



Ayurvedic approach in Alcoholic Neuropathy with special reference to *pittaj* *Madatyaya*.

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Abstract:

An excessive use of alcohol causes alcoholic neuropathy. In *Ayurveda* it is described as *Madatyay*. In this research article we will study *ayurvedic* approach. Aims- To study the Efficacy of Ayurvedic treatment in alcoholic neuropathy with special reference to *Madatyay*. Objectives- To study alcoholic neuropathy and its *Ayurvedic* treatment. Observations- Alcoholic neuropathy patients have multiple mixed symptoms. also some investigations were done to ensure diagnosis and better treatment. all symptoms, examinations, investigations and findings have attached. Findings were good &

significant. Results- Patient got 70% relief within 1 and half month of Ayurvedic treatment. Discussion- Though modern science has no significant treatment for alcoholic neuropathy but patient can be cured by ayurvedic treatment. Conclusion- *Ayurvedic* treatment in alcoholic neuropathy as per observation and results shown is excellent. The results are significant and therefore can be given to alcoholic neuropathy patients.

Keywords: Neuropathy, *Madatyay*, *Madya*, *Guna*.

Introduction-

Alcoholic neuropathy is a severe condition

caused by excessive alcohol use. That causes damage to the nerves leads to unusual sensations in the limbs, reduced mobility and loss of some bodily functions. Recognizing the symptoms and seeking treatment early can reduce the risk of permanent disability. In ayurveda it is called *madatyay* caused by excessive use of *madya*. when we see gunas of *Madya* (alcohol) ie *Laghu, Ushna, tikshna, Shukshma, Amla, Vyavi, Vikasi, Ashukari, Ruksha, Vishad* these are the 10 gunas of *Madya*. These 10 gunas are just equal to poison and just opposite to the guna of *Oaj*. It is clear that these *guna* are responsible for to decrease the quality of *oaj* and causes illness when it used in a excess amount.

According to Modern this is alcoholism & there are multiple complications of alcoholism which leads to various health hazards. One of a severe condition caused by excessive alcohol use In which peripheral nerves throughout the body gets damage or malfunction simultaneously ie known as alcoholic neuropathy.

Aims- To study the Efficacy of ayurvedic treatment in Alcoholic Neuropathy with special reference to *pittaj Madatyaya*.

Objectives-

- 1) To study Alcoholic Neuropathy and its treatment.
- 2) To study the *Samprapti* & Treatment of *Madatyay*.

Materials & Methods-

Ayurvedic classical texts as a literature review like *Charak samhita, Sushruta samhita, Astanghruday* and various journals, articles, Internet websites, pubmet, and modern theories.

Correlation of the disease and treatment according to Ayurveda will be emphasized.

OBSERVATIONS-

Patient details-

A 31 year male pt named Mr Vishal kadam came from other hospital with already diagnosed with alcoholic neuropathy condition,

Shown C/o-

- 1) Tingling sensation & prickling pain in both hands
- 2) Burning sensation
- 3) Numbness In both limbs
- 4) Tremors in both hands
- 5) Mild Loss of sensation of left leg
- 6) Yellow eyes, weakness, confusion,

Acidity (feeling like burning in abdomen & throughout the whole body)

7) & excessive sweating.

8) Mild Giddiness

1st lower limbs were affected (since 2years) followed by the Upper limbs(which was started juz 2months before)

H/o- No History of DM/HTN/IHD/KOCH'S

Only H/o- Alcohol consumption since 10 years

INVESTIGATIONS- (at the time of admission)

Liver function test-

SGPT- 98, SGOT- 85

Total Bilirubin - 1.5, Direct B- 0.8,

Indirect B- 0.7,

Alkaline phosphate 80,

Globulin ration 3.7

On USG abdomen- Fatty & Enlargement liver.

EMG report- Peripheral Neuropathy.

Possibly due to alcohol consumption.

Diagnosis- Because all the symptoms were of *Pittaj* so therefore the diagnosis was *Pittaj Madatyay*.

Treatment Given-

1) *Deepan pachan- Sutsekhar ras* 2-2
Arogyawardhani vat 2-2 After meal

Avipattikar Churna+ Hingwastak churna
1-1 Tsp after meal

Punarnavastak kwath 2-2tsp Empty stomach

2) *Shodhan- Snehan, Sweden, Virechan, Panchtikta kshir Basti.*

3) Shaman-

1) *Bruhatvatchintamani ras* 1gm For Vat and pitta shaman.

2) *Sameer pannag ras* 2gm

This is ushna, Katu ras, kaf & Vat shaman.

3) *Suvarnmakshik bhasma* 5gm

Best Pitta shaman, Balya, Raktvrudhi kar, etc.

4) *Guduchi satva* 10gm

Made 30 pudin Given 1-1 pudin daily in morning and evening.

Anupan- Cow ghee 2tsp

5) *Dashmul aristha* 10ml-10ml after meal

6) *Pathya ahar-*

Anar, Manuka, Khajoor, Sathi rice and mans ras, Cow milk, Cow ghee.

Result-

Patient got 40% relief in 16days of treatment after *virechan* and other medicines.

After one month started *ras aushadhi* and given in above doses. After one and half month pt improved 70%. Both hands are started working properly. But the legs were still in the same condition.

Investigation (After treatment) Liver function test-

SGPT- 38, SGOT- 47

Total Bilirubin - 1, Direct B- 0.6,

Indirect B- 0.3, Alkaline phosphate ,

Globulin ration 1.3

On USG abdomen- No Fatty & Enlargement liver. All are normal.

Discussion-

Though in modern science there is no treatment for alcoholic neuropathy. But this Patient got 70% relief in within 1 and half month. So, It is obvious that patients of Alcoholic neuropathy can be cured through ayurveda treatment.

Conclusion-

The ayurvedic treatment in alcoholic

neuropathy as per observation and results shown at above is excellent and therefore it is acceptable. The results are excellent and can be given to patients of Alcoholic Neuropathy.

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