



“Role of *Tridosha Siddhanta* in the management of *Kampavata* w. s. r. to Parkinsonism.”

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Abstract –

Ayurveda holistic science is based on entities like *dosha*, *dhatu*, and *mala*. *Tridosha* (i.e. *vata*, *pitta*, *kapha*) maintains health in an equilibrium state, and imbalance in these *dosha* develops diseased conditions in individuals. *Vata* is the only *dosha* that presides over all the other entities. In the present era, *vatavyadhi* is the most prevalent disease due to stress, improper sleep, improper diet and lifestyle, and old age. In *Ayurveda*, various *nanatmaja vyadhi* of *vata* has been explained, *kampavata vyadhi* is one of them. By comparing *kampavata vyadhi* with modern science most of the clinical features of this disease resemble Parkinson's disorder. Parkinson's disease is a group of progressive neurodegenerative disorders characterized by rest tremor, bradykinesia, muscular rigidity, shuffling gait, and flexed

posture. Hence, the endeavor is made to understand the concept of *Tridosha Siddhanta* in *kampavata vyadhi* and turn in the perspective of Parkinson's disease with the *Ayurvedic* approach.

Keywords – *Tridosha Siddhanta*, *Kampavata*, *Parkinsonism*

Introduction -

Ayurveda, the Indian traditional system of medicine describes the entire concept of health and disease along with therapeutics based on the basic principles of *Ayurveda*. *Tridosha Siddhanta* explains about the biostatic energies i. e. *Vata*, *Pitta* and *Kapha*. Balance and imbalance of these biostatic energies is health and disease respectively. Thus, the three *doshas* are the primary essential constituents of the living

being. Of these, *Vata dosha* is the motivator and controller of the other two *doshas* and is responsible for the manifestation of almost all diseases. In various classics, eighty types of *Vataja nanatmaja vikaras* has been explained. Major neurological problems come under *Vatavyadhis* and *Kampavata* is one of them under the synonyms of *vepathu*, *spandan*, *kampana*. "*Nakampovayunavina*". It means the disorder of impaired Vata, in which the prime clinical manifestation is *Kampa*. In modern science, *Kampavata vyadhi* shows a resemblance with clinical features of Parkinsonism. Parkinsonism syndrome is a slowly progressive neurodegenerative condition affecting the basal ganglia resulting in disturbance of motor function in the body. It is characterized by bradykinesia, tremors, shuffling gait, flexed posture, and muscle rigidity. It is the most common extrapyramidal crippling disease with a prevalence of 1% of the total population.

The neurological disorder as understood in modern science is considered to be due to an imbalance of *vata dosha*. *Ayurveda* takes a unique approach to the management of these neuropathies.

Aim -

- To understand the role of *Tridosha Siddhanta* in the management of *kampavata vyadhi*.

Objectives -

- To compare the *kampavata vyadhi* with Parkinson's disease.
- To enlighten the applied aspect of *Tridosha Siddhanta* in *Kampavata vyadhi*

Materials and methods –

Ayurvedic literature related to the *Tridosha siddhanta* and *kampavata vyadhi* were searched. Books related to modern aspects of Parkinson's disease were studied. Other research journals, papers, books related to *Kampavata* were also explored to collect the matter.

Literary review –

Tridosha Siddhanta – In *Ayurveda*, the pivotal concept is the theory of *Tridosha* signifying the bioentities viz -*vata*, *pitta*, *kapha* which forms the basis for understanding the disease process and for evolving treatment strategies. *Tridosha* is formed by the five elements viz. ether, air, fire, earth, and water. These entities are collectively responsible for the overall physical, physiological, psychological, and in fact all types of activities of a person. The concept of *Prakriti* of individuals also is the applied aspect of these *Tridoshas*. Generally, *Vata* is considered to represent psychomotor activities, *Pitta* the digestive and metabolic activities, and *Kapha* the growth aspects. However, *vata* enjoys a supreme position as life force and the other two are considered as a subordinate.

Dosha	Elements	Attributes	Functions	Subtypes of doshas
Vata	Air and	Dry	In balance- governs breathing,	<i>Prana</i> ,

	Ether	Light Cold Rough Subtle Mobile Clear	blinking, muscle and tissue movement, the pulsation of the heart, and all the movements in the cytoplasm and cell membranes, promotes creativity and flexibility. Out of balance - <i>vata</i> produces fear, anxiety, and abnormal movements.	<i>Udana, Samana, Apana, and Vyana.</i>
Pitta	Fire and Water	Hot Sharp Light Liquid Mobile Oily	In balance -governs digestion, absorption, assimilation, nutrition, metabolism, body temperature, <i>pitta</i> promotes understanding and intelligence. Out of balance - <i>pitta</i> arouses anger, hatred, jealousy, and inflammatory disorders.	<i>Pachaka, Ranjaka, Sadhaka, Alochaka, and Bhrajaka.</i>
<i>Kapha</i>	Water and Earth	Heavy Slow/dull Cold Oily Liquid Slimy/smooth Soft Static Sticky Hard Gross	In balance -the energy that forms the body's structure, and provides cohesion that holds the cells together. <i>Kapha</i> supplies the water for all bodily parts and systems. It lubricates joints, moisturizes the skin, and maintains immunity Out of balance - leads to attachment, greed, possessiveness and congestive disorders.	<i>Kledaka, Avalambaka, Bodhaka, Tarpaka and Shleshaka.</i>

Kampavata –

- The word *Kampa* is derived from the root Kapi and suffixed *ghana* which means to move or to shake. "*Gatradichalanam*" – means shaking or movement of the body.

- "*Va gati gandhanayoha*"
- Vata* is one of the three humors of the body. *Gati* and *Gandhana* are the two important functions of *vata* i.e., all the motor and sensory function in the body is governed by *vata*.

- The term *kampavata* is defined as one of *vataja* disorder which has cardinal sign of *Kampa*.

Charaka Samhita – *Kampavata* is found by the name *vepathu* and has been included under the *Nanatamaja vata vyadhi*. *Charaka* explains the decrease of *pitta* and increase in *vata* and *kapha* causes symptoms like *Kampa* and *stambha*. The increase of *Vayu* when affects *marma* leads to *sharira kampa*. *Kampa* is also one of the symptoms of a various disease like *vataja jwara*, *vataja unmada*, and *vatic pandu*.

Sushruta Samhita – mentioned the symptoms like *cheshtasanga*, *stambha*, and *gurugatrata* in the condition of *kaphavritta vyana*. He described *vatavyadhi* kills patients with complications such as tremor.

Ashtanga hrudaya and Sangraha – mentioned *kampa* as a symptom of *prakupita vata* and *sarvanga vata*. *Stambha* as a symptom in *mamsagata vata* and *medogata vata*.

Madhava Nidana – explained the disease *vepathu* in *vatavyadhi*, characterized by *sarvanga kampa* and *shirokampa*.

Bhavaprakasha – explained symptoms of *stambha* and *kampa* under *snayugata vata*. He explains excessive use of *Tikta rasa* causes *kampavata*.

Sharangdhara Samhita – mentioned *kampa* under *vatajaroga* and treatment of *sarvanga kampavata* with *Maharasnadi kwatha*.

Vangasena Samhita – explained as *sarvanga kampa* under *vatavyadhi*. He had given the treatment principle of *kampavata*

like *Abhyanga*, *Sweda*, *Nasya*, *Niruhabasti*, *Anuvasana basti*, *Virechana* and *Shirobasti*. *Masha Taila* and *Mahamasha Taila* indicated in the management of *kampavata*.

Basavrajeeyam – more detailed diagnostic approach explaining the symptoms of *kampavata* viz. *karpade tale kampa*, *dehbramana*, *nidra bhanga*, *ksheenmathi*.

Samprapti –

The etiological factors that vitiate *vata dosha* are *Samanya vataprakopa nidana*, *vrudhavadhastha*, *shiroabhighata*, *chala*, *rooksha*, *sheeta* properties of *vata*. *Prana*, *Udana*, *Vyana* *vayu* gets more affected, which in turn vitiate *mastulunga majja* in *Shira*, because of *srotovaigunya*. These vitiated *doshas* affect *Vatvahasrotas* in *Mastiksha* leading to impairment in motor function of the body such as *kampa gatisanga*, *dehabraman*, *vakavikriti* etc.

Samprapti Ghataka –

1. *Dosha* – *vata* (*prana, udana, vyana*)
2. *Dushya* – *mastulunga majja, snayu*
3. *Srotas* – *vata vaha*
4. *Srotodushti* – *atipravrutti*
5. *Udbhavasthan* – *pakvashayaya*
6. *Adhishthan* – *Mastiksha*
7. *Vyaktasthan* – *sarvashareera*
8. *Vyadhimarga* – *madhyama*

Upshaya and *Anupshaya* – the factors that aggravates *vata* is considered as *anupshaya* and that pacifies *vata* can be *upshaya*.

Parkinson's Disease -

Parkinson's Disease is believed to be due to a combination of genetic and environmental factors. Factors as aging, neurodegenerative changes, increased free radical and iron content in the *Substantia Niagra*, repeated head injury contribute to the pathogenesis of this disease. There are four cardinal motor symptoms of Parkinson's disease which include tremor, rigidity, bradykinesia, or postural instability. Its peak age of onset is

in the early 60s. Current drug therapies for Parkinson's disease with *Levodopa* or various dopamine receptor agonists offer symptomatic relief and appear to have little effect on the neuro-degenerative. The common side effects of *levodopa* are psychiatric problems, *dyskinesia*, and wearing-off-effect (loss of effectiveness). *Ayurvedic* therapies available can make life much easier and increase life expectancy.

Relation of *Tridosha* with symptoms of Parkinson's disease -

<i>Stambha</i> (Rigidity)	Aggravated <i>vata</i> causes <i>dushti</i> in <i>Snayu</i> and results in <i>stambha</i> . <i>Avarana</i> of <i>vyana vayu</i> by <i>kapha</i> leads to <i>stambha</i> . Rigidity is an important feature of Parkinson's disease caused by hypertonicity of muscles.
<i>Cheshtasanga</i> (Bradykinesia)	Disturbance in the function of <i>vyana vayu</i> leads to <i>cheshtasanga</i> . Bradykinesia is a slowness of movement, characterized by mask face, loss of blinking, monotonous speech.
<i>Avanamana</i> (Flexed posture)	<i>Avanamana</i> means to bend down. <i>Vagbhata</i> mentioned <i>Avanamana</i> as a sign of aging with <i>vata</i> dominant in old age and aggravated <i>rooksha guna</i> of <i>vata</i> . Parkinsonism also develops a flexed posture.
<i>Gatisanga</i> (Gait abnormalities)	<i>Gati</i> is a function of <i>vyana vayu</i> . <i>Avarana</i> of <i>vyana</i> , <i>udana</i> , <i>Prana</i> by <i>kapha</i> manifest with the symptom of restricted movement. <i>Gati</i> function is assisted by <i>mansa dhatu</i> , <i>snayu</i> , and <i>asthi dhatu</i> . Impairment in any of these causes <i>gatisanga</i> .
<i>Vaka Vikriti</i>	<i>Vaka</i> is a function of <i>Udana vayu</i> . <i>Ruksha guna</i> of <i>vata</i> responsible for obstructed, low, broken voice. <i>Charaka</i> mentioned <i>vakaswaragraha</i> is due to <i>avarana</i> of <i>udana vayu</i> by <i>kapha</i> .
<i>Nidrabhanga</i>	Sleep disturbance is a symptom of aggravated <i>vata</i> . It can result due to anxiety and depression. Patients with Parkinsonism report various disturbances with sleep.
<i>Ksheenamati</i> (Dementia)	<i>Prana vayu</i> , <i>Udana vayu</i> and <i>Sadhaka pitta</i> support <i>Buddhi</i> . The impairment of <i>Prana</i> , <i>Udana vayu</i> , and <i>Sadhaka pitta</i> led to <i>ksheenamati</i> .
<i>Vishada</i> (Depression)	<i>Udana</i> related to functions of mind, <i>Prana</i> supports all <i>indriya</i> . Thus, derangement in the function of <i>Prana</i> , <i>Udana</i> , and <i>Sadhaka pitta</i> and impaired <i>dhatu</i> like <i>rasa</i> , <i>Ojas</i> leads to <i>vishada</i> .
<i>Smritihani</i> (Impairment in memory)	Impairment in <i>udana vayu</i> function in <i>smritihani</i>
<i>Vibandha</i>	<i>Dushti</i> of <i>Apana vayu</i> causes constipation.

Management:

1. *Snehana* – *Snehana* is the first line of treatment for all *vatavyadhis*. It can be administered in external and internal ways. *Snehana* does *balavardhana*, *agnivardhana*, and nourishes *shushka dhatus*.
2. *Swedana* – *Swedana* is a treatment procedure in which sweating is induced. It cures *stambha*, *shula*, *guruta*, and *sheetata*. *Swedana* like *Nadi sweda*, *Pinda sweda*, *Awagaha sweda* pacifies *vata dosha*.
3. *Basti Chikitsa* - *Basti* is said to be the best treatment for vitiated *Vayu*, which is the chief cause of *Kampavata*. Due to its vast action, it is considered as the complete or half of the treatment.
4. *Niruha basti* – eliminates *mala* and *dosha* from all *srotas* and relieves *stambha stabdhata* and constipation.
5. *Anuvasana Basti* – Medicated oils or ghee is used for enemas. It destroys the *rooksha*, *laghu*, and *sheeta guna* of *vata* by their *snigdha*, *guru* and *ushna* properties.
6. *Virechana* – Acharya Charaka has mentioned *Virechana* as a *shodhana karma* for the treatment of *vatavyadhi*. *Mrudu virechana* with *snehasamyukta* drugs is advised in this. It gives *bala* to *indriya*, does *agnideepana* and *koshthashuddhi*.
7. *Nasya* – Acharya Chakradatta and Vangsen have indicated *Nasya* in *Kampavata vyadhi*. The drug

administered through *nasya karma* will reach to *shringataka marma* and spread through an opening of *siras* to the head.

8. *Shaman chikitsa* – Some of *shamana yoga* described for *kampavata* are-
 - *Nakula taila*, *Rasna taila*, *Sahacharadi taila*, *Mahanarayan taila*, *Mahamasha taila*, etc.
 - *Triguna rasa*, *Kanakasundar rasa*, *Lakshmivilasa rasa*, *Gandharva rasa*, etc
 - *Saraswatharishtam*, *Ashwagandharishtam*, *Punarnavasavam*, etc
 - *Panchatikta ghrita guggulu*, *Brahmi vati*, *Smritisagar Rasa*, *Vatakulantaka Rasa*, *Vatagajankush Rasa*, *Brihatvatachintamani Rasa*, etc.

Discussion:

Vata dosha is the motivator and controller of the other two *doshas*, is responsible for the manifestation of all neurological diseases. *Kampavata* is one of them manifest with "*karpadatale kampa*" (tremors), *dehabhramana* (postural instability), *matiksheena* (dementia), *cheshtasanga* (bradykinesia), *vakavikriti* and *Nidrabhanga*. Direct reference of *kampavata* in ayurvedic classic is rare. Thus, the condition is referred to by various names for *kampavata*, *vepathu*, *shirakampa*, *kampana*, *vepana*. *Basavrajeeyam* explained for the first time *kampavata* with clinical features similar to that of Parkinson's disease. In

kampavata the responsible factors are aggravated *vata dosha*, *Avarana of vata* with *kapha*, *dhatukshaya* and *Aptarpana*. The treatment that pacifies *vata* and *kapha dosha* can manage *kampavata* and ultimately relieves the symptoms of Parkinson's disease.

Conclusion:

Parkinson's disease can be clinically compared with *Kampavata* according to *Ayurveda*. *Vata shamaka* treatments such as *Abyanga*, *Swedana*, *Nasya*, *Virechana*, and *Basti* proved to be effective for treating *kampavata*. Both *Samshodhana* and *Shamana Chikitsa* plays an important role and improve the activities of daily living of a Parkinson disease patient. This treatment also relieves the symptoms like tremor, rigidity, etc. which indicate the similarity of management in both cases. Hence, *Ayurveda* has a unique approach towards Parkinson's disease and the concept of *Tridosha Siddhanta* plays an important role in better diagnosis and management of *kampavata*.

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