

HEMIPLEGIA [PAKSHAGHATA]



Erand



CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
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What is Hemiplegia (Pakshaghata)?

Loss of power of voluntary movement in a muscle through injury or disease of it or its nerve supply. Loss of any function as sensation, selection or mental ability.

Aggravated Vata dosha affects either side of the body, paralysing motor and sensory functions of the limbs, which is known as Ardhanga Vata.

What is the impact of Hemiplegia (Pakshaghata)?



Shallaki

- Gait disorders like limping
- Numbness, Pain of the affected part
- Loss of motor functions
- Impairment of speech when it effects right side of the body
- Excessive lacrimation and salivation associated with deviation of mouth angle to the opposite side

How Ayurveda manages Hemiplegia (Pakshaghata)?

Preventive measures like using Rasayana and adopting life style modifications early in the life.

- **Snehana** (Gentle massage) with medicated oils such as Mahanarayana taila, Dashmoola taila, Mahamasha taila etc
- **Swedana** (Sudation) with medicated decoctions
- **Mridu virechana** (Mild laxatives)
- **Vasti** (Medicated enema)
- **Nasya** (Trans nasal administration of medicaments)
- **Useful Ayurvedic formulations** like
- Lasunadi vati
- Yoga Raja Guggulu
- Triphala churna
- Maha rasnadi Kwath
- Dashamoolarishta



Bala



Shunthi

What are the useful medicinal plants for Hemiplegia (Pakshaghata)?

- Bala (Sida cordifolia)
- Nirgundi (Vitex negundo)
- Rasna (Pluchea lanceolata)



Nirgundi



Ashwagandha



Haritaki

- Shallaki (Boswellia serrata)
- Rasona (Allium sativum)
- Ashwagandha (Withania somnifera)
- Shunthi (Zingiber officinalis)
- Eranda (Ricinus communis)
- Haritaki (Terminalia chebula), etc.



Rasna

Specific Do's and Don'ts

Do's:

- Add Masha (Black Gram), Kulattha (Horse Gram), Palandu (Onion), Rasona (Garlic), Shunthi / Ardraka (Ginger), Mulaka (Radish), Kushmanda (Ash gourd), Mudga (Green gram) in regular diet.
- Fruits like Dadima (Pomegranate), Amra (Mango), Draksha (Grape), etc., can also be taken.

Don'ts:

- Pungent and astringent or salty food and incompatible diet.
- Excess consumption of chana, peas, barley etc.
- Excessive starvation, Excess exercises, Suppressing of natural urges, awakening in the nights,
- Excessive consumption of alcohol and smoking.

Important Scientific References & Reading material

- Prof.P.V.Sharma:, Charaka Samhita Vol. 1 and 2 (Text with English Translation), Chaukhamba Orientalia, Gokul Bhawan, K-37/109, Gopal Mandir Lane, Varanasi-1 (India) 1st edition, 1983
- KJ.Atrideva Gupta Vidyalkara: *et al.*, Astangahridaya of Vagbhata edited with the Vidyotini Hindi Commentary, Chaukhamba Sanskrit series office, Gopal Mandir Lane, Varanasi-1 (India). 4th edition, 1970
- Management of Hemiplegia by Panchakarma therapy, Central Council for Research in Ayurveda and Siddha, Janakpuri, New Delhi-1990