

## ROLE OF *KAPIKACHHU BEEJ CHURNA* & *KAPIKACHHU BEEJ SIDDHA MATRA BASTI* IN THE MANAGEMENT OF *KAMPAVATA* WITH REFERENCE TO PARKINSON'S DISEASE

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### ABSTRACT

The classical sign & symptoms of *Kampavata* resembles with modern day's Parkinson's disease. *Kampavata* is the one of *Nanatamja vata vikara* explained in texts of Ayurvedic *samhitas*. Parkinson's disease is a degenerative disorder of central nervous system and is having pathology in substantia nigra & is extra-pyramidal crippling disease. Parkinson's disease affects 1% of population above the age of 50 years. The symptoms of *kampavata* are *hasta-padyo kampa* (tremors in hands & leg), *stambha* (rigidity), *chesta sanghat* (*Bradikinesia* & *akinesia*), *vakvikruti* (disturbance in speech) and *gatra sanghat* (postural abnormality). In spite of advancement in the field of modern medical science the treatment of this disease remains symptomatic only and no complete cure is available till date. The motor features of Parkinson's disease can be managed with treatment that replaced the chemical dopamine in the brain. While there are many medically approved dopamine replacement drugs available for patients affected by Parkinson's disease, there also many natural sources. The previous research on *Mucuna pruriens* are supported as one of the most potent natural source of dopamine replacement treatment. *Kapikachhu beej siddha matra basti* & *kapikachhu beej churna* (1) oral administration is already used to treat Parkinson's disease. The present study is of two months, the oral administration of *kapikachhu churna* is given for two months & the *matra basti* (2) of 90 ml of *kapikachhu beej siddha* oil daily is given during the first month. In this study we find significant relief in ten patients, moderate result in 6 patients & one patient is having mild result. There is improvement in the quality of the patient if treated early. In this present study the improvement seen higher in initial state of disease as compare to chronicity. The positive results are seen in the patient having chronicity in between 1-2 years.

**Keywords:** *Kampavata*, *kapikachhu beej*, *matra basti*, *kapikachhu*, Parkinson's disease

### INTRODUCTION

According to Ayurveda, most of the diseases of the *Vata* are essentially the conditions of degenerative diseases of the nervous system. *Kampa vata* is one such condition caused by imbalance of *Vata*.(4) The treatment of '*kampavata*' consists of both internal and external administration of drugs in different forms aimed to reverse the '*vata*' imbalance. Ayurveda was found to be an effective treatment for patients with Parkinson's disease. Ayurveda is an ancient Indian system of medicine. It has an integrated approach to the prevention and treatment of illness and tries to maintain or re-establish the harmony between the mind, body, and forces of nature. *Kampavata* is a *dhatushayaj* & *apatarpanjanya vikara* of *vata* vitiation, In Ayurveda *Basti* is the main treatment modality used for *vata vikara*, hence application of *kapikacchu beej siddha matra basti* with oral administration of the *kapikachhu beej churna* (*Mucuna pruriens* seed powder) (17) shows magical result in the patient in two months of treatment. In this study there is significant improvement in the symptoms

#### MATERIAL & METHOD:

17 patients diagnosed clinically with Parkinson's disease were selected in this study.

This study is open ended, prospective clinical study. Improvement in the symptoms is assessed clinically by Unified Parkinson's Disease Rating Scale (UPDRS) before initiating treatment, during treatment (at the 1st month) and at the end of study.

#### INCLUSION CRITERIA:-

- A patient clinically presenting the symptoms of *Kampavata* (Parkinson's disease).
- Patients of either sex.
- Both newly diagnosed & those who are under treatment for the same are included in this study.

#### EXCLUSION CRITERIA:-

- Patients with other Systemic Disorders & those who are with other complications which interfere with treatment were excluded.
- The patients suffering from CKD, Diabetes, Uncontrolled Hypertension, CAD, other metabolic & endocrine diseases were excluded.

#### DIAGNOSTIC CRITERIA:-

The diagnosis was made base on the clinical symptoms of *Kampavata*, (4) which are as below,

- *Kampa*: - tremor's
- *Stambha*: - rigidity
- *Chesta sanghat*: -Bradikinesia
- *Gati Sanghat*:- gait abnormalities
- *Avanamana*:- Postural abnormality
- *vak vikruti*: - abnormality in speech

#### DRUG USED:-

*Kapikacchu beej churna* (*mucuna pruriens* seed powder: 5 gms thrice daily, with *koshna jal anupana*).

*Kapikachhu beej siddha matra basti* in 70 ml quantity is administered in morning when bowel and bladder is evacuated.

(*Matra basti* is prepared by boiling 70 ml of *til talam* + *kapikacchu kwatha*.)

#### ASSESSMENT CRITERIA:-

To assess the efficacy of treatment the symptoms of *Kampavata* (Parkinson's disease) as tremors, rigidity, bradykinesia, gait & postural abnormalities etc. were noted carefully before the commencement of treatment, on 30<sup>th</sup> day & at the end of 2<sup>nd</sup> month i.e. at the end of treatment.

The Unified Parkinson's Disease Rating Scale (UPDRS) was applied to measure the degree of improvement. The gradation of symptom is done as per follow.

- Tremors (Table 1, gradation of symptom)

0	Absent
1	Slight & infrequent not bothersome to patient
2	Moderate bothersome to patient
3	Severe, interfere with many activities
4	Marked interfere with all activities

- Rigidity (Table 2, gradation of symptom)

0	Absent
1	Slight or only with activities
2	Mild to moderate with activity
3	Marked, full range of activities
4	Severe

• Bradikinesia:(Table 3, gradation of symptom)

0	None
1	minimal slowness
2	Mild slowness, small amplitude
3	Moderate slowness & amplitude
4	Severe slowness & amplitude

• Gait : (Table 4, gradation of symptom)

0	Normal
1	Walks slowly shuffle with short step
2	Walks with difficulty, little or no assistance
3	Sever disturbance frequent assistance
4	Cannot walk

• Posture: (Table 5, gradation of symptom)

0	Normal
1	Slightly stooped
2	Moderately stooped may lean on one side
3	Severe stooped with kyphosis
4	Marked abnormality of posture

**STATISTICAL ANALYSIS: -**

The data regarding symptoms of samples were collected and graded according to unified Parkinson's disease rating scale, the total score before treatment, during & after completion of treatment was assessed by using "Chi- Square Test".

**OBSERVATION OF RESULT OF *KAMPA* (TREMOR), *STAMBHA* (RIGIDITY), *CHESTA-SANGHAT* (BRADIKINESIA), *GATI -SANGHAT* (GAIT ABNORMALITY), *AVNAMANA* (POSTURAL ABNORMALITY) (Table -6)**

TREMOR	0	1	2	3	4	TOTAL
BEFORE TREATMENT	-	-	10	6	1	17
DURING TREATMENT	-	1	9	6	1	17
AFTER TREATMENT	-	10	4	2	1	17
					P value<	0.001
RIGIDITY	0	1	2	3	4	TOTAL
BEFORE TREATMENT	1	7	5	3	-	17
DURING TREATMENT	9	5	2	1	-	17
AFTER TREATMENT	12	3	2	-	-	17
					P value<	0.030
BRADIKINESIA	0	1	2	3	4	TOTAL
BEFORE TREATMENT	-	2	10	3	2	17
DURING TREATMENT	-	6	6	3	2	17
AFTER TREATMENT	2	10	3	2	-	17
					P value<	0.050
GAIT ABNORMALITY	0	1	2	3	4	TOTAL
BEFORE TREATMENT	-	9	6	2	-	17
DURING TREATMENT	-	10	6	1	-	17
AFTER TREATMENT	-	1	14	1	1	17
					P value <	0.267
POSTURAL ABNORMALITY	0	1	2	3	4	TOTAL
BEFORE TREATMENT	1	10	6	-	-	17
DURING TREATMENT	1	10	6	-	-	17
AFTER TREATMENT	1	10	6	-	-	17
					P value <	1.000

OBSERVATION OF RESULT OF *KAMPA* (TREMOR), *STAMBHA* (RIGIDITY), *CHESTA-SANGHAT* (BRADIKINESIA), *GATI -SANGHAT* (GAIT ABNORMALITY), *AVNAMANA* (POSTURAL ABNORMALITY) (Table-7)

CHRONICITY	NO OF PATIENTS
LESS THAN 1 YEAR	3
1-2 YEARS	8
2-3 YEARS	3
3-4 YEARS	2
4-5 YEARS	1
TOTAL	17

More number of patients observed in between 1-2 year in this study.

## RESULTS AND DISCUSSION

Observation on the result of *Kampa* (tremors), *stambha* (rigidity), *chesta sanghat* (bradykinesia), *Gati Sanghat* (gait abnormalities), *Avanamana* (Postural abnormality) (Table 6)

*Kampa* was the main presenting symptom in all the patients. During treatment there was significant improvement in *kampa* i.e. tremors. The result obtained regarding parameter tremor showed significant statistically with the P value < 0.001.

Cogwheel type of rigidity was elicited in 15 patients. After the completion of 30<sup>th</sup> day of the treatment the 7 patients were completely relieved from rigidity and at the end of 60<sup>th</sup> day 10 patients were completely relieved from the symptom rigidity.

Bradykinesia was observed in the 17 patients, after the completion of the treatment two patients were completely relieved from the symptom.

Out of 17 patients 2 had severe disturbance in gait, 6 patients with festination, 9 patients had short stepping gait. During treatment no much improvement was seen. After completion of the treatment 1 patient is cured and other patients shifted to lower grading.

There was no much more improvement seen in the postural deformities of the patients in present clinical study.

PROBABLE MODE OF ACTION OF *KAPIKACHHU CHURNA SIDDHA MATRA BASTI* (5):-

*Basti* is *pradhan chikitsa upkarama* for the *vata vyadhi* (3, 9). *Basti* prepared by Ayurvedic Drugs & oil act by *veerya* i.e. potency & eliminate *Doshas* (toxins) & nourishes the nerves. Rectum has rich blood & lymph supply, Drug administered by *basti* can act by crossing rectal mucosa & oil can act as medium for lipid soluble drugs which readily absorbed from rectum. (9, 17)

The drug absorbed in upper part of rectum is carried by superior haemorrhoidal vein & the drug absorbed from lower part of rectum is carried by inferior haemorrhoidal vein in portal circulation.(6)

The *sneha sidha matra basti* (7) thus absorbed from rectum poured in systemic circulation by haemorrhoidal vein & by the *veerya* i.e. the potency of the drug act at target area of the brain i.e. substantia nigra and provide significant result in curing the disease and provide quality by improving symptomatic relief.(13)

DRUG OF ACTION OF *KAPIKACHHU BEEJ (MUCUNA PRURIENS)*:- (8)

*Mucuna pruriens* seeds (10) have been reported to be a good source of 3, 4-dihydroxyphenylalanine (L-Dopa) (14) with 5-6%. The alcohol extract of *mucuna pruriens* seeds have four alkaloids viz mucinine, mucinadine, prurienine, prurieninine. The seed extract show potent antiparkinson effect in mice (15, 17).

The past researches are supporting one of the most potent natural sources for dopamine replacement treatment.

## CONCLUSION

In this present study the improvement seen higher in initial state of disease as compare to chronicity. The positive result seen in the patient having chronicity in between 1-2 years.

This study had not shown improvement in gross postural deformities like kyphosis, stooped posture.

In this study we find significant relief in ten patients, moderate result in 6 patients & one patient is having mild result.

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