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**A CASE REPORT- ROLE OF *PANCHAKARMA* IN *MAMSA-SHOSHA*
W.S.R. MUSCULAR DYSTROPHY**

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ABSTRACT

Muscular dystrophy is heterogeneous group of inherited disorders characterized by progressive muscle weakness and muscle wasting. In limb-girdle muscular dystrophy (LGMD) mostly proximal muscles around the hips and shoulders are involve. LGMD is the 4th most common genetic cause of muscles weakness and muscle wasting. As prevalence average range from 1 in 14,500 to 1 in123,000 individuals. *Ayurvedic* diagnose can be made as *Adibala Pravrit Mamsa-Vata-Kshaya* due to *Srothorodha*. Therapeutic approach of muscular dystrophy represents on corticosteroids, physical therapy, and respiration assistance and gene therapy or muscle transduction In this disease the ESR and CPK is usually raised. Due to similarity in the signs and symptoms, we can correlate this disease with *Mamsa-shosha* and its treatment can be planned according to it. Here is the case study of 37 years old male patient, diagnosed as limb-girdle muscular dystrophy since 10 years. Patient admitted in Parul Ayurved Hospital, Vadodara. The *Panchakarma* procedures like *Udvaartana*, *Nitya Virechana*, *Snehana*, *Swedana*, *Basti Chikitsa*, and *Shaman chikitsa Ajaashwagandhadi lehya* and *Bruhadchhagladi ghrith* and

Guda. At the end of the treatment marked improvements were seen in the patient, like reduced CPK levels. Also the symptoms of the disease reduced significantly.

Keywords: *Mamsa shosha, limb-girdle muscular dystrophy, Panchakarma, Yapan basti, Sarpiguda, Rasayan chikitsa*

INTRODUCTION

Muscular dystrophy refers to a collection of inherited disorders characterized by progressive muscle wasting and weakness. This condition encompasses various types, each distinguished by the initial groups of muscles affected. The limb-girdle muscular dystrophies earn their name from their typical manifestation of weakness in the shoulder and pelvic girdles. This weakness often affects the major muscles surrounding the proximal parts of the arms and legs, such as those in the hips, thighs, and shoulders. Typically, individuals tend to observe weakness in their legs before experiencing weakness in their arms. Additionally, it's common for the muscles of the face to remain unaffected by this condition. Limb girdle muscular dystrophies (LGMDs) are uncommon conditions, and their presentation varies among individuals, even within the same family. Differences may be observed in the age at which symptoms appear, the specific areas of muscle weakness, involvement of the heart and respiratory system, the speed at which the condition progresses, and its severity. There are numerous genetic mutations related with LGMD. These genes contain the blueprints for the proteins required to make muscles

work properly. When a person's LGMD gene is mutated, their muscles do not function properly, resulting in weakness. Based on the sign and symptoms like *ubhay pada-saithilyata ubhay pada shunata Gamane kasthta*, The Muscular dystrophy can be correlated with *Mamsa-shosha* in *Ayurveda* [1]. *Ayurveda* play an important role in management of *Mamsa-shosha*. The main treatment of *Mamsa-shosha* is *Virechana, Niruha Basti* and *Shamana Aushadhi*. *Panchakarma* treatment is basically a Bio cleansing regimen intended to eliminate the toxic elements from the body and there by enhance immunity of the body.

Case Report

A 37 years old male, residing in Maharashtra visited *Panchakarma* OPD (OPD.no.:23013148) of Parul Ayurved Hospital Vadodara, with chief complaints of Low back region pain, weakness in lower limb, Difficulty in walking and climbing stairs. Before 10 years patient was apparently healthy, later he had gradual appearance of above-mentioned symptoms and these symptoms lead to difficulty in walking and standing for more than 5 minutes, he consulted Allopathy Doctor and

was diagnosed as Muscular Dystrophy. He was kept on steroidal therapy for 1 to 2 years but he got only symptomatic relief. All of a sudden these symptoms started increasing. After this patient came to Parul *Ayurved* Hospital for further management. Patient was admitted in the *Panchakarma* IPD ward of Parul *Ayurved* Hospital, for better treatment.

History of Past Illness: No clinical case of Hypertension, Diabetes or Hypothyroidism. On Examinations of vitals are Temperature - 98.90 F, Pulse rate – 80/min, Respiratory rate-20/min, Heart rate- 80/min, Blood pressure- 130/80 mmhg.

Rogi Pariksha: The patient has VataKapha Prakriti, with primarily VataKapha Dosha vitiation, Rasa Rakta Mamsa Meda Dhatu Dusti, moderate Agnibala, a little coated tongue, and Avara (poor) Vyayama Shakti.

Systemic Examination:

Respiratory system - the shape and size of chest are normal, Air entry bilaterally equal-clear no Crepitations. **Cardiovascular System** - S1 S2 heard, No murmur and abnormal sound heard.

Central nervous system

Higher functions Consciousness- Fully conscious

Orientation - Fully oriented to time, place and person, Memory Intact, Behaviour friendly.

Facial Nerve Examination – symmetry of Face

Motor functions

Gait - Waddling gait

Power: Lower limb- 3/5 •Upper limb - 5/5.

Tone: Lower limb was found to be hypotonic

Sensory functions are normal

Changes in reflexes are mention in below table.

CNS Examination		Rt side	Lt side
Deep Reflexes	Bicep jerk	Normal	Normal
	Triceps jerk	Normal	Normal
	Knee jerk	Diminished	Diminished
	Ankle jerk	Absent	Absent
Superficial reflexes	Abdominal reflex	Normal	Normal
	Plantar reflex	Normal	Diminished
Co-ordination	Rohmberg sign	Negative	
	Finger to finger test		Intact
	Finger to nose test		Intact
	Diadochokinesis		Intact
Sensory examination		Normal	Normal

Gastro Intestinal Tract: Abdomen was soft, no tenderness/Pain was observed.

Laboratory Investigations Haematological investigations were done and found to be normal.

CPK- 921U/L on 22/06/23

Special investigation – EMG There is evidence of a generalised active Primary muscle disease affecting the lower limb > upper limbs done on July 15,2015

Samprapti Ghataka

Dosha -VataKapha Pradhana Tridoshaja

Dushya - Rasa,Rakta,Mamsa,Asthi,Majja

Srotas - Rasavaha, Raktavaha, Mamsavaha,

Asthivaha, Majjavaha

Srotodushti - Sanga

Ama -Sama

Udabhava sthana - Pakwashaya

Vyakta sthana - Adho Shareera

Diagnosis and Treatment

After physical examination and investigations, the patient was diagnosed with *Mamsa-shosha* (Muscular dystrophy) and the patient was administered both *Panchakarma* procedures and *Shamana Aushadhis* (internal medicines) along with Physiotherapy.

Treatment given

Panchakarma therapy (Shodhan chikitsa)

Sr. no.	Procedure	Drugs used	Date	Days
1	<i>Sarvang udvartan</i>	<i>Kottamchukadi churna</i>	23/06/23	1 day
2	<i>Parisheka</i>	<i>Dashmoola kashay</i>	23/06/23	1 day
3	<i>Kostha shodhan</i>	<i>Erand taila 15 ml</i>	23/06/23	1 day
4	<i>Yapana basti</i>	-	23/06/23 to 06/07/23	13 days
5	<i>Sarvang Abhyanga</i>	<i>Chandnadi tail</i>	24/06/23 to 25/07/24	2 days
6	<i>Sarvang utsadan</i>	<i>Chandnadi tail + Yastimadhu Churna+ Bala churna + Rasna churna +Ashwagandha churna +Guduchi churna</i>	26/06/23 to 31/06/23	6 days
7	<i>Sarvang Abhyanga</i>	<i>Ksheerabala taila</i>	01/07/23 to 22/07/23	22 days
8	<i>Shastik shali pinda sweda</i>	<i>Shastik shali + Balamool Ksheer Kashay</i>	01/07/23 to 22/07/23	22 days
9	<i>Matra basti</i>	<i>Maha Masha Tail (60 ml)</i>	07/07/23 to 11/07/23	5 days

Yapana Basti

<i>Kala Basti (Yapana Basti)</i>	<i>Aanuvasan basti</i>	<i>Mahamasha taila 30ml +Chagaladi ghrta 30ml</i>
	<i>Niruh basti</i>	<i>Madhu – 100 ml</i> <i>Saindhav – 5gms</i> <i>Sneha – Ksheerbala tail (100ml)</i> <i>Kalka - Yastimadhu, Shatapushpa, Kutaja, (10gms each)</i> <i>Kwatha - Musta, Bala, Aragwadha, Rasna, Manjistha, Patola, Punarnava, Guduchi, Dashamoola ksheerapaka (200ml)</i> <i>Avapa – Mamsa rasa (50 ml)</i>

Yapana Basti Schedule

Days	1	2	3	4	5	6	7	8	9	10	11	12	13
<i>Anuvasana (A)/ Niruha(N)</i>	A	N	N+A	N+A	A	A	A	N	N	A	N+A	N	A

Shamana Chikitsa

Sr. no.	Medicine	Dose	Date	Days
1	<i>Lakshadi gugulu</i>	1 BD AF	22/06/23	1 month
2	<i>Dhanwantar kashaya</i>	15 ml TDS with warm water AF	22/06/23	1 month

3	<i>Balamool ksheerpaka</i>	25 ml BF BD	25/06/23	25 days
4	<i>Talisadi churna</i>	½ tsp with warm water BF	28/06/23	23 days
5	<i>Bhruat chhagaladi ghrta + Guda (5 gm)</i>	15 ml at Morning	11/07/23	12 days
6	<i>Aja-ashwagandhadi lehya</i>	10 gm with warm milk at night	11/07/23	12 days

Discharge medicine

Sr. no.	Medicine	Dose	Days
1	<i>Lakshadi gugulu</i>	1 BD AF	1 Month
2	<i>Dhanwantar kashaya</i>	15 ml TDS with warm water AF	1 Month
3	<i>Talisadi churna</i>	10 gm with warm water BF BD	1 Month
4	<i>Bhruat chhagaladi ghrta + Guda (5 gm)</i>	15 ml at Morning	1 Month
5	<i>Aja-ashwagandhadi lehya</i>	10 gm with warm milk at night	1 Month
6	<i>Dhanwantar taila</i>	Local application	1 Month

Assessment of Results:

Range of Movement: Hip

Sr. no.	ROM	BT (Day-0)	AT (Day -31)	AFTER FOLLOWUP After 1 Month
1	Flexion	Below 30°	30°	40°
2	Extension	Below 30°	30°	40°
3	Abduction	Below 30°	30°	40°
4	Adduction	Below 30°	30°	40°

Physical examination

Sr. no	Examination	BT (Day – 0)	AT (Day – 31)	AFTER FOLLOW UP (1 Month)
1	Walking time	5 min then increase tendency for fall	Increase up to 15 min	Increase up to 30 min
2	Standing time	Maximum 20 min	Increase up to 40 min	Increase up to more than hour
3	Power	Rt LL- 3/5 Rt UL-5/5 Lt LL-3/5 Rt UL-5/5	Rt LL- +3/5 Rt UL- 5/5 Lt LL-+3/5 Rt UL-5/5	Rt LL- +3/5 Rt UL-5/5 Lt LL-+3/5 Rt UL-5/5
4	Tone	Both LL hypotonic	Mild tone increase	Mild tone increase

Results achieved in CPK level



Date	22/06/2023 (Day-0)	28/06/2023(Day-7)	06/07/2023(Day-16)	17/07/2023(Day-27)
Value	921.00 U/L	700.00	556.00 U/L	387.90 U/L

DISCUSSION

Udvardana - with *Yava + Triphala Churna* was chosen because it is indicated in *Vataja* and *Kaphaja* illnesses, it does

'Kaphavilayana' and *'Srotoshodhana'*, it also helps to remove the vitiated *Meda Dhatu* and stimulates *Agni* [2].

Parisheka with *Dashamoola Kashaya* is indicated in both *PittaKaphaja* and *PittaVataja* disorders. Also it is indicated in symptoms like *Shotha*, *Shoola*, *Gauravata*, and *Sthamba* [3]. Here the *Dashamoola Parisheka Sweda* might be taken as a *Ruksha Drava Sweda*, as it is having properties like *Laghu Guna*, *Tridosha Shamaka*, mainly *Vata-Kapha Shamana* [4]. **Koshta shodhan** with Eranda Taila for 15 ml with Ushna Jala in empty stomach was given, As Patient was having reduced appetite, Puffiness of face and heaviness. *Koshta shodhan Karma* does the *Vata anulomana*, *Agnideepana* and expels out the morbid *Pitta Dosha*. Eranda Taila having properties like *Sukshma Guna* and *Ushna Virya* which is elimination of the morbid *Dosha* from the *Sukshma Srotas* of the body and acts as *Amapachana* increases digestion fire i.e. *Jataragni*. Hence Eranda taila was selected for *koshta shodhan* purpose.

Yapan basti *Yapana basti* used for the *balvardhan* having contain like *musta bala ashwagandha rasna kauncha* and *vata dosha shaman* ingredients which give *balya* and *shodhan* of the *dosha* which is vitiated [5]. *Yapan basti* also give *balpran varnvardhan* which is used in *mansabalapran vardhana* [6]. *Yapana* which means *sthairikarana* of dhatu and provide longevity of life. *Yapana basti* having specific action and special drug using in prepreparation of *yapana basti* here

using *musta baladi yapana basti* and *mamsa rasa* used as *aavap Dravya* which given *bala*, *poshana* and *sthirata* to the body and increase muscles mass power and also tone. **Abhyanga** *Abhyanga* which is *bahirprimarjan chikitsa* which is direct contact with the skin and nourishment by the *Sneha Dravya*. *Abhyanga* can lead to open the hair follicles pore. And enter in the body cells and gives the nutrition to the cell [7]. Here *abhyanga* done with *chandanadi taila* which improve appetite reduce stress level, provide good sleep, increase body immunity and blood circulation, improve the muscles tone, provide strength and reduce the vata dosha [8]. Its also relieve the fatigue and exhaustion feeling.

Shastikshali pindasweda *Shastikshali pindasweda* is *snigdha sweda*. work as *Brimhana*, it implies that it aids in nourishment and potentially assists in building bodily tissues. Additionally, if it possesses *Ushna Guna*, it typically has a heating or warming effect on the body [9]. The stimulation of the sympathetic nervous system often leads to responses such as increased heart rate, dilated pupils, and heightened blood pressure. Vasodilation, on the other hand, involves the widening of blood vessels, resulting in increased blood flow to tissues. *Sara guna* and *Sukshama Guna* liquefy the *Lina Dosha* and these *Doshas* are expelled out through the micropores. It is helpful in increase the

strength, immunity and nutrition. It prevents degeneration, reduces spasticity, joints deformities, prevents contraction, improves muscle tone, increases muscle strength by proper nourishment to *Dhatu*.

Utsadana with the *Chandnadi tail + Yastimadhu Churna + Bala churna + Rasna churna + Ashwagandha churna + Guduchi churna* was advised. *Utsadana* one of the panchakarma procedure which is helps in eliminating increase *kapha dosha* and remove heaviness stiffness and pain of the body. Here mainly *bala Vardhan churna* are used for the *utsadana* which gives strength increase power tone of muscles and provide *nirama awstha* by this procedure.

Matra Basti with the *maha-masha taila* having ingredients like *Masha, Dashmoola, Bilva, Syonak, Gambhari, Gokshur, chaga mamsa* etc. [10]. help in *Bala-Mamsavardhan* and provide strength to the body also *Sneha Dravya* as *Matrabasti* subside the *vata dosha* and normalised function of *vata dosha* special *apana vata dosh* [11][12].

Bruhat chhagaladi ghrīt + Guda here *Sarpi-guda prayoga* used as treatment as mentioned *Aacharya charaka* in *kshatkshina chikitsa*. *Chhagaladi ghrīt* used for 1 month with *guda* having main ingredients *Chagamamsa* which is help in increase *Mamsa dhatu* and *stharikaran* and *dharan* of the body. *Aacharya charaka* mentioned it as *Rasayana prayoga* [13][14].

Rasayana Chikitsa is a complete approach to health and rejuvenation that combines nutritional, lifestyle, herbal, and therapeutic interventions to improve longevity, energy, and general well-being. It emphasizes the significance of preventive treatment, holistic healing, and cultivating balance and harmony in body, mind, and spirit.

Aja-ashwagandhadi lehya advised for 1 months with *anupana* of milk at night. *Aja-Mamsa* and *ashwagandha* used for preparation of *lehya*. Which help in increase *mamsa dhatu* and *ojavardhan* means increase the immunity power. *Aja Ashwagandhadi Lehya* is classified as a *Rasayana* in *Ayurveda*, which refers to rejuvenating compositions that enhance longevity, energy, and overall health. It is thought to nourish the body and mind, fortify the immune system, and boost vitality and vigor [15].

CONCLUSION

The following case study provides evidence supporting the effective management of Muscular dystrophy (*Mamsa-shosha*) utilizing Panchakarma techniques in conjunction with specific *Shamanaushadi* (Internal medications) and *Rasayana chikitsa*. In this particular case study, the patient underwent *Panchakarma* treatments, resulting in significant improvements in both symptoms and key laboratory parameter CPK level. The diagnostic marker for the disease, CPK levels, normalized

post-treatment, with a notable decrease from 921 U/L before treatment to 387.90 U/L afterward. However, there was minimal improvement observed in muscle wasting and minute muscle-bulk was increased. This singular case underscores the significance of Panchakarma treatments in the management of Muscular dystrophy (*Mamsa-shosha*).

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