

A clinical study on the effect of baladi yapana vasti on peripheral neuropathy

T. V. Jyothi Ramani

Dr B.R.K.R Govt Ayurvedic College, India

Peripheral Neuropathy means damage to the nerves of Peripheral nervous system. The causes being varied i.e., trauma to nerve, as a sequel of systemic illness like Diabetes Mellitus, Deficiency of Vitamin B12, Alcoholism, due to infections like HIV, so on and so forth.. The incidence of Peripheral Neuropathy is on rise these days because of altered food habits and life style.

The symptoms of PN depend mainly on the type of nerve affected (whether sensory or motor) and their location in the body. The treatment of PN according to Modern medicine include usage of NSAID, Tricyclic anti depressants, Steroids etc, which have potential side effects. Hence proper treatment for this condition remains obscure, making it difficult to treat.

In this particular disease, predominance of vata dosha is very much appreciated. The definition of vata is “*Vaagati gandhanayoh*”. Where in gati is interpreted as motor and gandhana is interpreted as sensory functions of Nervous System by various Ayurvedic scholars. It is also interpreted that vata is the prime dosha that governs the Nervous system. Hence peripheral Neuropathy can be considered as one of the types of vatavyadhi.

Brimhana type of vasti (as there is nerve involvement) is the treatment required for Peripheral neuropathy. Hence Baladi Yapana Vasti (which is a Brimhana type of Vasti) is selected for the present study. The drugs present in Baladi Yapan Vasti (Ch. Si 12/13) are very cost effective, easily available and without any known side effects. The present study is done in the form of 2 cycles of yogavasti. Full details will be furnished in the poster.

Biography

Dr. T.V. Jyothi Ramani has completed her Bachelor of Ayurvedic Medicine and Surgery (BAMS) from Dr. B.R.K.R. Govt Ayurvedic Medical College, Hyderabad. She is currently doing MD in Panchakarma at the same college. A clinical Study on the Effect of Baladi Yapana Vasti in Peripheral Neuropathy is her dissertation topic. She has attended many National and International level seminars.

tvjramani.85@gmail.com