

ROLE OF BASTI CHIKITSA IN MANAGEMENT OF PAKSHAGHATA WITH S. R. T. HEMIPLEGIA (NEUROLOGICAL DISORDER)- A REVIEW STUDYDr. Ashwini B. Galande*¹ and Vd. Ujwala V. Pawar²¹PG Scholar, Rognidan Dept. Govt. Ayurved College, Nanded.²Associate Professor, Rognidan Dept. Govt. Ayurved College, Nanded.***Corresponding Author: Dr. Ashwini B. Galande**

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ABSTRACT

As civilization grows advanced, man has become more vulnerable for many neurological conditions due to lifestyle, high expectation, unwanted stress, competition and pseudo society status. So that he adopted new habits like alcohol, smoking, tobacco and drug abuse. All these leads to the many life style disease. Neurological disorders are one of them. In *Ayurveda*, neurological disorders can be correlated with *Vatvyadhi*, *Pakshaghata* is one of them, caused due to vitiation of *Vata Dosha*. It can be correlated with Hemiplegia in modern science. Hemiplegia is commonest manifestation of stroke with the neurological deficit, affecting face, limbs and trunk on one side or either side of body. In *Pakshaghata Vata* getting aggravated dries up the *Strotas* and *Snayu* of one side of body makes the organ of that side incapable of functioning and loss of sensation. *Basti Karma* is an ultimate treatment modality advised for *Vatvyadhi*, so in present study tried to find out mode of action of *Basti chikitsa* in *Pakshaghata* as being a neurological disorder.

KEYWORDS: Neurological Disorder, Stroke, Hemiplegia, *Vatvyadhi*, *Pakshaghata*, *Basti*.**INTRODUCTION**

In *Ayurveda* various neurological disorders are correlated with *Vatavyadhi* *Pakshaghata* has been enlisted amongst the eighty types of *Nanatmaja Vatavyadhi*.^[1] and it is considered to be prominent of all *Vatavyadhi*. This disease has been described in almost all *Ayurvedic literature* under *Mahavatavyadhi*.^[2]

Pakshaghata can be correlated with hemiplegia in modern science. The term *Pakshaghata* literally means paralysis of one half of the body, due to impairment of *Karmendriyas* *Gyanendriyas* and *Mana*. *Gnyanendriyas* are considered as part of sensory system and *Karmendriyas* are considered a part of motor system. Hemiplegia caused due to manifestation of stroke with neurological deficit from vascular mechanism 85% are ischemic and 15% are primary hemorrhage.^[3] Stroke is a disease which appears suddenly with strong pathophysiology. It hampers the functional ability of person sometimes may cause death.

As birds need both wings to maintain posture coordination of movement. Similarly humans need both halves of body. If a bird loses its wing it is unable to fly. In the same way that when person suffers from stroke he is like bird with clipped wings.

There is no effective treatment modalities are available in modern science because according to them once the nervous tissue get damaged permanently, its regeneration is not possible by therapies. But with the help of *Ayurveda* it is possible.

Panchakarma is vital treatment modalities of *Ayurveda*, described as purification process which helps to detoxify body. *Ayurveda* described *Panchakarma* to maintain normal physiological functioning of body. *Basti* is one of the important aspect of *Panchakarma* Mainly employed for the disease where *Vata dosha* is prominent.^[4] *Basti* being the best to maintaining the quality and quantity of life is described as "*Ardha Chikitsa*"^[5] or half of all the treatment *Vata* is considered to be the main controller of the body.^[6] Science the *Vata* is useful for elimination or retention of *Mala Mutra*, *Pitta*, *Kapha* in their respective *Aashayas*. There is no remedy other than the *Basti* in alleviation of *Vata* so in present study I tried to find out the mode of action of *Basti* in *Vatavyadhi* (Neurological Disorders).

AIM AND OBJECTIVES

To study the mode of action of *Basti Chikitsa* in *Pakshaghata*.

MATERIALS AND METHOD

1) To explore and elaborate the role of *Basti Chikitsa* in *Pakshaghata* by referring various authentic Books, *Samhitas*, and web search etc.

Review of study is explained under following headings

- 1) Concept of *Vatavyadhi*
- 2) Definition of *Pakshaghata*.
- 3) *Basti Karma*.

1. Concept of *Vatavyadhi*

Ayurveda science is depends on *Tridosha* theory. These three doshas *Vata*, *Pitta*, and *Kapha* are the pillar of the Ayurveda. All pathophysiological activities of body is depends upon the *doshas*.^[7] Basically these three *doshas* constitute three regulatory system respectively controlling input output turn over and storage ,making them universal properties of all living system. Among such important *Tridoshas* the supremacy of *Vata* is explained by all our *Acharyas* because other factor in body like *Pitta* and *Kapha dosha Saptadhatu*, *Trimala* are not able to do their functions separately Inspiration of *Vata* is necessary for their function.^[6]

Vata is main controller of body and responsible for the generation protection, and distruction of body so that it should be maintained normal otherwise it causes various *Samanyaj* and *Nanatmaj vikara*. The disease which caused due to the only *vata dosha* is called *Nanatmaj vikara* and the disease caused due to other than *vata dosha* called *Samanyaj vikara*. There are 80 *Vataj*, 40 *Pittaj*, 20 *Kaphaj Nanatmaj Vikaras* told by *Acharyas* In Ayurveda normal *vata* functions are correlated with CNS functions and various *vatavyadhi* is correlated with Neurological disorders.^[8] *Pakshaghata* is one of the types of *Nanatmaj Vatavyadhi* caused due to neurological deficit.

2. Definition of *Pakshavadha*

1) According to *Acharya Charaka*

According to *Acharya Charaka* in *Pakshaghata* morbid *vata* beholds either side of body dries up *Strotas* and *Snayu* of one side of body and makes the organ or part of that side incapable of function and loss of sensation i.e. producing *Cheshta Nivrutti* along with *Ruja* and *Vakstambha*.^[9]

In *Pakshaghata* among the five subdivision of *vata*, normal function of *Prana vata* is disturbed mainly because in broad sense *Prana vata* is compared with CNS anatomically and physiologically as its main seat is *Murdha*. "*Pranoatramurdhag*" and controls almost all the physical and psychological functions by generating development of speech is associated with neurological phenomenon of learning which occurs as an integrated outcome of motivation, emotion and sensory adaptation. Apart from this Ayurveda says that this physiological phenomenon acts through *Mana* and *Buddhi*. So stimulus may reach higher center in *mastishka* from *Kantha Ura*,

Nabhi through *Udana vata* with stimulation of *Prana vata* Motor impulse may be seat to muscle of above *sthana* by *Vyana vata*.

2) According to *Acharya Sushruta*

Acharya Sushruta has described this more precisely. He has considered pathological involvement of joint of one half of the body along with sensory loss of afferent part in *Pakshaghata*.^[10]

3) According to *Madhav Nidana*

Aggravated *Vata* dries up the *Sira Snayu* of one half of body along with affection of joints and causes the loss of function of half of body.^[11]

3. Concept of *Basti Karma Chikitsa*

Basti karma is the most important and powerful treatment or procedure among all the five processes. Best therapy is mostly prescribed for *vata dosha*. Main site of action of *Basti* is *Pakwashaya* i.e. lower gastrointestinal tract, it is the main site of *vata dosha*.^[12] so that *Basti* is mainly useful for treatment of vitiated *vata*.^[13]

Pakshaghata is one of the type of *Nanatmaj vatvyadhi*, main treatment of *vatvyadhi* told by *Acharyas* is *Basti*. Once we treat the *vata dosha* in its root location then it is easy to control the *Sarvanga gat vata*.

Mode of Action of *Basti Chikitsa* According To *Ayurveda*

1) According to *Sushruta*

Veerya (Active principle) of the *Basti aushadha* reaches all over the body through the *Strotas* in the same way that the water pour at the root of plant reaches upto leaves Even through *Basti dravyas* comes out very quickly with *Mala*, their *veerya* acts all over the body by the action of *Panchavata*, just as sun draws moisture from earth.^[14]

2) According to *Charaka*

Veerya of *Basti dravyas* acts on the body from foot to head and eliminate the impurity of body as like the sun draws moisture from earth *Veerya* of *Basti* reaches to *Aapan Vayu* and nourishes it then acts on *Saman vayu* after it nourishes *Vyan vayu* thereafter acting on *Udan vayu* and then *Prana vayu*.^[15]

In *Pakshaghata* there is *dushti* of mainly *Prana*, *Vyan* and *Udan vayu*. "*Vakstambha*" is one of the symptom of *Pakshaghata* it is mainly caused due to *Prana vayu* and *udan vayu dushti*. Normal function of *Prana* is *Annapraves* and of *udan vayu* is *Vakpravrutti* these both function are disturbed in *Pakshaghata Basti* nourishes the both *vayu* helps to maintain their normal function. *Vyan vayu* is spread all over body and its normal function is various movements of body like *Aakunchan*, *Prasarana*, etc and in *Pakshaghata* its normal function is disturbed i.e "*Cheshtanivrutti*", *Basti* nourishes the *Vyan vayu* and maintain normal function.

Basti dravya reaches upto *Grahani* The stimulation of *Jatharagni* present in *Grahani* happens, *Sneha dravya* by its *sukshma guna* enters into *sukshma strotas* and reaches *Grahani*, acts on bacteria flora present in *Grahani* i.e. *Purishdhara Kala*, ultimately acts on *Asthidhara Kala* there is “*Ashrayashryee Sambandha*” of *vata dosha* and *Asthi dhatu* ultimately helps to normalize *vata dushti*.

Action of *Basti Dravya*

There are two types of *Basti*

1. *Anuvasan Basti* –Mainly contain sesame oil or medicated oil usually given in small amount.
2. *Asthapana Basti (Niruha Basti)*-It contain decoction, herbal paste, honey, salt.

1. Action of *Saindhava*

Sukshma guna – It reaches upto microchannel of body
Tikshna guna- It breaks down the morbid mala and dosha
Snigdha guna – Liquifies the dosha
Lavan rasa – heals to pacify the vata.

2. Action of *Madhu*

If any drug is administered with appropriate vehical it can be absorbed and assimilated by the body properly. (*Yogvaahi*).

3. Action of *Sneha*

Sneha dravya reduce *vata dushti*, soften the micro channels, remove the obstruction in channels.

Probable Modern Concept^[16]

1. The mode of action of *Basti* can be understand in the following way
2. *Dravya* administered through anal region It gets absorbed in intestinal mucosa by four mechanisms.
 - By absorption mechanism
 - By system biology mechanism
 - By neural stimulation mechanism
 - By excretory mechanism

1) By absorption mechanism

Hyper osmosis takes place



From colon cell to lumen



Absorption of endotoxins



Irritation of large intestine



Elimination

2) System biology mechanism

Drug is administered through anal region



It gets absorbed in intestinal mucosa



Lipid soluble



Water soluble



Passive diffusion



Active diffusion

By this diffusion mechanism the *Basti* drug goes to epithelial cell. Then it goes to the capillaries. Then goes to cell. Then it goes to cell after that molecules.

3) Neurological stimulation mechanism

Drug given through anal region



Enteric nervous system stimulated



Excites mesenteric plexus and sub mucosal plexus



Neurotransmitters carries information to CNS



CNS acts independently to produce effect

There is close resemblance in functioning of *vata dosha* and nervous system, and *Basti* is prescribed as the best remedy for *vata*. It again validates the efficacy of *Basti* karma on nervous system.

4) Excretory mechanism

The sigmoidal, rectal and anal region of intestine are considerably better supplied with parasympathetic fibers than other part of intestine.

They are mainly stimulating in action and function especially on defecation reflexes.

DISCUSSION

Pakshaghata is caused due to the aggravated *vata dosha*. All *vatavyadhis* in *ayurveda* are correlated with neurological disorders.

Panchakarma therapy is a very imperative and essential part of *Ayurvedic* treatment. As it possesses a wide spectrum of effect and is thought to be “*Ardhachikitsa*” in *Ayurveda*. Though, The *Basti* is given in *Pakwashaya* which is main seat of *vata dosha*. *Veerya* of the *Basti* i.e. active ingredients spread in the entire body to get desire action. *Basti veerya* may act through ENS. The gastrointestinal system has network of nerve fibers, which is known as “Enteric Nervous System” similar to brain ENS sends and receive impulses and activate to CNS. Also *Basti* nourishes the five types of *Vata* and normalize their function.

CONCLUSION

Pakshaghata a *Vatavyadhi* which is a Neuromuscular disorder. Though it is difficult to manage but proper treatment of *Basti* given at appropriate time with logical manner good result can obtain.

Chronicity involvement of *Shir marma*, *Basti* is best treatment because it acts from foot to head “*Aapadatal murdhashtanam*”.

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