

# Cure Paralysis

*with help of Ayurveda*

*Literal meaning of Paksha Aghat in Ayurveda is Paralysis i.e. trauma of one half/whole of the body. In Ayurvedic texts it is clearly described that vata or neurological pathologies influence the Dhamni/shira vessels of head region which causes the destruction of the functioning of the corresponding.*

Paksa or half side of the body. Pure vataj paralysis is difficult to cure as Kshya( damage) is due to vitiated vata which causes extensive degeneration of nerve tissue and its regeneration is quite difficult. Paralysis due to vitiated pitta is easily curable as inflammation caused by pitta is better treatable. Paralysis caused by Rakta being haemorrhagic is most difficult to cure. In paralysis loss of voluntary muscle movement is accompanied by numbness or loss of sensation, in the affected part. Due to this the person does not feel any pain or climatic changes like heat; cold etc does not have any effect on the body. Due to lack of circulation and other metabolic activities the movement of affected part is restricted/ no movement is there as a result of which atrophy is there leading to permanent loss of movements. Types of paralysis depends on where the paralysis has occurred - it is classified as monoplegia in which only one limb - hand or leg is affected, diplegia in which both the limbs are affected, paraplegia in which both the trunk and the legs are affected. Hemiplegia in which only one side of the body is affected. Quadriplegia in which the trunk and all the four limbs are affected.

### **Causes of paralysis**

Paralysis is always caused due to the impairment of the central nervous system i.e. the brain and the spinal cord or due to the impairment of the peripheral nervous system i.e. the

system of the nerves radiating outwards from the brain and spinal cord.

### **Features of paralysis**

There is loss of tactile inputs and outputs in the affected part of the body. That means the person cannot feel anything like pain, touch, no feeling of hot and cold things. There is tingling sensation on the unaffected parts of the body. Due to the constant depletion of blood the affected part may be permanently damaged. As a result the muscles and tissues in that part will also get wasted leading to disuse atrophy as mentioned earlier. In quadriplegia the most serious form of paralysis the person's body becomes like the mere skin and bones within a few months of attack.

### **Diet of them**

Warm and freshly cooked food. Sweet, sour and salty foods are good for balancing vata. Avoid bitter pungent and astringent food. Nuts are very good for balancing vata. Rice and wheat are consumable. The jusicier fruits such as bananas, mangoes, oranges etc. are preferred. Dry fruits such as apples, figs, pears and pomegranates must be avoided. Asparagus, beet, carrots are important part of daily diet. Among non vegetarian food – white meat such as poultry and fish are much better as compared to red meat such as beef and pork.

### **Ayurvedic Management**

Ayurveda has prescribed a few herbs that are beneficial for the treatment of paralysis. Ashwagandha is prescribed for the treatment of paralysis due to its vata pacifying properties. Bala is used as an effective remedy in all kinds of paralysis because it has muscle and nerve strengthening properties. This is the best herb for curing vata induced degenerative neurological changes.

### **Snehana:**

Massage of affected region with medicated oils like Mahanarayn tail, Mahamash tail & Vishgarbh tail is done.

### **Pinda Swedana:**

A special type of fomenting with the red rice bolus on the affected region with medicated herbs like Bala and mixtures is very effective.

### **Basti:**

Niruh vasti with Dashmool kwath and Anuvasan vasti with Ksheer Bala tail is very efficacious in paralysis.

### **Shirodhara:**

Dhanvantaram tail or Bala tail is mostly recommended for Shirodhara in Paralysis.

### **Case Report on a patient of Paralysis**

The patient visited my clinic on 8<sup>th</sup> September, 2008 with the history of paralysis attack on 4<sup>th</sup> February, 2008 early morning. She experienced sudden loss of movement on right side of her body. She noticed that her face also got deviated towards the left side. She was unable to speak properly. On admitting to a nearby hospital she was diagnosed of stroke. She was admitted in hospital for three weeks; she had a fifty percent improvement in the movements of her limbs and face in earlier 12 days. For the rest of the neurological deficit she tried many types of treatments and physiotherapy but it was not responding to any treatment and was standstill like the same. On 8<sup>th</sup> September, 2008 she came to my clinic with diminished movements, less muscular strength, she was limping while walking. Her face was still having the remarkable effect of stroke and she was dribbling the liquids from the side of her mouth, right eyelid was not properly closing.

### **Investigations**

Patient had got her CT scan done just after the stroke, according to CT scan Head there was a hypo dense lesion in left Basal ganglia.

### **Inference**

A non hemorrhagic infarct in left Basal ganglia.

### **Management**

Therapeutic dose of Bala, Ashwagandha & Rasna powder was given thrice in a day. Abhyanga, Nadi swed, Matra-vasti of Ksheer bala tail was given for 15 days. Shirodhara with Bala tail was also done for equal number of days.

### **Outcome**

After fifteen days of treatment patient was having tremendous improvement, she was walking without limping, there was no weakness in upper & lower limbs, slurring of speech was totally cleared, dribbling of liquid from the mouth absent. Eyelids were closing properly, therapies of Panchakarma were continued for one more week and she was all hale and hearty.

Note: No other treatment was given along above mentioned management.

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