A Current Trend in the Scenario of Major Joint Disorder of Ayurveda
PAKSHAGHATA (HEMIPLEGIA)

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Nidana
Pakshaghat is considered as a Vatavyadh by Brihat trayee and Laghu trayee. Kashyapa is the Laghu trayee. Kashyapa is the only authority mentioned it among the “Asheethi Vathika Rogas”
Sushrutha’s Samprapthi narrates that there are associated doshas, but Vata is considered as the Principle dosha responsible for the consalion of the disease.

Specific causative factors are not stated for Pakshaghat. As such the general Vatavyadhi nidanas and Vata Prakopa karanas are to be considered as Nidan factors. However a specific Nidan has been mentioned for Pakshaghat is Kashay Ras Adhika Sevans

Ahara and Vihar possessing the above said
Gunas are the Vata Initiation. Vata Prakopa takes place during the below mentioned kalas i.e.
1. Raining Season
2. After Digestion
3. Balavadivigraha
4. Summer
5. Mid-Night

Difference gums responsible for Initiation of Vata
1. Ruksha
2. Laghu
3. Shetha
4. Khara
5. Vishade
6. Abhishyandi

A few of the Vata Prakopa kara aharas which are in general uses are mentioned here under…
1. Mudga
2. Masoor
3. Adhaki
4. Chanaka
5. Tumbhi
6. Jambava
7. Rasamasha
8. Yava
9. Kanda
10. Alabu
11. Nimba
12. Udumbara
13. Sarshapa
14. Palandu
As Kashayarasa Adhika Sevans is mentioned as the specific causative factor for Pakshaghat, The Kashayvarga Dravyas are also considered as nidanas…

1. Priyangu
2. Ananta
3. Amra
4. Amrasthi
5. Lodhar
6. Mocharas
7. Priyala
8. Badara
9. Saliki
10. Ashaka
11. Vibhitaka etc.

Other Lakshanas of the disease
1. Parvanam Samkocha, Hostha, Padr Sthamkh Asthi, Parvabhedha, Peda, Prishtashiroygraaha, ongasosha, Amidra, Spadana Gatrusupta, Spamlam, Maha etc.

Upasaya
Upasaya is one which is/are suitable to the patient and/or disease, whether this may be ahara, aushada or vihar this can do has, when the Lokshamas are not giving the perfect knowledge of the disease, Upasayes must possess the opposite or more qualities of hetu and vyadhi.

A few dravyas which are upasys
1. Patala, Lasuonas, Drdima dwaya Parushaka, Jambira, Nagara, madhuka parasarion, Rabu tailam, Payes, Noveemtail Ramata, moolaka etc.

Upadrava
Vata Vyadhi are included among ashtavidha maha gedas, | Viscally these disease are difficult to threat, if these areassociated with prama mamos Kshays, swasa, hikka, sopher, " Irisnha, Jwara Murcha, atthisaca should mot be treated.

Arishta Lakshana
The patient of dhatukshaya jamya vatavyadh should be left untreated adhma, achiopain, coliypain - a case of vatavyadh developing these symptoms usually imedicate the unfavourable outcome.
Sodhyasadhyata
Vata in its association with pitta or kapha is sadhya. In case of a recent conset, if the patient is strong enough to sustain the disease process and without any upadravas eidoicate good prognosis. Usually the disease due to vataprakopa are grave enough when occurs to a vata prakritthi person. As the disease is related to madhyama rogo marga and trimarmas, The prognosis is bad, it may be yopyaor asodhya, but it can be treated with great difficult if it is of recenttomest. If vata alone is envolved without any doshanu bandhatha, it become krichrasadhi.

Dhatrikshya janya pakshagata is asadhya to treat, if the patient is either grabhini. Suthika, bala, vriddha, ksheena, asrik, loss of blood and insensitive also indicate unfavourable out - come.

Pakshagata Chikitsa
Among the various vatabyodhis pakshagata is avery complicated disease. The cause for this complicated nature is due to the envolvement of the pranayathana and marma that Siras, Sirus is a place in which many marmas and indriyas are situated.

These is an evduti on in the chikitsa pattern for Charak Samhitha to Sushruta Samhitha. The treatment mentioned in charak Samhitha is somewhat simple when compared to Sushruta, different methods of Sushruta, Different methods of treatment patterns are stated below.

1. Snehanam
2. Swedanam
3. Virechanin

Snehanam
If can be done with chaturvidha sneha and also with Eramdu Tail. Eramosa tail is having all the three actions i.e. Snehana, Swedana and virechana and even it is indicated in Pakshagata also, it can be used even if the disease is associated with pitta, kapha and rakta or in case of vata avaranas.

Swedanam
Sarvadhihik swedh is very essential to bring the doshas from all the dhatus in to the koshta, It is not possible to do swedan to the urdhwadhe i.e. Sirus as it is a marm and pranayathama, Hence it become difficult to bring the sthanasamsritha doshas from the cirus into the koshta. Shashthika Shali pinda sweda, Baluka sweda, or parishek sweda is well suited, any snigdha sweda can be performed to the patient.

Virechana
Irivrit or Satphala Siddha ghrita can be used Eramda tial can also be used as specific drug by changing the different anupanas hike ksheera, gomutra, Yusha, triphala kwatti etc. After the completion of swedan, swedans, anuvasaasti is the next treatment to be adopted, if performed with pitta kapha hara dravyas it can used in the dosha anulamdhata

Chamanachikitsa
1. Musha, Atmagupta, Eranda, Hingu Saindavam – Kwatha
5. Bhringarasa, Nirgumoli, Matsyakshi, Arkapatra, Tail, Maricha - Nasya Prayoga

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Name of Yoga</th>
<th>Dosage</th>
<th>Anupana</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Brihat Vata Chintamani twine</td>
<td>125-250mg</td>
<td>Balarista 20ml</td>
<td>15 days</td>
</tr>
<tr>
<td>2</td>
<td>Ekamgaveer ras twine</td>
<td>125-250mg</td>
<td>Milk</td>
<td>15 days</td>
</tr>
<tr>
<td>3</td>
<td>Xogemdra dosa</td>
<td>125-250mg</td>
<td>Dashamula Kwatha 20ml</td>
<td>15 days</td>
</tr>
<tr>
<td>4</td>
<td>Trayodoshanga Guggul</td>
<td>250-500mg</td>
<td>Rasmadi Kwatha 20ml</td>
<td>30 days</td>
</tr>
<tr>
<td>5</td>
<td>Mahavata Bedwansini</td>
<td>125-250mg</td>
<td>Aswagandha rista 20ml</td>
<td>30 days</td>
</tr>
</tbody>
</table>
1st Stage -
Morning - Akangovir Rasa 250 - 250mg
Vicamabhamla 125 - 125mg
Brmhirasayan 25 - 20gm
afterfood - A jomedad churna 3 - 3gm
Aswagandharista 25 - 25ml
Night - Dashamuladyoghrat 20 G. with ghita.
7am massage - Mahamasha Tail 40 Minutes

2st Stage -
Morning - Yogemdraras - 125 - 125gm
with honey
Trayodesagga guggul - 2 - 2gm
Mahakaladi Kwatha 20 -20gm
Afterfood - Sunthechurna 1gm with
warm water.
Dasamularista - 25 - 25ml
Day 2pm - Mahayogaraja guggul - 2gm
with warm water.
Night - Eramda Sneha 10gm with milk.

3rd Stage -
Morning - Brihat vata chintamani 125 –
125mg with Triphala Kwatha.
Muktasakti 250 - 250mg.
Dashemula Kwatha - 15 - 15ml
Afternoon - Chinhna guggul - 2 tab
with warm water.
Night - Mahenarayanatial 15ml with milk

Other Medicines
Erandapaka, Bhalatakpaka, Bhartatak - Lalehe,
Aswagandapakaeto.

The fiver in the Pakshaghata
Morning - Brihata latagogamkusa Ras- 250mg
with Pamarasahuony
Afternoon - BhulaneswarRas + Basrukyar with
warm water
Evening - Vatamisumdanarasa + Basrukyar
with warm water.
Night - Byasamarchurnna 3 gm with warm water,
this times lath less.

Stage of Prameha
Morning - BrihatabongeswarRasa with honey
Evening - BasamtakusumakaraRasa syasus
with satahar it honey.
Night - Surihadi Salica is ml with cooled water.

Stage of Bahumutra
Morning - BasantakusutakarRasa 120mg with
Banana flower syozasa.
Afternoon -Dasamularista 15ml with cold wated.
Evening - Brihahatahatchintamani Rose 125mg
with honey + water.
Morning & Evening massage Madhyana Narayana
Tail.

Harhal Drug & Chikitsa
1.

Refermoes
1. Charaka Samhita Vimana Stana &
Chikitsastana & Chukrapani Commentary.
2. Sushrutha Samhita Sutra Stana & Nidana
Starm.
3. Yoga Ratnakara.
4. A shanga Somgraaha Sarira Stana.
5. Bhava Prakasha Madhyaama Khomda.
6. Ayurveda Chikitsa Vatyan Vatalyadlni.
7. The principles and pratice of Kayachikitsa
(Dr. S. Suresh Babu)
8. Panchamah Ayurveda Chikitsa Vigyana
9. Vatalyadhi (Krushtachamlra Tripatty)
10. Shahashra smzuti & Anuthuti (Rames Das)