



## **MEDHYA EFFECT OF KUSHMANDA VALEHA IN NEUROPSYCHOLOGICAL DISORDERS IN PAEDIATRIC PATIENTS: A CASE STUDY**

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### **ABSTRACT**

In paediatric patients, neuropsychological diseases such as cerebral palsy are seen. In such cases, as these are *asadhya* diseases, only *yapan* is possible, using *rasayana* and *medhya* medications. *Ghrit kalpana* is majorly prescribed in such cases. However, children are reluctant to take *sidhha ghrita* due to disagreeable taste, texture and smell. Also *ghrita kalpanas* are comparatively costlier. An attempt was made to find an alternative which acts as *medhya rasayana*, and would be palatable for paediatric patients and also be cost-effective than *sidhha ghrit*. *Kushmanda* fruit (*Benincasa hispida*) exhibits *medhya* properties, and is *sheet*, *brihan* and *chetorog hrut*. *Kushmandavaleha* is *balya*, *brihan* along with having other benefits of *kushmanda*. *Kushmandavaleha* was administered to 3 paediatric patients suffering from cerebral palsy, Duchenne's muscular dystrophy and having psychological symptoms such as *krodhadhikya*, *rodan* etc in dose 5gms twice a day. After 30 days, significant effect was seen on these symptoms. *Kushmandavaleha* can serve as an effective *medhya rasayana* which is economical and palatable in paediatric

patients suffering from neuropsychological disorders.

### **KEYWORDS:**

*kushmandavaleha*, *medhya rasayan*, palatable, neuropsychological disorders, paediatric patients

### **INTRODUCTION**

*Ayurveda* has described three types of managements especially for psychiatric and neuropsychological disorders viz; *Daiva Vyapashray Chikitsa* (Spiritual Therapy), *Sattvavajaya Chikitsa* (Ayurvedic Psychotherapy) and *Yukti Vyapashraya Chikitsa* (Rational use of drugs, diets & activities) which includes *samshodhan* in adults by *panchakarma* therapy and *samshamana* that is the alleviation of *doshas* by different types of drugs, diets & activities.

Neurology induced mental disorders are seen even in children. E.g. cerebral palsy etc. For such conditions, many *medhya dravyas* are described in *ayurveda*, in the form of *ghrita kalpana*. However in paediatric patients, administration of such medicines poses a problem due to undesirable taste and texture of *ghrita kalpana*. Also these medicines are



available at a comparatively higher price and hence not afforded by patients with low income. So, there is need for medicine which can exert powerful *medhya* effect and at the same time would be palatable as well as affordable. The *avaleha kalpana* is specially recommended in children due to its palatability. *Kushmanda* (*Benincasa hispida* family *Cucurbitaceae*) is described as having *medhya* effect. *Bhavamishra* praises it as '*Chetorog hrut*'. In *Sharangdhar samhita*, *madhyam khand* 8/28, *kushmandavaleha* is described as having *balya* and *brihan* properties. Hence, *kushmandavaleha* was chosen to evaluate its feasibility as an economical, therapeutically effective as well as palatable *medhya rasayana* for paediatric patients.

### AIM

To find economical, effective and palatable *medhya rasayana* for paediatric patients having neuropsychological disorders

### OBJECTIVES

- To prepare *kushmandavaleha*
- To administer the *kushmandavaleha* to paediatric patient having neuropsychological disorder
- To assess its effect on psychological and systemic symptoms

### MATERIAL AND METHODS

**MATERIAL-** The drug *Kushmandavaleha* and patients were material for this study.

### METHODS

#### Part 1- *Kushmandavaleha* preparation

*Kushmandavaleha* was prepared as per the reference in *Sharangdhar samhita madhyam khand* 8/22.

Ripe *kushmanda phala* (*Benincasa hispida*) was taken. Its skin was peeled off and its seeds were removed. The fruit slices (2400 gm) were boiled in double quantity of water (4800ml) until half the water (2400ml) remained. The mixture was filtered and decoction was safely kept aside for further use. The cooked fruit slices were taken in a cotton cloth and squeezed to remove water. The slices were then spread on clean cloth and left under the sun for a few hours. Then the cooked slices were put in a grinder to form smooth pulp. The pulp was sautéed in *ghrit* (clarified butter) (192 gm) in a pan until it attained light brown colour.

The earlier prepared decoction (2400ml) was taken in a large vessel, sugar (2400gm) was added to it. It was heated on a medium flame on gas stove until *avaleha* like consistency was attained. The sautéed *kushmanda* pulp was then added and mixed uniformly. The vessel was taken off the gas stove, and *prakshepa dravyas* were added viz. *pippali*, *shunthi*, *jeerak* (48 gm each); *dhanyak*, *tamalpatra*, *ela*, *marich*, *twak* (12 gm each). After the *avaleha* was cooled, honey (96gm) was added as *prakshepa* and mixed uniformly. It was then stored in a clean, dry container.





## Part 2- Administration to patients

Patients indicated for trial were selected from out patient and in patient department of Dr. J. J. Magdum Ayurved Hospital, Jaysingpur.

Three patients were randomly selected, based on the psychological manifestations of neurological disorders such as

*krodhadrhikya, chanchalatva, rodan, alpa bhashanam* etc. Out of them, two patients were suffering from cerebral palsy while one was suffering from Duchenne's Muscular Dystrophy.

The *Kushmandavaleha* was administered in dose of 5 gms, twice a day, for one month.

## RESULTS

### Patient 1

Male, age 5 years, diagnosed with Cerebral Palsy

Lakshana	At day 1	Day 15	Day 30
<i>Krodhadrhikya</i>	++++	+++	+
<i>Chanchalatva</i>	+++	+++	++
<i>Ushnasparsha</i>	++++	++	+
<i>Mukhapaak</i>	+++	+	-
Asamyak malashudhhi	+++	++	+

### Patient 2

Male, age 3 years, diagnosed with Cerebral Palsy

Lakshana	At day 1	Day 15	Day 30
Krodhadhikya	+++	++	+
Chanchalatva	++++	+++	++
Ushnasparsha	++	++	+
Mukhapaak	+	+	-
Asamyak malashudhhi	++	+	-

### Patient 3

Male, age 6 years, diagnosed with Duchenne Muscular Dystrophy (DMD)

Lakshana	At day 1	Day 15	Day 30
Krodhadhikya	++++	+++	++
Chanchalatva	+++	+++	++
Ushnasparsha	++++	++	+
Alpabhashanam	+++	++	+
Rodan	+++	++	+
Self climbing (Gower's sign)	++++	++++	+++

## DISCUSSION

Neuropsychological diseases are a serious problem in paediatric patients. Although in allopathic system of medicine very effective anti-psychotic drugs and advanced psychotherapy along with other treatment modalities are available, the outcome is still not very promising. The diseases like Duchenne's muscular dystrophy, cerebral palsy etc are asadhyas as per Ayurvedic view. In such cases, only yapan of the patients is possible. Hence, Rasayana chikitsa proves to be only solution for such diseases. So, attempt is made to find a rasayana, medhya medicine.

The administration to paediatric patients was easier as compared to other kalpas (like *bramhi grita*) as the medicine was sweet, and having agreeable taste and aroma. On administration to patients, significant effect was seen on parameters like *krodhadhikya*, *chanchalatva* etc, as mentioned in the table. Also, in the patient suffering from Duchenne's muscular dystrophy, *mamsa pushti* was also observed, which is encouraging. In the same patient, *alpa bhashanam* was earlier seen. After administration of *kushmandavaleha*, there was gradual improvement in speech and vocabulary.

## Probable mechanism of action

In *Bhavaprakash*, *Shaka varga*, *Kushmanda* fruit is described as having brihan, vrushya, sarvadosh jit and chetorog hrut properties. *Chet* is taken as a synonym of *mana*. It denotes that *kushmanda* can act on psychological symptoms. In all the three patients selected for the study, *pitta dosha* was observed to be vitiated, and the symptoms were seen accordingly, such as *krodhadhikya*, *mukhapaak*, *sharir aushnya* etc. As per *Charaksamhita*, *Kiyantashirasiya adhyay*, in any *shirorog*, *ratka dushti* is essentially present. *Kushmanda* is sheet, also pitta and rakta shamak, and medhya. Thus, it is ideal in such set of *lakshanas*. The *kalpana* prepared from it i.e *avaleha* is *snigdha*, and also has *ghrit* in it. The *kalpa kushmandavaleha* was selected for this study based on its *falashruti* (*balya*, *brihan*, *baal vrudhhesu yujyate*), rather than its *adhikaran* (*ratkapitta*).

*Kushmandavaleha* acts in neuropsychological disorders due to attributes of *medhya*, *pitta rakta shamak*, *sheet*, *balya* and *brihan*.

## CONCLUSION

*Kushmandavaleha* can serve as an effective *medhya rasayana* which is economical and palatable in paediatric



patients suffering from neuropsychological disorders.

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