

**CRITICAL REVIEW ABOUT ROLE OF BASTI IN KAMPAVATA (PARKINSON'S DISEASE)**Lekshmi Vijayan<sup>1</sup>, Vikas Karthik<sup>2</sup><sup>1</sup>Assistant Professor, Department of Panchakarma, K.J. Institute of Ayurveda & Research, Savli, Vadodara<sup>2</sup>Associate Professor, Department of Swasthavritta, K.J. Institute of Ayurveda & Research, Savli, VadodaraCorresponding Author: [lechu.cool@gmail.com](mailto:lechu.cool@gmail.com)<https://doi.org/10.46607/iamj11p7012022>

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**ABSTRACT**

*Kampavata* is one of the *vatavyadhi*, *Basavarajeeyam* gives a brief description of this with symptoms such as *Kara pada tala kampa*, *Deha brahmana*, *Nidrabhanga*, *Matiksheena*, etc. *Kampavata* can be correlated to Parkinson's disease. It is a neurodegenerative disease. It is a progressive loss of structure or functions of neurons including the death of neurons ranging from molecular to the systemic level. Tremor, rigidity, and bradykinesia are the main symptoms of Parkinson's disease, these symptoms are similar to *Kampa*, *Sanga*, and *Gatisanga*. These are mainly because of *Vata*. Here *Vata Dosha* is responsible for the disease which is originating either in *Sakha*, *Koshta*, *Marma*, *Asthi*, or *Sandhi*. A mixture of *Saindhava* and *Madhu* generates the hydroelectric energies in nerve cells for communication. Due to the *Sukshma* property of *Sneha*, it helps the drug to reach the microcellular level. The medicinal value of *Kalka* and *Kwatha* helps with curative, purification, and preventive aspects. *Basti* acts as a regenerative process. Its *Veerya* helps to disrupt the pathogenic process and carries out the morbid matter towards *Pakvashaya* for elimination, there after by absorption it starts its regenerative process. *Basti* can be administered as a *Kala Basti* pattern, in the ninth *Basti* of *Anuvasana*, it reaches up to *Majja dhatu*. In *Kampavata*, *Sira* is affected. Here *Guda* is the *Moola* of the body where all *Sira* is located. When *Sneha* is administered through *Guda* it reaches upto the head and nourishes the body. In *kampavata*, *Aavarana* is present so to remove *Aavarana*, *Basti* is administered with *Pachana* and *Deepana* drugs. After attaining *Kevalavata*, *Bhrumhanabasti* like *Yapanabasti* can be administered. Properties of *Yapanabasti* enhance *Shukra*, *Mamsa*, and *Bala* checks the process of aging, enhance the tissues, etc. So *Basti* is effective in *Kampavata*.

**Key words:** Kampavata, basti, Parkinson's disease

## INTRODUCTION

The term *Kampavata* is found in *Basavarajeeyam*. *Basavarajeeyam* explained the symptoms of *Kampavata* as *Kara pada tala kampa, Deha brahmana, Nidrabhanga, and Matiksheena*<sup>1</sup>. Literally, the meaning of *Kampavata* is tremors. *Acharya Caraka* has mentioned *Kampavata* as one among the *Vataja Nanatmaja Vikara* and he used the term *Vepathu* instead of *Kampa*<sup>2</sup>. *Acharya Madhavakaram* mentioned the disease *Vepathu* which is characterised by *Sarvangakampa* or *Shirokampa*. *Acharya Sushruta* has mentioned similar symptoms like *Chesta Sanga, Stambha, and Gurugatrata* in the condition of *Kaphavritta Vyana*.

## PARKINSON'S DISEASE

Clinical features of *Kampavata* are similar to that of Parkinson's disease. It is a neurodegenerative disease mostly affecting the age group between 50- 80 years, with progressive loss of structure or functions of neurons including the death of neurons ranging from molecular to the systemic level. It is a syndrome characterized by bradykinesia, the rigidity of muscles, and tremor. (Textbook of medicine). The most common cause of parkinson's disease is idiopathic. Other causes are Genetic, Exposure to toxic substances, and Head injury. Due to neuronal loss of substantia nigra, in the areas of the mid brain, basal ganglia, fore brain, and neocortex there will be Dopamine insufficiency & presence of Lewy bodies leading to the pathogenesis of P D. The Microscopic examination shows the formation of lewy bodies, which are the aggregates of proteins inside the nerve cell.

## Relation Of Kampavata with Parkinson's Disease

*Kampa* or *Vepathu, Stambha, and Gatisanga* are the features of *Kampavata* that can be correlated to Tremors, Rigidity, and Bradykinesia of Parkinson's disease, which is the main motor features. Other Motor features include Mask face, Micrographia, etc. Non-Motor features include Orthostatic hypotension, Urinary incontinence, Constipation, Depres-

sion, Dementia, Anxiety, and sleep disorders. *Nidana of Kampavata* is mainly due to *Vataprakopakarana* like *Vardhakya, Dehaviseernata, Rasa pradoshaja, and Dehaprakarsha*, due to these factors, *Vatavrudhi* occurs along with *Kaphavrudhikarana* happens. So does the *Vataprakopa* as well as *Kaphaprakopa* which affects *Rasa Dhatu* and *Snayu Upadhatu*, through the *Pranavahasrotas* it affects *shiras* which leads to *Vatavyadhi* and producing the *Lakshana* like *Svarabhedavinaman*. Pathophysiology of parkinson's disease is due to neuronal loss of substantia nigra, in the areas of the mid brain, basal ganglia, forebrain, and neocortex, there will be Dopamine insufficiency & presence of Lewy bodies leading to the pathogenesis of PD. In parkinson's disease occurs due to Dopamine insufficiency which affects Substantia nigra which is a part of the Brain. According to ayurveda brain is considered as *Masthulungamajja*. *Masthulungais* considered as *Mastakamajja*. *Vatanadi* is also made by *Majja* and *Majja* is the seat of *Vata dosha*. So, in this way *Basti* is useful in this condition. *Lakshana* like *Sthambha* and *Gatisanga* occurs mainly due to *Kaphavritavyana (Susruta) Kaphavritavyana (Caraka)*

## Action Of Basti in Kampavata

### 1. Drug absorption

*Basti dravya* consists of *Saindava, Madhu, Sneha, Kalka, Kvatha, and Avapa*. *Saindava* has *Sukshma* and *Avishyandi* properties, which help to pass the drug molecules in the systemic circulation through the mucosa. It is also capable of liquefying viscid matter and breaking it into minute particles. Thus, helps for both curative as well as purification purposes. *Madhu* is the best among the vehicle it emphasizes its drug-carrying capacity. Owing to *Sukshma*, it reaches upto micro channels (*Sukshma Srotogami*) which in turn carry the drug at the microcellular level. *Vata* is the *Dosha* that is responsible for diseases which are originating either in *Sakha, Koshta, Marma, Asthi, or Sandhi*. *Basti* regu-

lates the *Vata dosha*, cleanses the channels and enhances the tissue, prevents the occurrence of the disease, promotes health, and cures the ailment. *Sneha* has *Sukshma* property which helps the drug to reach the microcellular level. *Kalka* and *Kvatha* both act according to their medicinal value, help for the purpose ie, curative, purification, and preventive. Due to these ingredients, the drug absorbs into the body. In parkinson's disease, there is neuronal loss, so the ingredients of basti help in the regeneration and generate hydroelectric energies in nerve cells for communication.

## 2. Veerya of basti

*Basti* is effective in *kampavata* because it is a degenerative condition. *Veerya* of *bastidravya* spreads all over the body just as the water poured at the root of a tree reaches upto the leaves through micro and macro channels (Systemic action of the *vasti*)<sup>3</sup>. *Veerya* is nothing but energy or potency or capable of bringing a change<sup>4</sup>. Its *Veerya* helps first to disrupt the pathogenic process and carries out the morbid matter towards *pakvashaya* for elimination and then after absorption, it starts its regenerative process. Various branches of *Adhogamidhamani* present in *Pakvasaya* absorb the *Veerya* and carry it to *Urdvagami* and *Tiryakgamidhamani*<sup>5</sup>. Thus it works as a curative as well as a purification measure. *Chestasanga*, *skhalana* occurs due to *Kaphavritavyana*. *Vakswaragraha* occurs due to *Kaphavritaudana*. *Chestahani* occurs due to *Udanavavyana*. *Smritikshaya* and *Balakshaya* occur due to *Pranavavyana*. So here we can administer *Basti* as its *Veerya* which reaches the *Apanavata* and nourishes it then acts on *Samanavata*. After nourishing *Samaanavata*, it nourishes *Vyanavata*. Thereafter it acts on *Udanavata* and *Prana vata* and nourishes them. When all these *Panchavata* get to their normal state, they promote health. Then *Veerya* of *Bastidravya* act on the *pitta* and *kapha* to bring them normalcy and provide them nourishment. In *Kampavatasira* is affected, *Basti* is indicated in this condition because *Guda* is the *Moola* of the body where all *Sira* is located. *Sneha* administered through *Guda* reaches upto the head and nourishes the body. *Susruta* has a

different classification of giving *Snehabasti* for respective *Dhatu*. eight *basti* effect to *asthi* and ninth to *Majja*. In *Kampavata*, *Masthulungais* affected, and *Masthulunga* is considered *mastakamajja*. *Vatanadi* is also made by *Majja* and *Majja* is the seat of *Vata dosha*. So, in this way *basti* is useful in this condition.

we can give *Basti* as a *Kala basti* pattern because, on the ninth basti, it reaches up to *Majja dhatu*. So, we can state that *Basti* is effective in treating parkinson's disease. We can administer in karma basti pattern also. There is degeneration in the nerve cells in *kampavata*. *Basti* acts like just as tree irrigated with water at the root. In *kampavata*, if *Aavarana* is present first remove *avarana* by using *basti* with *Pachanadeepana* drugs. After attaining *Kevalavata*, *Bhrumhanabasti* can be given. Mainly *Yapanabasti* is good for parkinson's disease like *Mustadiyapanabasti*, *Siddha basti*, etc. The properties of *Yapanabasti* are enhanced status of *Shukra*, *Mamsa*, and *Bala*, to check the process of aging, to enhance the tissues<sup>6</sup>.

## GENERALLY ADMINISTERING BASTI

### Mustadiyapanabasti

*Mustadiyapanavasti* is *Balyam*, *Mamsa Vardhana*, *Rasayana*<sup>7</sup>. The drugs used contains antioxidant, and higher amounts of Flavonoids (which have neuro protective action). It has an antioxidant property and is mainly used in neuro muscular disorders, muscular wasting, and improving muscle strength.

*Siddha Basti*<sup>8</sup> It provides satisfactory results even by the administration of a single *Basti* and does not produce any complications. The name *Siddha Basti* is given from the fact that it provides success in a large number of diseases and improves the strength and complexion of the body

*Sneha Vasti*, Administer daily<sup>9</sup> *Basti* with *Masha taila*<sup>10</sup>.

### Mode of Action of Basti in Neurodegenerative Disease

*Basti* acting through Gut-Brain Axis: The mechanism of action of *Basti karma* is through stimulating the Enteric Nervous System (ENS), which is other-

wise known as the 'Gut brain'. The sigmoidal, rectal, and anal regions of the large intestine are better supplied with parasympathetic fibers than other portions as they are stimulatory in defecation reflexes.

There are three modes of *Basti* absorption in modern science ie, the villus of the intestine can easily absorb major micronutrients, the mucous membrane of the intestine can easily absorb the lipid-soluble content and finally push into circulation, minute veins when absorbing nutrients bypass the second part of metabolism. So, the drug is delivered to target tissues. Enteric neurons also interact with the gastrointestinal endocrine signaling system and with the extensive intrinsic immune system of the GIT. ENS also makes use of more than thirty neurotransmitters, most of which are identical to the ones found in CNS such as acetylcholine, dopamine, serotonin, etc. The enteric nervous system can alter its response depending on factors such as bulk and 25 nutrient composition inside the lumen. The *bastidravya* probably facilitates harmony in various colonies of intestinal flora, thus improving the process of synthesizing and detoxification. Thus, *Basti dravyas* when administered through the rectum may stimulate the sensory system of the ENS due to its chemical composition and pressure affect over the large bowel. As the total nervous system is interrelated so this regular stimulation to the ENS may have some positive effect on the CNS also and in this way the neurological deficits may get corrected<sup>11</sup>.

## CONCLUSION

*Kampavata* or Parkinson's disease is a neurodegenerative disease. *Sira* is affected in *kampavata*, so *Basti* is indicated in this condition because *Guda* is the *Moola* of the body where all *Sira* is located. *Basti* which is administered through *Guda* reaches upto the head and nourishes the body. As *Yapanabasti* is con-

cerned it gives effects of both *Anuvasana* and *Niruhabasti* so found more effective in Parkinson's disease. So, doing *Basti* is the best way to prevent further disease progression.

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