i>Syp.Nervesoldier</i>	2 TSP	Twice a day	Water
10	<i>Satwik neuron oil</i>	LA	Twice a day	
11	<i>Arthopuls oil</i>	LA	Twice a day	
12	<i>Dashang lep</i>	LA	Twice a day	
13	<i>Yoga basti and Physiotherapy</i>			

Discussion:-*Hetu :-*

- 1) Aahar – Atishram (heavy work)
- Ruksha Tikshna Vaat
- vardhak aahar
- Aaghat (External trauma)

Samprapti Ghatak:-

1. Dosha – Vaat
2. Dushya – Asthi, Majja
3. Strotas - Asthivaha strotas, Mjjavaha strotas
4. Udbhavsthan – Manya
5. Adhishthan - Majja
6. Vyaktisthan- Shakha

Table 2: Mode of action of formulations used in Chikitsa:-

Sr. No.	Dravya	Mode of action
1	Mahayogaraaj guggulu	Tridoshaghna , Rasayan , vataghna , Dhatupariposhak.
2	Vaatvidhvans ras	Vataghna , Rasayan , Dipan , Pachan.
3	Ekangveer ras	Tikshan , Vaatpradhan and vaat kapha rog vishesh labhadayak , bruhan , vishaghna.
4	Hingvashtak churna	Agnivardhak, vaat shamak.
5	Smrutisagar ras	Acts on Majja dhatu, dhatuposhak.
6	Cap. Paralyn	Acts as vatshamak , balya to the nervous system.
7	Syp. Nervesoldier	Acts as nerve tonic.
8	Satwik neuron oil	Oil is the best vat shamak , contains vat shamak drugs.
9	Tab.Ruma G	Acts as antirheumatik, Aamanashak,Balya.
9	Yoga Basti	This can balances vaat dosha, aajnama maranam shastam (it will used from birth to death) for vaatpradhan vyadhi.
10	Physiotherapy	Gives strength to the muscles, and exercise gives bala to the snayu

The patient had started improving during hospital stay and the symptoms decreased gradually.

TABLE 3- showing changes in DTR during chikitsa:

Deep tendon reflexes		26-11-18	11-12-18	28-12-18	13-01-19
Biceps	Right	Very Brisk	Very Brisk	Brisk	Normal
	Left	Very Brisk	Very Brisk	Very Brisk	Normal
Triceps	Right	Very Brisk	Very Brisk	Brisk	Normal
	Left	Very Brisk	Very Brisk	Very Brisk	Normal
Brachioradialis	Right	Brisk	Brisk	Brisk	Normal
	Left	Brisk	Brisk	Brisk	Normal
Quadriceps	Right	Very Brisk	Very Brisk	Brisk	Brisk
	Left	Very Brisk	Very Brisk	Brisk	Brisk
Achilles	Right	Diminished	Diminished	Diminished	Normal
	Left	Diminished	Diminished	Diminished	Normal
Patella	Right	Clonus	Very brisk	Brisk	Normal
	Left	Clonus	Very brisk	Brisk	Normal
Ankle	Right	Clonus	Very brisk	Brisk	Normal
	Left	Clonus	Very brisk	Brisk	Normal

Conclusion:

On the basis of above discussion, it can be concluded that Ayurvedic

formulations can give significant effect on disease like *Quadriparesis* (*Sarvangaghat*). In *quadriparesis* there is the vitiated *vaat dosha* is the main cause

here all the drugs that acts as *vaat shamak*. And yoga basti had played very important role in this *samprapti bhanga*. *Smrutisagar ras* play as nerve tonic which relives numbness and tingling due to nerve compression. Hence, It proved that the *ayurvedic* formulations and *panchakarma* like *basti* are useful in disease like qudruparesis.

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