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**ROLE OF PANCHAKARMA IN MANAGEMENT
OF PAKSHAGHATA WITH SPECIAL
REFERENCE TO CEREBROVASCULAR
ACCIDENT (CVA): A REVIEW STUDY**

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ABSTRACT:

Pakshaghata is known as stroke or cerebrovascular accident (CVA), a debilitating neurological disorder that affects millions of people worldwide. In Ayurveda, the ancient Indian system of medicine, Pakshaghata is considered a Vata Vyadhi, primarily involving the imbalance of the Vata dosha, leading to various symptoms affecting one side of the body. Panchakarma, a cornerstone of Ayurvedic therapy, offers a holistic approach to managing Pakshaghata by addressing the underlying dosha imbalance and restoring harmony to the body and mind.

Pakshaghata is characterized by sudden onset paralysis or weakness affecting one side of the body, often accompanied by sensory disturbances, speech impairment, and other neurological deficits. According to Ayurveda, the vitiation of Vata dosha, either alone or in combination with other doshas, leads to the manifestation of Pakshaghata. Factors such as excessive stress, poor diet, sedentary lifestyle, and genetic predisposition can contribute to the aggravation of Vata dosha, thereby increasing the risk of Pakshaghata.

Key words: *Panchakarma, Pakshaghata, Basti Karma*

Hetu:

Causes	Allopathy	Ayurveda
Allopathy		
Vascular Causes:	- Ischemic stroke (due to blood clot or plaque buildup)	- Impaired blood flow leading to cerebral ischemia
	- Hemorrhagic stroke (due to burst blood vessel)	- Raktavaha Srotodushti (derangement of blood channels)
Other Causes:	- Hypertension	- Excessive stress and mental strain
	- Atherosclerosis (hardening of arteries)	- Poor diet and lifestyle habits
	- Cardiac diseases	- Accumulation of ama (toxins) in the body
	- Diabetes	- Vata dosha vitiation (imbalance of the air element)
Ayurveda		

Causes	Allopathy	Ayurveda
Dosha Imbalance:	- Not directly addressed	- Vata dosha aggravation due to lifestyle and dietary factors
		- Pitta and Kapha dosha imbalance in some cases
Ama Accumulation:		- Ama accumulation due to improper digestion and metabolism
Vata Vyadhi:		- Pakshaghata is considered a Vata vyadhi (Vata disorder)

Samprapti Ghataka (Pathological Factors): ^[7]

1. Doshas -

- Vata Dosha:** Vata is the primary dosha involved in the pathogenesis of Pakshaghata. It governs all movements in the body, including nerve impulses and muscle contractions. When aggravated, Vata can cause dryness, constriction, and erratic movements, contributing to the symptoms of paralysis, weakness, and sensory disturbances seen in Pakshaghata.
- Pitta Dosha:** Pitta dosha, responsible for metabolism and transformation in the body, can also play a role in Pakshaghata, especially when aggravated along with Vata. Pitta's inflammatory nature may exacerbate tissue damage and inflammation in the affected area.
- Kapha Dosha:** Although less prominently involved, Kapha dosha can exacerbate the condition if it becomes aggravated. Kapha's heavy, dense qualities can contribute to congestion and obstruction in the channels, further hindering blood flow and exacerbating symptoms.

2. Dushyas :

- Majja Dhatu :** Majja dhatu, which corresponds to the nervous tissue, is primarily affected in Pakshaghata. The vitiated doshas impair blood flow to the brain, leading to ischemia and damage to the nervous tissue, resulting in symptoms such as paralysis, weakness, and sensory deficits.
- Mamsa Dhatu :** Muscles are also affected in Pakshaghata due to the impaired nerve impulses from the affected nervous tissue. This leads to muscle weakness and atrophy on the affected side of the body.
- Rakta Dhatu :** Rakta dhatu, or the blood tissue, is indirectly affected due to impaired circulation caused by vitiated Vata dosha. Poor blood flow to the brain results in cerebral ischemia, further exacerbating tissue damage.

3. Srotas :

a. **Raktavaha Srotas** : The Raktavaha srotas, responsible for the circulation of blood, are particularly affected in Pakshaghata. The vitiated doshas obstruct these channels, leading to impaired blood flow to the brain and consequent tissue damage.

b. **Majjavaha Srotas** : The Majjavaha srotas, which carry impulses and nutrients to the nervous tissue, are also involved. The impaired circulation and obstructed channels hinder the proper functioning of nerve cells, leading to neurological deficits.

Pakshaghata, commonly known as stroke, is a debilitating neurological disorder that affects millions of people worldwide. In Ayurveda, the ancient Indian system of medicine, Pakshaghata is considered a Vata vyadhi, primarily involving the imbalance of the Vata dosha, leading to various symptoms affecting one side of the body. Panchakarma, a cornerstone of Ayurvedic therapy, offers a holistic approach to managing Pakshaghata by addressing the underlying dosha imbalance and restoring harmony to the body and mind.

Pakshaghata is characterized by sudden onset paralysis or weakness affecting one side of the body, often accompanied by sensory disturbances, speech impairment, and other neurological deficits. According to Ayurveda, the vitiation of Vata dosha, either alone or in combination with other doshas, leads to the manifestation of Pakshaghata. Factors such as excessive stress, poor diet, sedentary lifestyle, and genetic predisposition can contribute to the aggravation of Vata dosha, thereby increasing the risk of Pakshaghata.

Chikitsa of Pakshaghata:

1. Purvakarma :

- **Snehana** : This involves the administration of medicated oils internally or externally to lubricate the body's channels and tissues. Snehana helps to soften and liquefy toxins (ama) and facilitates their elimination.
- **Swedana** : After Snehana, Swedana is administered to induce sweating. This helps to dilate the channels, liquefy toxins, and promote their elimination through sweat.

2. Pradhankarma :

Panchakarma Therapy	Description	Commonly Used Drugs
Vamana	Therapeutic emesis to eliminate excess Kapha dosha and toxins.	Trikatu Churna (powder of ginger, black pepper, and long pepper) Madanaphala (Randia dumetorum)
Virechana	Purgation therapy to remove excess Pitta dosha and toxins from the body.	Trivritta (Operculina turpethum) Haritaki (Terminalia chebula)
Basti	Medicated enema therapy to pacify Vata dosha, nourish tissues, and promote rejuvenation.	Dashamoola (a combination of ten roots) Eranda Taila (Castor oil)
Nasya	Nasal administration of medicated oils or herbal preparations to treat neurological disorders.	Brahmi Taila (oil prepared with Bacopa monnieri) Anu Taila (oil prepared with various herbs)
Raktamokshana	Bloodletting therapy to remove vitiated blood and toxins, improving circulation and tissue health.	Jalauka (leech therapy) Shringa (horns of certain animals)

CONCLUSION:

Panchakarma therapy offers a holistic approach to the management of Pakshaghata by addressing the underlying dosha imbalances, eliminating toxins, and rejuvenating the body and mind. Through its diverse modalities, Panchakarma helps in restoring the equilibrium of the doshas, promoting tissue regeneration, and enhancing the overall quality of life for individuals suffering from this debilitating neurological disorder.

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The authors declare no conflict of interest regarding the publication of this article.

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