



RESEARCH ARTICLE

A CASE STUDY ON AYURVEDIC MANAGEMENT OF CEREBRAL PALSY

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Manuscript Info

Manuscript History

Received: 10 November 2022

Final Accepted: 14 December 2022

Published: January 2023

Key words:-

Ayurveda, Cerebral Palsy, Growth Developmental Delay

Abstract

Cerebral Palsy (CP) is defined as a non-progressive neuromotor disorder of cerebral origin. Approximately 1-2 per 100 live births is a reasonable estimate of incidence. A 11 years female child was diagnosed with CP. She was treated with modern treatment from 19.6.2012 to 3.3.2018. She was given Ayurvedic medications and treated convincingly by oral medication, local application and procedures. The medication and the procedures reduced the Vata Dosha and acted as Pushtivardhaka that improved the overall condition of the patient.

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Introduction:-

CP is defined as a non-progressive neuromotor disorder of cerebral origin. Approximately 1-2 per 100 live births is a reasonable estimate of incidence¹. The motor disorders are accompanied by disturbances of sensation, perception, cognition, communication and behavior as well as by epilepsy and secondary musculoskeletal problems, metabolic, ischemic, infections and other acquired etiologies that produce a common group of neurological phenotypes. Prevention indicate that the incidence is 3.6 per 1000 children with a male female ratio of 1.4:1. The major lesions that contribute to CP in preterm infants are intracranial hemorrhage and periventricular leukomalacia². Spastic CP is characterized by increased tone, hyperflexia with ankle clonus, crossed adductor reflexes, scissoring of legs and deformity. Seizures are least common in children with spastic diplegic CP. CP is characterized by delay in attaining developmental milestones³.

This case study involves an adolescent female child living with CP. She was diagnosed with CP at 3.5 years of age with delayed milestones. Later on she was diagnosed pyrexia with seizures at 7 years 6 months of age. The patient came with complaint of difficulty in walking and speech and was treated convincingly by oral medication, local application and procedures.

Case Description-

A patient 11 years female came to the OPD of department of Kaumarbhritya for Ayurvedic management in Shri Krishna Government Ayurvedic College and Hospital, Kurukshetra.

Chief Complaints-

Difficulty in walking
Difficulty in speech
Disturbed sleep

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Course of illness-

Difficulty in walking

Difficulty in speech

Disturbed sleep

Birth History- FTNVD, Delayed cry (after 2 minutes), birth weight-3.2kg

Investigations-

Previous reports are represented with following findings:-

19/7/2017- Patient was diagnosed for pyrexia with seizures.

MRI (31/7/2017) shown leukomalacia in B/L frontal periventricular regions with thinning of anterior body of corpus callosum and B/L thalamic hyperintensities- likely sequel of severe perinatal hypoxic ischemic insult.

Intervention-**Table 1:-**

Date	Drugs	Dose	Anupana	Procedures	Duration
22/9/2021	Kalyanaka Ghrita	1tsf BD	With milk	SSPS Matrabasti	21 days
	Ashwagandharishta	2tsf BD	With equal amount of water after food		
	Balarishta	2tsf BD			
	Ekangvir Rasa + Tankan Bhasma	Each 250mg (500mg) BD	With honey		

Table2:-

Date	Procedures
For 7 days	Shastik Shali Pinda Sweda (SSPS) + Matrabasti (Ksheerbala Taila- 20ml)
For 7 days	SSPS + Nasya (Ksheerbala Taila- 2 drops in each nostril)
For 7 days	SSPS + Matrabasti

Advice Ksheerbala Taila for Abhayanga

Follow up on- 15/12/2021 repeat same oral medication

15/1/2022 repeat same medication and add Bala Taila + Dhanwantara Taila for local application

12/2/2022 stop Kalyanaka Ghrita, repeat same medication and add Medhya syrup.

Result:-

60-70% relief in improvement in walking and sleep through procedures and oral medication.

Discussion:-

Kalyanaka Ghrita acted by increasing Bala of the body also it is Medha Vardhaka and Pushtikaraka⁴. Ashwagandharishta acted by balancing Vata and is Pushtikaraka⁵. Balarishta balances Vata Dosha, is Balya and Pushtikaraka⁶. Ekangavir Rasa worked on Vata and Vata- Kapha Doshas and is Brihaniya⁷. Tankan Bhasma balances Vata and Kapha Doshas, Balya⁸.

Bala Taila balances Vata Dosha⁹. Shastik Shali Pinda Sweda promotes Agni Deepana, clears channels of body and removes Doshas from body¹⁰. Nasya provides strength to Shira (head), Srotas Shudhi, Indriya Shudhi and good sleep¹¹. As Acharya Vagbhata said Nasa hi Shirso Dvaram¹². Basti (Matrabasti) is Balavardhaka, and promotes easy evacuation of Mala-Mutra and is Brihana and Vataroganashaka¹³. Collectively the medication and the procedures reduced the Vata Dosha and acted as Pushtivardhaka that improved the condition of the patient.

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