

Ayurvedic management of traumatic *Hemiparesis*: a case report

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ABSTRACT

Hemiparesis, or unilateral paresis, is weakness of one entire side of the body. The causes are infective, vascular, neoplastic, demyelination, traumatic, iatrogenic, ictal, congenital, degenerative and parasomnia. The patient here presented with complaint of weakness of right side of the body associated with stiffness since 10 months following a road traffic accident resulting in vertebral compression fracture. He was diagnosed as traumatic *Hemiparesis*. From Ayurvedic perspective, this condition could be considered as *Pakshaghata* (*Dakshinakaya*) where *abhighata* is the causative factor. Considering the all factors, treatment principles of *pakshaghata*, *asthi-majjagatavata* and *marmabhighata* were followed in this case. After treatment, the overall strength of right side of the patient regained. The stiffness of joints reduced, the movements became ease and the muscle power of the right side improved from grade 4 to grade 5 after the course of treatment.

Keywords: *Hemiparesis*, *Pakshaghata*, *Panchakarma*, *Hemiplegia*.

INTRODUCTION

Hemiparesis, or unilateral paresis, is weakness of one entire side of the body. *Hemiplegia* is, in its most severe form, complete paralysis of half of the body. *Hemiparesis* and *hemiplegia* can be caused by different medical conditions, including congenital causes, trauma, tumours, or stroke. The causes are infective, vascular, neoplastic, demyelination, traumatic, iatrogenic, ictal, congenital, degenerative and parasomnia. Right-sided *Hemiparesis*- Injury to left side of the brain. The forms of *Hemiparesis* are left-sided *Hemiparesis*- injury to right side of the brain, ataxia- injury to lower portion of brain, pure motor *Hemiparesis*- common type, affect one side of body parts equally and ataxic *Hemiparesis* syndrome-leg is often more affected than the palm.¹ The patient here developed *Hemiparesis* due to trauma caused by the vertebral compression fracture.

PATIENT INFORMATION

28 years old male patient consulted in the OPD of *Panchakarma* Department at Government Ayurveda College Panchakarma Hospital, Poojappura, Thiruvananthapuram with complaint of weakness of right side of the body associated with stiffness since 10 months following a road traffic accident resulting in vertebral compression fracture. He underwent allopathic medication along with physiotherapy for the same and the result was not satisfactory according to him.

CLINICAL FINDINGS

The patient was lean with a body weight of 58 kg. On physical examination, there was loss of teeth in both upper and lower jaws along with right side weakness of both upper and lower limbs. The higher mental functions was found to be intact. The test for accessory nerve revealed weakness of trapezius muscle on the right side and the Romberg's test were positive. The muscle power was found to be grade 4 for right side and grade 5 for left side. The reflexes were normal for both sides except in the right supinator and right ankle, which was diminished. On examination of locomotor system, rotation was slightly restricted for right shoulder joint, abduction was restricted in right hip joint and flexion slightly restricted in right knee joint. On cervical spine examination, forward and backward flexion and rotation was restricted.² The MRI of cervical spine revealed straightening of cervical spine, disc osteophyte complex at C3-C4 level causing compression of the cord with anteroposterior flattening, cord contusion from mid C3 to lower C5 vertebral level, focal area of haemorrhage at C4 vertebral level, focal traumatic contusion

of C4-C5 disc and mild asymmetric disc bulge at C3-C4 and C5-C6 levels.

DIAGNOSTIC ASSESSMENT

On detailed evaluation of subjective and objective parameters, the patient was diagnosed as traumatic *Hemiparesis*. From Ayurvedic perspective, this condition could be considered as *Pakshaghata* (*Dakshinakaya*) where *abhighata* is the causative factor. Considering the all factors, treatment principles of *pakshaghata*, *asthi-majjagatavata* and *marmabhighata* were followed in this case.³

THERAPEUTIC INTERVENTION

The first set of treatments (both internal and external *rookshana*) was done for a week. Once the functioning of *agni* is maintained through the above treatments, *sodhan* therapies were executed followed by *shamana* and *brimhana* therapies. (Table 1 and Table 2).

RESULT

After treatment, the overall strength of right side of the patient regained. The stiffness of joints reduced and the movements became ease. On examination, the muscle power of the right side improved from grade 4 to grade 5.⁴ The patient was then given *Brahma rasayana*, one tablespoon at bed time, followed by milk intake for improving and maintaining the overall health.

DISCUSSION

The disease was confirmed as traumatic *Hemiparesis* of right side. According to *Ayurveda*, the disease can be considered as *Pakshaghata*- *Dakshinakaya*, which

developed as a result of *abhighata*. The *abhighata* resulted in *raktadhatukshaya* and thereby caused *vatakopa* in the body. The *raktakshaya* resulted in the *soshana* of *sira*, *snayu*, *kandara* along with *asthi* and *majjadhatukshaya* and manifested the condition. Considering the *nidanas*, treatment principles of *pakshaghata*, *asthi-majjagatavata* and *marmabhighata* were followed in this case. The *upasaya* to be followed in this case was *snigdha-ushnaprayoga*. As a mild *rukshana* before *snigdhaprayoga*, *choornapindasweda* was done with *Kolakulathadichoorna* for a period of 7 days. The patient was given *GandharvahastadiKashaya* 90 ml bd along with *VaiswanaramChoorna* 5g during this phase. Followingly, after *samyakrukshana*, *sodhanangaachasnehapana* was done with *Guggulutiktakaghrita*uptosamyaklakshan as (7 days). *Virechanawas* done with *Nirgundierandataila* 25 ml with hot water and *madhyamasudhi* was obtained. After *kayasodhana*, *shirasodhana* was done with *Kshirabalataila* 101 *avarthi*, 8 drops each nostril for 7 days. The patient was then given *MustadimarmaKashaya* 90 ml bd along with 5 drops of *Maharajaprasirinitaila*. *Ekangaveera rasa* and *TrayodasangaGuggulu* was also given twice daily after food. Next the patient was given *Jambirapindasweda* and *Kukkudaandapindasweda* for a period of 7 days each along with *Matravasti* with *Sahacharaditaila*. *Kayaseka* and *Shirodharawas* then done with *Balaswagandhadaditaila* for 7 days followed by *Shashtikapindasweda*.

Considering the involvement of *vata* in *asthi-majja*, *Panchatikaksheeravasti* was done at last for 7 days. After treatment course, the overall strength of right side of the patient regained. The stiffness of joints reduced and the movements became ease. On examination, the muscle power of the right side improved from grade 4 to grade 5.

CONCLUSION

Hemiparesis, or unilateral paresis, is weakness of one entire side of the body. The patient here presented with *Hemiparesis* of right side which was caused by trauma. Considering the *nidanas*, treatment principles of *pakshaghata*, *asthi-majjagatavata* and *marmabhighata* were followed in this case. After treatment, the overall strength of right side of the patient regained. The stiffness of joints reduced, the movements became ease and the muscle power of the right side improved from grade 4 to grade 5 after the course of treatment.

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Table 1: INTERNAL MEDICINES:

MEDICINE	DOSE	TIME
<i>GandharvahastadiKashaya</i>	90 ml	Morning & Evening B/F
<i>VaiswanaramChoornam</i>	5g	With <i>kashaya</i>
<i>MustadimarmaKashaya</i>	60 ml	Morning & Evening B/F
<i>MaharajaprasariniTaila</i>	5 drops	With <i>kashaya</i>
<i>Ekangaveera Rasa</i>	1	Morning & Evening A/F
<i>TrayodasangaGuggulu</i>	1 with <i>lashunaksheera</i>	Morning & Evening A/F

Table 2: PROCEDURES DONE:

PROCEDURE	MEDICINE	DAYS	CHANGES OBSERVED
<i>Choornapindasweda</i>	<i>Kolakulathadichoorna</i>	7 days	Slight reduction of stiffness.
<i>Lepa</i> (Cervical & Lumbar area)	<i>Nagaradilepachoorna</i> in <i>Dhanyamla</i>	7 days	
<i>Snehapanam</i>	<i>GuggulutiktakaGhrita</i>	7 days	Stiffness reduced considerably. Slight reduction in weakness of right side.
<i>Abhyanga&Ushmasweda</i>	<i>Murivenna</i>	3 days	
<i>Virechana</i>	<i>Nirgundierandataila</i> (25 ml with hot water)	1 day	
<i>Peyadikrama</i>		3 days	Reduction in weakness over face.
<i>KsheeradhumaNasya</i>	<i>KsheerabalaTaila 101 avarthi</i>	7 days	
<i>Jambirapindasweda</i>	<i>Murivenna&Dhanwantarataila</i>	7 days	Ease in joint movements.
<i>Merudandavasti</i>	<i>Murivenna&Dhanwantarataila</i>	7 days	
<i>Kukkudaandapindasweda</i>	<i>Murivenna&Dhanwantarataila</i>	7 days	Reduction in weakness over right upper and lower joints.
<i>Matravasti</i>	<i>Sahacharaditaila</i>	7 days	
<i>Kayaseka with Shirodhara</i>	<i>Balaswagandhaditaila</i>	7 days	Considerable reduction in weakness of right side.

<i>Shashtikapindasweda</i>	<i>Balaswagandhaditaila</i>	7 days	Overall strength of the right side regained. Muscle power changed from grade 4 to grade 5. Joint stiffness reduced and movements became ease.
<i>Panchatiktakaksheeravasti</i>	<i>Panchatiktakaksheerakashaya, Panchatiktakaghrita, Sahacharaditaila, Madhu</i>	7 days	

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