

# OPTIMIZING PARKINSON'S DISEASE TREATMENT: EXPLORING THE EFFICACY OF RUKSHANA-AN AYURVEDIC APPROACH- A CASE REPORT

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## Abstract

*Parkinson's disease is recognized as a degenerative condition of the nervous system that affects brain nerve cells and impairs body movement. There is currently no effective treatment for this disorder in modern medicine. Ayurvedic treatments for Vata vyadhi chikitsa, such as Swedana and Snehana, have been shown to be effective in treating these symptoms. We describe a case of Parkinson's disease (PD) that was treated for three months using the Rukshana therapy technique, which places a strong emphasis on the idea of kapha Avrita vata as opposed to the traditional method. Following this therapy, the patient's symptoms significantly decreased, and a notable improvement was made.*

**Keywords:** Ayurveda, Kapha, Avarana,, Rukshana, Vatavyadhi, Parkinsonism, Shamana

## INTRODUCTION

Ayurveda or the science of life, is an established Indian system of medicine which aims at promoting health, prevention and management of diseases. It is a comprehensive system of medicine where Hetu vipareeta (Against Cause) and vyadhi vipareeta, (Against Disease) is considered for treating a medical condition based upon Ayurvedic Fundamentals<sup>1</sup>. Parkinson's Disease is a progressive disorder that is caused by degeneration of nerve cells in the part of brain called the substantia nigra, which controls movement. The cause of P.D. is unknown but factors such as genetic history, certain environmental factors are known to cause the disease. There are bradykinesia, tremors, impaired posture and balance, muscle rigidity etc. as symptoms of P.D<sup>2</sup>. Understanding the disease in Ayurveda is based on nidana panchaka, roga-rogi pareeksha, which further helps in understanding treatment protocol i.e., shamana (Pacifying ) and shodhana (Purification) chikitsa. Incorporating dosha-dushya principles in manifestation of a disease, the same could be managed based on line of treatment of 'Kampavata' (Kampa – Tremors ) spectrum, where kevala vata dosha vitiation or along with other doshas, plays role in manifestation of the disease. In this paper, the approach of Kaphavrita Vata<sup>3</sup> and Rukshana chikitsa (Drying Treatments)<sup>4</sup> for the same was taken into consideration rather than the classical approach of Vata vyadhi Chikitsa which is Snehana (oelation) and Swedana (Sudation)<sup>5</sup>.

## CASE PRESENTATION

A 57-year-old man diagnosed with PD 10 years back experienced resting tremors in both hands slurred speech and neck rigidity for which he was taking Ciplar C-A 20mg (later up to 40 mg) for symptomatic relief. But over time, the tremors became more severe in magnitude, and he also had stiffness, bradykinesia, and difficulty writing, all of which made it impossible for him to perform daily activities. On taking family history, it was found that patients

grandfather also suffered from tremors . He had severe Gastric Reflux Disease since 30 years for which he used Pantoprezole Tablets on a regular basis and patient also suffered from hypertension for which he was taking ASOMEX TM for the last 31 years. His work was labor-intensive and demanding by nature, which made things worse as his symptoms got worse.

He approached our outpatient service two months back and was admitted in Kayachikitsa IPD for further assessment and treatment. We diagnosed the condition as Kampa vata were in treatment protocol was planned considering the concepts of Kaphavrita Vata and Dhatukshaya. After one month of IPD treatment, the patient was reassessed where there was marked improvement in his symptoms. His speech improved, and his head and upper limb tremors subsided.

## METHODOLOGY

Based on the information gathered during the patient assessment, the following risk factors could be identified: long-term use of PPI medications, improper and sedentary lifestyle, genetics (family history), and chinta (stress)(6).After detailed Clinical examination using a UPDRS tool were the score of the patient was 95 out of 199, the patient was advised for admission on Aug 16, 2023. Patient's general condition was well but moderately stressed with BP-118/86, PR-68 bpm & SpO2 98% at time of admission.

The patient was administered *rukshana chikitsa (udvartana (Powder massage )*, *swedana(Sudation)*, *dhanyamla dhara(Pouring of Medicated liquids )*, *vaitarana vasti (Medicated enema)* with *gomutra (Cow's Urine )* for the management of *Kapha avrita Dosha* and Minimal *snehana chikitsa - abhyanga(oil massage)*, *matra vasti(enema with oil)*, *vaitarana vasti (medicated enema)* with *ksheera ( cow's milk )* ) for the prevention of further vitiation of *vata dosha* vitiation.

<b>BAHI PARIMARJANA CHIKITSA( EXTERNAL TREATMENTS)</b>		<b>ANTAHA PARIMARJANA CHIKITSA(INTERNAL MEDICATIONS):</b>	
1	<i>Sarvanga abhyanga with Sahacharadi Taila</i>	1	<i>Maharasnayogaraja Guggulu Kashayam 15ml mixed with 60 ml water Before Food, Twice Daily.</i>
2	<i>Udvartana with Kolakulathadi choorna</i>	2	<i>Saraswatarishtam + Ashtavargam Kashaya (mixed 20 ml) added with Brihatchagaladi Ghrita 5ml, one hour after food twice daily.</i>
3	<i>Swedana with Dhanyamla Pinda</i>	3	<i>Brihatvatachintamani Rasa Gold 5 days ☺gap of 2-3 day ☺5 days, for ten days, twice daily.</i>
4	<i>Sarvanga dhara with Dhanyamla</i>	4	<i>Shilajatu one Capsule once daily, with milk.</i>
5	<i>Matra vasti with Sahacharadi taila</i>	5	<i>Murivenna Taila, before bath for Abhyanga.</i>
6	<i>Nadi sweda with Dashamoola Kashaya</i>	6	<i>Kapikachu Choornam - 10 grams twice a day.</i>
7	<i>Ksheera Vaitarana Vasti</i>	7	<i>Tab Neurocare one tablet, twice daily.</i>
8	<i>Gomutra Vaitarana Vasti</i>		

The above said treatments were adopted from 16/08/2023 to 31/08/2023. Medicines were continued at the time of discharge also. Patient was advised for follow up after the duration of 3months. Till then appropriate diet and exercise plan was provided to patient with internal medications.

## RESULT AND DISCUSSION

To analyse the outcome of the treatment, UPDRS tool kit<sup>7</sup> was used after three months of treatment were the score was 33 out of 199. There was remarkable improvement in the complaints of the patient like resting tremors in both hands, slurred speech and neck rigidity, bradykinesia, inability to write. Moreover, the patient had significant reduction in stress level along with improved quality of life.

## CONCLUSION

The study concluded that Rukshana (Drying Therapy) proved to be effective in improving the patient symptoms associated with PD. Adopting a different approach of *Kaphavarana & Rukshana chikitsa* the results reported were impeccable. Furthermore, no adverse effects of treatment were reported.

**Consent of Patient:** The written informed consent has been taken from patient for treatment as well as publication purpose, without disclosure of the identity, solely meant for the medical education and learning.

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**CONFLICT OF INTERESTS:** None

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