



## ROLE OF PANCHAKARMA THERAPY IN MAMSAGATA VATA W.S.R TO MUSCULAR DYSTROPHY- A CASE REPORT

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## ABSTRACT

Muscular dystrophies are a group of inherited genetic conditions that gradually cause the muscles to weaken, leading to an increasing level of disability. Some types of muscular dystrophy eventually affect the heart, or the muscles used for breathing problems, at which point the condition of life becomes threatening. According to UK's National health services, there is no cure for muscular dystrophy, but treatment can help to manage many of the symptoms. Muscular dystrophy patients can be well managed by *Ayurveda Panchakarma* treatment modalities and future progressing can be well prevented thus improving the quality of life. **Methods:** -*Panchakarma* treatments like *Choorna pinda sweda*, *Abhyanga*, P.P.S, and *Ksheera vasti* were done. Special type of *Udwartana choorna* along with *Rasnadi choornam* and *kulatha choornam* were used for *Choorna pinda sweda* and modified *Ksheera vasti* were prepared and used. **Result & Conclusion:** -Patient improved well with the treatment. The patients are now able to do their activities on their own and thus their quality of life is improved.

**Keywords:** *Choorna pinda sweda*, *Ksheera vasti*, *Muscular dystrophy*

## INTRODUCTION

*Mamsa gata vata* is a “*vata vyadhi*”<sup>1</sup>. *Vata* is considered as most powerful and active amongst the three *Dosha*. *Pitta*, *Kapha*, *Dhatu* and *Mala* are functionless without *Vata*. *Vata* has three principal routes of diseases *Sakha Kostha & Marma Asthi Sandhi*<sup>2</sup>. *Vayu* is responsible for the formation, communication, and spread of *Sweda*, *Mala*, *Mutra*, *Kapha* & other biological substances in the body. *Vata* can produce 80 types of defects and derangements in the body similarly *Pitta* can produce 40 types and *Kapha* can produce 20 types of defects & derangements in the body<sup>3,4,5</sup>.

*Vata Vyadhi* indicates the specific disorders occurring due to the *Vata Dosha*. According to Chakrapani “*Vata Eva Vyadhi Vata Vyadhi*” means *Vata Dosha* causes the diseases by particular pathogenesis in which particular type of *Dosha Dusya Sammurchana* occurs & leads to the particular diseases<sup>6</sup>. According to Vijarakshita *Vata Janita Asadharana Vyadhi Vata Vyadhi*” means specific diseases caused by vitiated *Vata* are known as *vata vyadhi*<sup>7</sup>.

*Mamsa gata vata* can be correlated with muscular dystrophy or degenerative muscular dystrophy. Degenerative muscular dystrophy is primarily predominant in boys, and it is less predominant in girls and children. Females are usually carriers for such types of genetic traits. One male child gets affected due to degenerative muscle dystrophy at birth. In contrast, it gets inherited from the mother or a new mutation in about 2/3 and 1/3 of a patient respectively<sup>8</sup>. Though 26yrs is the average lifespan of such patients it can be extended up to 30 to 40 years with better care with the help of physiotherapy and leading to improve quality of lifestyle. The global prevalence of muscular dystrophy was estimated at 3.6 per 100,000 people (95 CI 2.8–4.5 per 100,000 people)<sup>9</sup>.

In conventional modern medicines, there is no established or permanent cure for the management of degenerative muscular dystrophy. The application of physiotherapy braces and corrective surgery may offer some kind of support to tackle physical deformities up to some extent, however, all these measures have side effects on long-term use<sup>10</sup>.

According to *Ayurveda* harmony between *Dosha*, *Dhatu*, & *Malas* in the body maintains homeostasis or a healthy state. However, any disturbances between them lead to a disease state<sup>11</sup> among them *vata* is the crucial element in the body that is essential for carrying out various functions specially locomotor systems. Any impairment of *Vata dosha* specially its aggravations may lead to stiffness of joints and pain in the bones and joints, atrophy of muscles and limbs, insomnia compactness in all the tissue elements, and also affect the strength and the span of life<sup>12</sup>. While the essential functions of *kapha dosha* compromise the building of competent tissues (*Brimhana*), enhancement of physical strength of the body (*balakrita*), and offering of compactness and firmness to the limbs (*Sthairya krita*)<sup>13</sup>. According to Acharya Sushruta among *dusya* or *Dhatu* management of muscle (*mamsa & Meda*). Strengthening of muscles in the body and sustaining life are carried out by the *rasa dhatu*. Various ranges of motion e.g. extension, flexion, and upward and downward movements are smoothly carried out by *mamsa dhatu*. *Meda dhatu* promotes the body's immunity and avoids muscle wasting of the buttock, cheek, chest, abdomen & calf etc<sup>14</sup>. When there any pathogenic changes occur in all the above-said components of the body it results in the challenging situation of degenerative muscular dystrophy. Varieties of treatment modalities mentioned in *vata vyaadhi* in *ayurveda* can be recommended for this clinical entity by improving the patient's quality of life.

### PATIENT'S INFORMATION:

A 35-year-old male patient who had complaints of muscle weakness came to I.P.D no701/22 of S.J.S.A.C.H Nazarethpet, Chennai.

### HISTORY OF PRESENT ILLNESS:

The patient was well until the age of 27. Then he gradually started to experience weakness in bilateral limbs and was falling frequently while walking due to loss of balance. Later, my condition became better after one year by taking some health supplements and doing physiotherapy. Then again after two months,

when the patient developed the same symptoms more severely, he went to a physician and was diagnosed as having muscular dystrophy. Gradually he started to suffer from weakness of body muscles, difficulty in climbing steps, and also difficulty in getting up from a sitting position. Any sort of contemporary western medication did not help him much.

**PAST HISTORY:**

He had muscle stiffness 6 years back and it disappeared after some time on its own.

**FAMILY HISTORY:**

His maternal uncle also has muscular dystrophy. He died at 28 years old due to cardiac weakness.

**CLINICAL FINDING:**

Muscle weakness, difficulty in climbing steps, and difficulty in getting up from a sitting position.

**DIAGNOSTIC ASSESSMENT:**

Muscular Dystrophy Functional Rating (MDFRS) Scale was used for assessment before and after treatment

**Table 01:** Muscular Dystrophy Functional Rating Scale (MDFRS)

S. No	MDFR Scale	Before treatment	After treatment
1	Stair climbing	2	3
2	Outdoor mobility	2	3
3	Indoor mobility	2	3
4	Transfers from bed to chair	1	3
5	Wheelchair manipulation	1	3
6	Standing from sitting	1	3
7	Sitting from lying	2	3
8	Rolling	2	3
9	Changing body position in bed.	2	3

**Creatine kinase:** elevated

According to the Ayurveda point of view

a) **Dosha involved:** AVRITA VATA

b) **Dushya involved:** Rasa, Mamsa, Meda, Asthi, majja

c) **Lakshanas:** Mamsa Slathangata.

**THERAPEUTIC INTERVENTION:**

Vata vyadhi Chikitsa like Snehana, Swedana, Vasti was done as follows,

1. CHOORNA PINDA SWEDA (for 3 days)- SPECIAL UDWARTHANA CHOORNAM -400gm, KULLATHA CHOORNAM -200gm & RASNADI CHOORNAM -100gm
2. ABHAYANGAM with (MAHAMASHA TAILA + LAKSHADI TAILA) for 10 days.
3. PATRA PINDA SWEDA (for 10 days)

4. KSHEERAVASTI (for 5 days)

**INGREDIENTS OF SPECIAL UDWARTHANA CHOORNAM:**

In S.J.S.A.C.H there is a special type of Udwarthana choorna prepared whose ingredients are Vacha, Devadaru, Kushta, Satapushpa, Shunti, Rasna, Sarshapa, Methika, Shigru twak, Eranda moola, Nimba twak, Punarnava, Aguru, Arjuna twak, Kutaja twak, Musta, Shati all are taken in equal quantity.

**Ingredients Of Special Ksheera Kasaya Vasti:**

- 1-Makshika- 150 ml
- 2-Saindhava Lavana-15gm
- 3-Mahanarayana Taila-150 ml
- 4-Satapushpa Kalka-35gm

5-Special Ksheerakwatha-350ml (900ml of water + 500ml of milk adding of 100gm special kwatha churna then boil it to reduce 350ml).

Here in special Kwatha equal quantity of Vacha, Aswagandha, Guduchi, and Bala was taken each as 25gm and added with milk to prepare Kwatha.

**Table 02:** Pharmacodynamics of Drugs- Vacha, Aswagandha, Guduchi, Bala

S.NO	DRUGS	RASA	GUNA	VEERYA	VIPAKA	PRABHAVA	EFFECT ON TRIDOSHA
1	Vacha	Katu, Tikta	Laghu, Teekshna	Ushna	Katu	Medhya	KV↓
2	Aswagandha	Katu, Tikta, Kashaya	Snigdha, Laghu	Ushna	Katu	Rasayana, Vrushya	KV↓
3	Guduchi	Kashaya, Tikta	Laghu	Ushna	Madhura	Balya, Vayasthapana, Vrushya	VPK↓
4	Bala	Madhura	Guru, Snigdha, Picchila	Sheeta	Madhura	Balya, Vrushya	V↓

### INTERNAL MEDICATION

1. LAKSHADI GUGGULU (after lunch & dinner 2tabs twice daily with Lukewarm water)
2. Cap. KSHEERABALA 101 (1cap. thrice daily after food)
3. MUSTADI MARMA KASHAYA (15 ml)

+

VAYU GULIKA (2tabs with 15ml Kashayam +45 ml warm water 6am&6pm empty stomach)

### RESULT:

The patient after taking Panchakarma therapy got improved and was able to do stair climbing, outdoor and indoor mobility, transfer from bed to chair, stand from sitting position, and was able to get up from bed after lying down, rolling, changing body position in bed also got improved. Before that patient was being unable to do the activity and he was completely dependent, at times he also need assistance but after taking therapy the patient was independent, without assistance he was able to do all of his activities, but movement or completion of an activity is a little slow.

### DISCUSSION

Majjavruta Vata symptoms are more similar to Muscular dystrophy like Bala Kshaya (weakness), and

Mamsa Kshya (Muscle wasting) mentioned. The patient was diagnosed as Mamsagata Vata by proper investigation.

In Udwarthana Choorna their ingredients taken maximum are having “Ushnaveerya” which helps the patient for reduction of Kapha & Vata. The ingredients are also Laghu, Rooksha, and Teekshna Guna & it acts as Kapha Vata Shamaka. Kulattha Choorna is having “Ushna Veerya”, Rooksha Guna & Kashaya Rasa for which it acts as a Kapha Vata shamaka. Rasnadi Choorna its all the ingredients having Kapha vaataghna as its most of the ingredient are having Rooksha & laghu guna. Many drugs are also having Ushna veerya as well as Guru guna which helps the patient with samana of Kapha & Vata doshas. By applying Choorna pinda sweda constantly for 3 days patient can be able to get relive from Avrita vata and Udwartana itself acts as Sthairyakrit.

In special ksheera kashaya vasti Guduchi act as Rasayana, Aswagandha is Brumhana karaka, Vacha is medhya, & Bala is balya, Vata Shamaka, ksheera act as Jeevaniya and rasayana. Mahanarayana taila<sup>15</sup> acts as brumhana karaka as it provides strength to both muscles and bones. All the ingredients are kapha vata shamaka. Hence this Ksheera kashaya helps to improve the Shareera Upacaya by the complex of these three drugs which together act as kapha

*vataghna*. The ingredients of the above drugs are based on *Rasa, Guna, Veerya, Vipaka, and Prabhava* & their effect on *tridosha*.

In *Mahamasa taila*<sup>16</sup> there 43 ingredients are there, among them maximum drugs are *Madhura rasa & Madhura vipaka* along with *Ushna veerya*. These all the *gunas* are for *vata samana* as well as *kapha samana*.

In *Lakshadi taila*, among 15 ingredients maximum drugs are *Ushna veerya* which helps in *vata* as well as *Kapha samana*. By the complex of *Mahamasha & Lakshadi taila*, we can able to subside the *dosha* of *vata & kapha* for which patients can be able to get relieve from *doshas*. Along with *Abhyanga* patient is advised for *Patrapinda sweda* (P.P.S). In P.P.S here we used five types of Leaves *Eranda, Nirgundi, Karanja, Arka & Sighru*. All of these Leaves are having *Vata samaka*. Therefore, a combination of all the above *Panchakarma* modalities *sharira slothangata* reduced and *upachaya* has been improved.

## CONCLUSION

As we know Muscular Dystrophy is a Genetic Disorder and is of progressive type. There is no specific line of treatment in any system of medicine. By applying *Ayurvedic* treatment, we can be able to slower down the progression of the disease and can be able to improve the immunity as well as muscle strength of the patient. In *Ayurveda*, the line of treatment is based on *Dosha, Dhatu, and Mala*. *Agni* is responsible for the formation of one *dhatu* to the next *dhatu*. According to *Ayurveda*, Muscular dystrophy is characterised by *Adhi bala pravritta vyadhi* occurring due to the *Beeja bhaga-avayava dusti* with the manifestation of *prakupita vata dosha*. So here we focus on for correction of *Dhatvagni* and pacifying the *vata*. We treat the patient by giving both internal medication as well as external *Panchakarma* therapy. All the medicine we used here is based upon *guna* and its effect on *Tridosha*. Before coming to our hospital patient felt weakness in his muscles but after undergoing *panchakarma* therapy and medication he felt much better. He was able to walk alone without support and sit comfortably, without any difficulty.

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