

# Approach to Neurological Disorder in Ayurveda and Modern Medicine



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## Abstract

**Background:** From current level of knowledge, all neurological diseases are not absolute curable. Though Modern science is the best, one cannot ignore other traditional branches of medicine, Ayurveda is one of them.

**Material and Method:** Lots of literature are available on Ayurvedic method of treatment in various language. Basic language of Ayurveda is Sankrit. Authors collect almost all literature for major disease. Summarize and compare with Modern scientific knowledge.

**Result:** As far as surgery is concerned Modern medicine (Allopathy) is the best. For medicine, which is derived from chemical and synthetic thing may have side-effects. Some time without knowing root of cause of the disease, treating patient won't be good. Allopathic medicine is evidence and observation base, it gives quick process with Spontaneously relief. With all Modern technological advancement, Allopathic is the best. But where we can't care perfectly, there is no harm to take help of alternative medicine like Ayurveda.

**Conclusion:** The existence of Ayurveda lies since the ancient era and helpful benefits. Ayurveda uses range of treatments have well developed and quit different today than it was 1810. Combination of both ways of treatments can be helpful in some disease.

**Keywords:** Neurological disease; Allopathy; Ancient era; side-effects

## Introduction

Ayurveda mainly based on human clinic trials, patients complains, clinical diagnosis and continues observation are main parts of human clinical trials at that time. Randomized Controlled Trials (RCT) were used to confirm therapy and drugs. These may have limitations, lack of Modern equipment and machinery. These all facilities, we have today, we can easily test and analyse with confirmation. Ayurveda mentions the concept of Tridosha (vata, pitta, kapha). Imbalance of all these three creates all diseases. The sompranti (pathology + psychology) of Alzheimer's disease is imbalance of vata. Ayurveda believes that this medical knowledge is from god in Sushruta Samhita, sushruta wrote that Dhanvantri-Hindu, God of health and wellbeing taught medicine to physicians –including shusuta. Two Ayurvedic physician, Baba Hari dass and maharishi have been adopted modern concept of medicine with Ayurveda medicine [1-3]. In India and Indian Subcontinent Ayurvedic way of treatments so popular that Indian and Nepal Government promote special college and university for Ayurvedic Medicane. Though the Allopathy treatment is so popular, people

are treating ayurvedic as an alternate medicine and also as a safe medicine [4-7].

## Discussion

1. Ayurveda has eight way to diagnose disease.
2. Nadi (pulse)
3. Jihva (tongue)
4. Sparsha (touch)
5. Mala (stool)
6. Mootra (urine)
7. Druk (vision)
8. Akrti (appearance)
9. Shabda (speech). Experienced ayurvedic physician can diagnose disease with all these parameters. Many Ayurvedic

practitioner uses modern technique. We are discussing major neurological disorder (non-surgical) in terms of Ayurveda.

### Alzheimer's disease

In this Disease at Initial stage, person stop taking care of themselves. May have following symptoms

- a. Sleeping more or less than usual
- b. runny nose
- c. taking food more or less than usual
- d. headache or pain
- e. Not taking interest in routine activity.

It starts slowly and worsens as the time passes. The short-term memory loss (forgetfulness and confusion) is common most symptoms of Alzheimer's disease.

According to Ayurveda, Sampranti (Pathology + psychology) of Alzheimer's disease is imbalance of Vitavyadhi cause this disease vitiation of vata in the tissues of the body and the brain. This gradually move in stage of Imbalance. Three stages or states of brain are satvik (good) rajasik (moderate), tamsik (aggressive) these three state of mind gets disturbed and causes imbalance at the mental facilities. There is no treatment that cures Alzheimer's disease hence lots of recommendation for Ayurvedic treatment. Turmeric (curcuma longo), Brahmi (bacopa monnieri), Shankpushpi (convolvulus pluricaulis, Evalvulas alsinodies), got kola (centelle asiatica), Ayurvedic drug to treat Alzheimer's disease and dementia. Tap and Meditation away from air pollution region and good sleep patterns are important factor with ayurvedic medicine treatments.

### Parkinson's disease (PD)

Parkinson's disease (PD) is a progressive disorder of the nervous system. It affects overall body movement generally. Old age person could be victim more. Inability to work simple things, tremors in hands, or/and suffers are initial and common symptoms. In advance stage, patient Sutters stiffness of the body. The early sign and diagnosis would help to delay the progression and control the symptoms as well as signs because if the disease worsens, symptoms may become difficult to control. Levodopa (L-Dopo) is an amino acid. This is most effective and commonly used drug in treatment of PD. The seeds of mucuna pruriens (D.C) is natural source of levodopa. Natural form is safe than the synthetic levodopa. Ayurveda is also treat non-motor features. Withania somnifera (L) commonly known as Ashwagandha. It constitutes phenolic acids (antioxidant) tannins (Anti-microbial agent) alkaloids (for neuro degenerative disorders) flavonoids (for CNS disorders) and withanolides (for neurological disorder). This is effective in initial stage of PD.

As this disease progresses and dopaminergic neurons

continues to be lost, the effect of drug become ineffective. It is known as kampa vata in Ayurveda.

These are some treatment based on clinical diagnosis.

1. Shodhana chikitsa: bio-cleaning therapy
2. Kayaseka: massages with medicated oil
3. Panchkarma:
  - a. Matra Basti
  - b. Yapana Basti
  - c. Nasya Karma
4. Shirobasti
5. Shiru pichu

Treatment should include Dietary plan (for digestion), herbal medician, practice yoga and meditation and happiness of the patients.

### Stroke

Stroke is an interruption in blood supply of the brain. It is as serious as heart attack. There are 3 major types of stroke

1. Ischemic stroke: blockage of oxygen –rich blood supplies to brain. approximately 80%

Strokes are of this type.

2. Haemorrhagic stroke

Ruptures or brain leakage blood which put pressure on brain itself.

3. Transient Ischemic attack (mini stroke/TIA)

Blockage of the blood flow for short period of time causes this type of stroke. Holistic treatments include Ashwagandha, brahmi svarava, Rasona, gandharva hastadi kvattha. Post stroke rehabilitation and recovery.

Recovery after stroke depend on general health status, age, severity and extent of damage due to stroke. Treatments exercises, diet and yoga and meditation are basic for the recovery. Routines that simulate and rejuvenate the brain cell as well enhance confidence [8].

### Amyotrophic Lateral Sclerosis (ALS)

#### (Lau Gehrig's disease)

In this disease new cells break down results in muscles weakness. ALS is difficult to diagnose in early stage. Electromyogram (EMG), MRI, Spinal tap, muscle biopsy and finally nerve conduction study can be used to diagnose or rule out ALS. Treatment can only help patients, to slow the progression of symptoms and to stop complication. In Ayurveda, when the aggravated vata affects all

the nerves constrictions and contraction again and again. This is Akshepaka. Results in pain, stiffness, convulsions, loss of tactile sensation contractions and tremors. This is known as sarvanga vata. The aggravated vata getting obstructed in its path, if enters into heart or brain.

## Migraines

Migraine is the results of basic neurological problems. Effect of this disease to 1 billion people in the world. There is no full care for migraine. It's causes and pathology has not completely understood. We can [1]. Prevent the attack [2]. Relieve the symptoms. Ardhavbhedak (migraine): This is the diseases which can be prevent by self-education, observation, awareness and self-assessments. Patients could identify triggers or circumstances that cause headaches. Genetics may make patient more sensitive to triggers [9-10].

## Common Treatments: 9

- a. Sufficient sleep
- b. Stress-free
- c. Sufficient drinking water
- d. Regular physical exercise
- e. Yoga and meditation
- f. Entertainment
- g. Avoiding triggers

The Pharmaceutical treatment of migraine is complicated as a results many patients use to many alternative therapies like (a) bio feedback therapy (b) acupuncture (c) acupressure (d) relaxation therapy (e) herbal medicine (f) vitamin or minor supplements (g) yoga (h) meditation. The use of complementary and alternative medicine migraine is growing but poorly understood [8].

## Epilepsy

Epilepsy is neurological disease of control nervous system. Seizures and/or unusual behaviour and/or sensations are symptoms of the epilepsy. Medication or sometimes surgery can be a treatment of epilepsy. In Epilepsy, nerve cell activity in brain is disturbed causing seizures.

Ayurveda have taken Epileptic attacks as Akshepaka (convulsions) and the syndrome is termed as Apasmara. Apasmara characterized by,

- a. Tamahpravesha –loss of consciousness
- b. Beebhasta chestam-disgusting movement of limbs
- c. Dhistva smplavat-derangement of intellect and mind.

## Apasmara Nidana

This is vata Doshas disease. Suppression of the satvik (good) by Rajas (moderate) and Tamas (aggressive)

Affection of mind by worry, passion, fear, anger anxiety. This is known as Apatantraka. Treatment for this vata Doshas or vata Associate things.

## Treatment

Snehapana, abhayanjana, Nasya Raktamokshan, Veshtana, Upanahan [7].

## Physiotherapy and Yoga

For neurological disorder patients, balance and coordination of movement is an important. Facilities the neuromuscular coordination and improvement of strength and flexibility of muscle is required. Physiotherapy is a treatment method that focus on science of movement.

To avoid or rehabilitate post-surgical complication required physiotherapy yoga is old and natural way of physical and mental exercise. The fundamental or starting positions are same for both the therapists. For example, standing position Tadasan, Supine lying –savasan.one can combine both the methods.

PHYSIOYOGA=Physiotherapy + Yoga + Meditation.

This is applying physiotherapy principal to yoga Benefit of physioyoga is improves relaxation and sleep.

It can also improves digestion and hormonal balance. For regulation of body weight and concentration, physioyoga can give better results.

## Important Notes:

1. Treatment called shirobasti (Figure1) (therapeutic rotation of medicament over the scalp) on male patients for 45 minutes daily for a month is very helpful for patients diagnose in for progressive cerebellar ataxia [1].
2. Treatment called shirodhara (Figure 2) (pouring of steady stream of medicament on the forehead) on female patients with dhanvanturam tailam (medicated oil for 45 minutes daily for a month is very helpful for patients. Who is diagnose for progressive cerebellar ataxia [1] (Table 1).
3. In addition, oral medicines are Abhyantra Aushdha of Maharasnadi kashaym 15 ml thrice daily. These all together gives dynamic stability [1].
4. In India, patients of stroke are commonly using Ayurvedic therapies, but very limited published data is available.  
Ayurvedic Medicine is natural but not purified, it may contain some harmful metals



Figure 1:

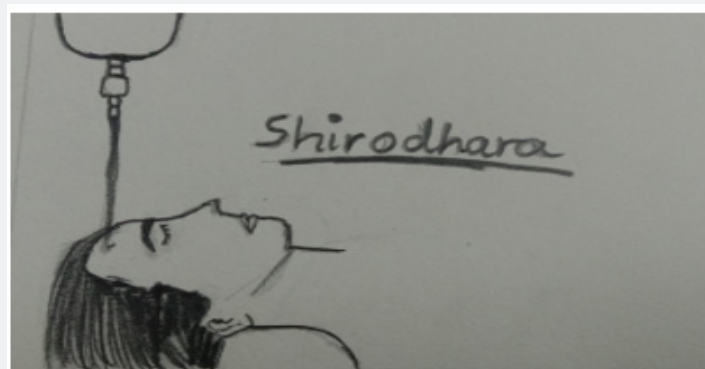


Figure 2:

Table 1: Comparison of ayurvedic method Allopathy method.

| Sr.                        | Ayurveda   | Allopathy   | Remark   |
|----------------------------|--|---|--|
| 1. History                 | Broze age 3300-1300 BC   | In 19 century, America and Europe                                     | Believe that pseudoscientific  |
| 2. Basic theory            | Imbalance among the bodily and mental doshas                                       | -State of body<br>-Instant cure<br>-latest technologies               | Allopathy is Evidence based Mediciane sometimes it's called Morden medician. |
| 3. Medicine                | Mixture of herbal product (not chemical compound) not chemically purified material | Chemical compound may be pure element                                 | Target based mediciane is successful.  |
| 4. Healing time            | Healing process is natural effect of medicine is slow.                             | Quick process spontaneous healing effect of medicine is fast          | People want quick results  |
| 5. Evidence by test report | There were no technology to have test report                                       | Evidence base, pathological Radiological mechanical short of reports. | All are claiming Evidence based therapies.                                   |
| 6. Side-Effect             | Largely natural drugs very less side effects                                       | Side effects are reported.  | We may not have knowledge  |
| 7. Approach to diagnoses   | Holistic faith understanding of root of diseases                                   | Curing diseases full faith in reports and drugs                       | Allopathy is more popular.   |

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