

## UNDERSTANDING OF APATANTRAKA W.S.R.T STOKE ADAMS SYNDROME

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Article Received on 21/04/2025

Article Revised on 12/05/2025

Article Accepted on 31/05/2025

## ABSTRACT

By Acharya Charaka Apatantraka explained in “Trimarmiya Siddhi Adhyaya”, considered under “Hridaya Marmagata Vyadhi”. All other Acharya explained this disease under type of Vatavyadhi. Common sign and symptoms by different acharyas: Pain in heart, head and temporal region, Bends limbs like bow, Convulsions and fainting, Patient breath with difficulty etc. which are somewhat symptoms related to apasmara or aptanaka. But due to some difference in symptoms can conclude that apatantraka is different disease. When we come to compare this disease to modern can correlate with stoke adam’s syndrome by seeing its symptom which are same as apatantraka. Here come to know about apatantraka and its correlation to Stoke Adam’s Syndrome.

**KEYWORDS:** APATANTRAKA, STOKE ADAM’S SYNDROME.

## INTRODUCTION

Vatavyadhi in the present era is the most prevalent disease. Vata is the only dosha which governs all the other entities of the body like pitta, kapha, dhatu etc. diseases caused by vata in its vitiated condition are called vatavyadhi. So a proper understanding of the concept of vata is required in order to keep all the body functions in equilibrium. In the Ayurvedic Classics, a number of references are found where a detail description of Apatantraka is given. A comparison of the Apatantraka is needed for the proper understanding of the concept of vatavyadhi, as they are the most severe types of diseases which afflict the individuals. A better understanding will be helpful in further treatment and prevention also.

## AIM AND OBJECTIVE

To correlate Apatantraka to Stoke Adam’s Syndrome.

## MATERIALS

This article is based on a review of Ayurvedic and Modern text-books. Materials related to Apatantraka and Stoke Adam’s Syndrome is collected to the utmost. References were taken from Charaka Samhita, Sushruta Samhita, Astanga Hridaya and Modern Medicine books.

## DISCUSSION

Vata is the prime dosha and is described vividly in the Classics. The gunas of Vata as described by Charaka are ruksha (dry), sheeta (cool), laghu (light), suksma (subtle), khara (rough), chala (movement) and vishada (non slimy).

In Ayurveda, by Acharya Charaka Apatantraka explained in “Trimarmiya Siddhi Adhyaya”, considered under “Hridaya Marmagata Vyadhi”(Ch. Si. 9/10-15). Acharya Sushruta explained this disease under type of Vatavyadhi. Acharya Vagbhata, Madhav nidana explained this disease under type of Vatavyadhi. Also in Gadanigraha also explained this disease under type of Vatavyadhi.

○ Acharya Charaka Apatantraka explained in “Trimarmiya Siddhi Adhyaya”, considered under “Hridaya Marmagata Vyadhi”(Ch. Chi. 9/10-15)

क्रुधदः स्वैः कोपनैवायुः स्थानात्उर्ध्वप्रवर्तते॥२८

पीडयन्हृदयंगत्वाशिरः शन्खौचपीडयन्॥

धनुर्वन्मयेद्गात्राण्याक्षिपेन्मोहयेतथा

कृच्छ्रेणचाप्युच्छवसितिस्तब्धाक्षोऽथनिमीलकः॥

(च.सि.९/१३)

कपोतइवकूजेत्त्विःसंज्ञः सोऽपतन्त्रकः।

दृष्टिसंस्तम्भ्यसंज्ञांचहत्वाकण्ठेनकूजति॥

हृदिमुक्तनरः स्वास्थ्यंयातिमोहंवृतेपुनः।

वायुनादारुणंप्राहुरेकेतमपतानकम्॥

(च.सि.९/१५)

- Acharya Sushruta explained this disease under type of Vatavyadhi

वायुरुध्वजत्स्थानात्कुपितोहृदयंशिरः ।

शङ्खौचपीडयत्यङ्गान्याक्षिपेन्मयेचसः ॥

(सु.नि. १/६४)

निमीलिताक्षनिश्चेष्टः स्तब्धाक्षोवाऽपिकूजति।

निरुच्छवासोऽथवाकृच्छ्रादुच्छवस्यान्नष्टचेतनः ॥

(सु.नि. १/६५)

स्वस्थः स्यादधृदयेमुक्तेहयावृतेतुप्रमुहयति।

कफान्वितेनवातेनत्रेयणोऽपतन्त्रकः ॥

(सु.नि. १/६६)

- Madhavnidana explain above quotation about this disease under vatayadhi (Ma. Ni. 22 / 28-31)

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धनुर्वन्मयेद्गात्राण्याक्षिपेन्मोहयेतथा

नमयेच्चाक्षिपेच्चाङ्गान्युच्छवासंनिरुणधिच॥

कृच्छ्रेणचाप्युच्छवसितिस्तब्धाक्षोऽथनिमीलकः ॥

(च.सि.९/१३)

कपोतइवकूजेत्पिन्ःसंज्ञः सोऽपतन्त्रकः।

दृष्टिसंस्तभ्यसंज्ञांचहत्वाकण्ठेनकूजति॥

हृदिमुक्तनरः स्वास्थ्यंयातिमोहंवृतेपुनः।

वायुनादारुणंप्राहुरेकेतमपतानकम्॥

(च.सि.९/१५)

Acharya explained the difference of apatantraka with aptanaka and apasmara

- In Apasmara frothing from mouth is common which is not seen in Aptantraka
- In Aptanaka Bow like posture always remain but in Aptantraka it is episodic.

- In AshtangaHridyaNidanasthana explain this quotation about this disease under vatayadhi (15/17-20)

अदयःप्रतिहतोवायुर्वज्रजन्ध्वहृदाश्रितः॥

नाडिप्रविश्यहृदयंशिरःशङ्खौचपीडयन्॥

आक्षिपेत्पेरितोगात्रंधनुर्वच्चास्यनामयेत्॥

कृच्छ्रादुच्छवसितिस्थब्धस्त्रस्तमिलितदृक्कतः।

कपोतइवकूजिचचनिःसंज्ञःसोऽपतन्त्रकः॥

सएवचापतानाख्योमुक्तेतुमरुताहृदि।

अशुनवीतमुहुःस्वास्थ्यंमुहुस्वास्थ्यमाव्रते॥

(अ.ह.नि१५/१७-२०)

- Gadanigraha give description of Apatantraka in Vatavyadhiadhyaya (Gad. Chi. 9/32-33)

क्रुधदः स्वैः कोपनैवायुः स्थानात्उध्वप्रवर्तते॥ (32)

पीडयन्हृदयंगत्वाशिरः शन्खौचपीडयन्॥

धनुर्वन्मयेद्गात्राण्याक्षिपेन्मोहयेतथा

कृच्छ्रेणचाप्युच्छवसितिस्तब्धाक्षोऽथनिमीलकः ॥ (33)

कपोतइवकूजेत्पिन्ःसंज्ञः सोऽपतन्त्रकः।

- Bhavprakash also explain this in vatavyadhiadhyaya (chapter 24)

क्रुधदः स्वैः कोपनैवायुः स्थानात्उध्वप्रवर्तते॥ (111)

पीडयन्हृदयंगत्वाशिरः शन्खौचपीडयन्॥

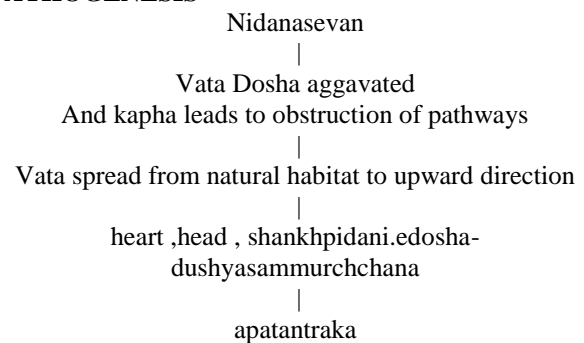
धनुर्वन्मयेद्गात्राण्याक्षिपेन्मोहयेतथा

नमयेच्चाक्षिपेच्चाङ्गान्युच्छवासंनिरुणधिच॥

कृच्छ्रेणचाप्युच्छवसितिस्तब्धाक्षोऽथनिमीलकः ॥ (112)

कपोतइवकूजेत्पिन्ःसंज्ञः सोऽपतन्त्रकः।

#### PATHOGENESIS



#### SAMPRAPATI GHATAK

Dosha:	Vata, kapha
Dushya:	Rasa, Kandra, Shira, Nadi
Adhishtana:	Hridya, Shir, Shankh
Strotas:	Rasavaha, Manavaha
StrotodushtiPrakar:	Sang, Vimargagaman
VyadhiSwabhav:	Darun
Sadhya-asadhyata:	Krichsadhaya/ Yapy

#### COMMON SIGN AND SYMPTOMS BY DIFFERENT ACHARYAS

- Pain in heart, head and temporal region
- Bends limbs like bow
- Convulsions and fainting
- Patient breath with difficulty & eye remains either fixed or closed
- Breath like cooing of pigeon
- Becomes unconscious
- Affected Vata dosha removed from heart, patient become normal,

- Acharya Sushruta explained Dosha dominancy in Apatantraka – Kapha & Vata

कफान्वितेन वातेन त्रेयणोऽपतन्त्रकः ॥

(सु.नि. १/६६)

श्वसनं कफवाताभ्यां रुद्धं तस्य विमोक्षयेत्।

तीक्ष्णैः प्रथमनैः संजाता सुमुक्ता सुविन्दन्ति ॥

(च.सि. ९/१६)

#### MODERN CORRELATION

Stoke Adam Syndrome which are to be supposed to link to this condition refers to:

- Sudden transient episodes of syncope
- Occasional featuring seizures

#### ○ PATHOLOGY

- Electrical impulses originated in atrium or sinus node at atrioventricular node preventing impulses from travelling to ventricles
- It occurs in individual with 3 degree AV Block or complete block
- Fainting cause----abnormality of electrical conduction system in Heart----begins with slow heart rate which evolves into complete stoppage of heart.
- Convulsions occur--- heart stop for more than 15 seconds

#### CORRELATION BETWEEN APATANTRAKA AND STROKE ADAMS SYNDROME

APATANTRAKA	STROKE ADAMS SYNDROME
Pidayan hridaya Dhanuvatnamyadgatra Akshepa Svasthasyatamuktehridayaavritte Moha Krichchatapurvak Uchchvasa Stambha & nimilakaaksha Nisangya	<ol style="list-style-type: none"> <li>1. Intermittent high grade AV block. Disruption of His purkinje conduction by fibrosis &amp; calcification</li> <li>2. Unrelated posture, rigidity of the body accompanied by clonic movements of limbs, jaw drop</li> <li>3. Convulsions</li> <li>4. When cerebral hypoxia is continued, convulsions occur &amp; whenever it recurs convulsions subside which leads to mis-diagnosis of epilepsy</li> <li>5. Pt. fall and after few seconds flushes brightly &amp; recover consciousness as pulse quickness</li> <li>6. Profound bradycardia, the pulse rate ranging from 20 to 30 per minute.</li> <li>7. Blackouts, dilatation of pupils &amp; dizziness</li> <li>8. Sudden loss of consciousness, for brief period of pt. is o all appearance dead. No pulse is felt in either wrist, and on auscultation the cardiac sounds are inaudible.</li> </ol>

#### PROGNOSIS

गर्भपातसमुत्पन्नः शोणितसिन्धोत्थितः ।

अभिघातसमुत्पन्नश्च दुश्चिकित्स्यतमो हि सः ॥

(अ.ह. १५/२१)

- Garbhapata
- Atishonitastrava
- Abhighata

#### CHIKITSA

- According to Acharya Charak:

मरिचं शिग्रुबीजानि विडङ्गं च फणिज्झकम्।

एतानि सूक्ष्मचूर्णानि दद्याच्छीर्षविरेचनम् ॥

(च.सि. ९/१७)

तुम्बुरुण्यभ्या हिङ्गुपौष्करं लवणत्रयम्।

यवक्वाथाम्बुना पेयं हृदग्रहेचापतन्त्रके ॥

(च.सि. ९/१८)

हिङ्गुवल्लेतसंशुण्ठीसौवर्चलदाडीमम्।

पिबेद्वातकफघ्नं च कर्म हृद्रोनुद्धितम् ॥

(च.सि. ९/१९)

- According to Acharya Sushruta:

अपतन्त्रकातुरं नापतर्पयेत्, वमनानुवसनास्थापनानि निषेवेत्,  
वतश्लेष्मोपरुद्धोच्छवासं तीक्ष्णैः

प्रथमापनैर्मोक्षयेत्तुम्बुरुपुष्करां हविङ्गुवल्लेतस

पथ्यालवणत्रयं यवक्वाथेन पातुं प्रयच्छेत्, पथ्याशतार्धसौवर्चल

द्विपले चतुर्गुणे पयसि सर्पिः

प्रस्थः सिद्धं, वातश्लेष्मापनुचचर्म कुर्यात् ॥

(सु.चि. ५/२१)

- According to Bhavprakash:

अथापतन्त्रकेणार्त्तमातुरं नापतर्पयेत्।

निरुहवस्तिं वमनं सेवेन्न कदाचन ॥

श्वसनाः कफवाताभ्यामुद्धास्तस्य विमोक्षयेत्।

तीक्ष्णैः प्रथमनैः संजाता सुमुक्ता सुविन्दन्ति ॥

(भा. प्र. मध्यमखण्ड २४/१९३-१९४)

- According to Ashtang Hridya:

चूर्णयित्वा कफान्विते। (अ.ह. १५/३५)

तुम्बुरुण्यभ्या हिङ्गुपौष्करं लवणत्रयम्।

यवक्वाथाम्बुना पेयं हृत्पार्श्वतर्पयतन्त्रके ॥

(अ.ह.१५/३६)

हिङ्गुसौवर्चलशुण्ठीदाडिमंसाम्लवेतसम्।

पिबेद्वाश्लेष्मपवनहृद्रोगोक्तम्चशस्यते॥

(अ.ह.१५/३७)

**TREATMENT PROTOCOL ACCORDING TO AYURVEDA****1. NidanaParivarjana**

- **Ahara:** Visjamahara, KatuTiktaKshaya Rasa Ahara, AsatmayaAhara, Adhyashan, ShittaAharaetc.
- **Vihara:** AtiVyavaya, Vegadharana, Shoka, Bhaya, Krodha, AtibharaVahana, Divashayan, AtiRatriJagran

**2. Yoga**

- Shavasana
- Pranayam

**3. SatvavajyaChikitsa****4. Nasya: Tikshna Pradhmana Nasya**

- KatphalChurna
- Nagar Churan

○ Dose: 3 Muchyuti

○ Time: Twice a day X seven days (A.H. Su. 20/16)

**5. Shaman Chikitsa****➤ Vati**

- BrahmiVati – 250mg X Twice a day
- VrihatVataChintamani Rasa – 250mg X Twice a day
- Manasamitravati – 250mg X Twice a day

**➤ Arishta**

- SaraswatadiArishta – 20ml X Twice a day with Equal Water
- Shankhpushpi syrup – 20ml

**➤ Churan**

- Pachsakaradichuran- 3-5 gm X at night with warm water

**Management of Stoke Adam Syndrome**

- Anticholinergic medication:
- Atropine
- Dicylomine
- Adrenergic agonist medication:
- Ephedrine
- Epinephrine
- Dopamine
- Implantation of Pacemaker

**CONCLUSION**

From the above explanation, it can be said that the Apatantraka can be correlated with Stoke Adam syndrome. The pathology of the disease can be understood well from both the Ayurvedic and Modern point of view. So, these understandings can further help a

physician to diagnose as well as treat a disease more efficiently.

- Apatantraka is Hridayavyadhi & in Stoke Adam Attack involve heart is definitive
- When Hridya involve, manifestation of disease Moha, Murchcha, & Tama are common.
- In Apatantraka Moha is present which is also correlate to the Stoke Adam attack i.e. warning patient falls to ground.
- Shira & Shankha involve in manifestation of diseases creates bow like posture which is similar to unrelated posture feature of Stoke Adam Attack.
- In this disease Vata Dosha disrupt normal function of hridya and kapha do avarana leads to Shwasa avarodha like wise in Stoke Adam attack, there is disruption of bundle of his-purkinje conduction by fibrosis & calcification.

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