

# **International Journal of Research Publication and Reviews**

Journal homepage: www.ijrpr.com ISSN 2582-7421

# AYURVEDIC APPROACH FOR PARALYSIS RECOVERY

Miss. VaishnaviDattatray Changade<sup>1</sup>, Miss. Sanikavijay Aawchar<sup>2</sup>, Miss. AnishaKeshav awchar<sup>3</sup>, Mr. PavanEknath Sataw<sup>4</sup>, Miss. Vaishnavi shipkule<sup>5</sup>, Miss. Sanika Wankhede<sup>6</sup>, Mr. Atul Pawar<sup>7</sup>, Dr. ShivshankarDigambar Mhaske<sup>8</sup>

Satyajeet Ccollege of Pharmacy, Mehkar

## ABSTRACT :

A major medical concern is paralysis, which is defined as the loss of muscle function brought on by disturbances in the neurological system. Although there are traditional treatments available, there is increasing interest in investigating herbal medicines due to their possible therapeutic and neuroprotective benefits. This review highlights the active ingredients, modes of action, and therapeutic significance of several medicinal plants that have been used historically to treat paralysis. This study attempts to provide light on the safety and effectiveness of various herbal therapies by combining scientific research with ethnobotanical expertise.

Key words: paralysis, Ayurveda approach, herbal remedies neuroprotective

# **Introduction :**

Paralysis is a warning sign. It's a misnomer, too. Since it represents ischemia myopathy rather than nerve hypoperfusion, it should be referred to as "loss of motor function." [1]. Patients first lose the ability to flex and extend their toes due to a loss of function in the intrinsic muscles of the foot.Loss of function of the lower leg's extensor and flexor muscles is indicated by absent plantar flexion and foot dorsiflexion. Patients have calf soreness if ischemia persists because the gastrocnemius and soleus muscles enlarge, while the anterior compartment muscles may also be impacted.[2] This is a sign of myocardial infarction. Anticoagulant expectant treatment is inappropriate for people who have paralysis or sore muscles [2].Blood flow must be restored immediately for these people. Because of the loss of elasticity caused by muscle fiber degeneration, passive ankle movement may reveal the foot to be rigid and "fixed." Skeletal muscle becomes hard and constricted (muscle rigor) following eight hours of absolute ischemia, signifying that the limb is irreparable. [1] The loss of voluntary muscles in one or more body parts due to nervous system impairment is known as paralysis [1]. The nervous system has two parts:

• The peripheral nervous system (PNS), which contains the nerves outside of the C

• The central nervous system (CNS), which includes the brain and spinal cord [1]

The PNS's neurons, or nerve cells, have a variety of purposes. For example, motor neurons control how muscles move. Information concerning temperature, pressure, and pain, for instance, is sent to the central nervous system by sensory neurons. When nerve signals are disrupted due to injury to the brain, spinal cord, or nerves, paralysis results [1].

Types: Doctors classify paralysis based on the following characteristics:

#### a) Severity

The severity of paralysis is determined by the extent of loss of muscle function. Paresis, or partial paralysis, results in severe muscle weakness and limited mobility. Paresis sufferers do, however, still have some control over the afflicted muscles. When a person is completely paralyzed, they are unable to move the damaged body portion [1].

## b) Duration

Duration refers to how long the paralysis lasts.

Temporary paralysis can result from a number of illnesses, including Bell's palsy, stroke, and sleep paralysis. People can gradually regain some or all of their control over the injured muscle [1]. Periodic paralysis due to hyperkalaemia or hypokalaemia are other disorders that can cause the issue temporarily. They are brought on by mutations that impact the SCN4A or CACNA1S genes. Instructions for producing the proteins that move calcium and sodium ions into and out of muscle cells are encoded in these genes. Muscle contractions and movement are facilitated by the transport of ions within muscle cells [1, 2, and 5]. Periodic episodes of muscle weakness and paralysis may result from disturbances in the ion flow. Permanent paralysis can result from serious head or neck injuries as well as neuromuscular problems.

#### c) Location :

The face, hands, or feet are examples of tiny body parts that are affected by localized paralysis. Multiple body parts are affected by generalized paralysis, which affects a wider area [1,2].

Types of paralysis include:

- Monoplegia: This affects one area, such as one arm or leg.
- Hemiplegia: This affects one arm and one leg on the same side of the body

• **Paraplegia**: This condition, sometimes known as lower body parlaysis, affects both legs and occasionally the hips and lower abdominal organs. Paraplegia is most frequently caused by damage to the spinal cord.

• Quadriplegia: This affect both arms and legs, and sometimes muscles in the trunk, the function of internal organ, or both.[1,2,3]

#### d) Muscle tension:

The lower motor neurons that control the action of skeletal muscles are harmed by flaccid paralysis. The muscles weaken or atrophy with time. The Centers for Disease Control and Prevention (CDC) state that one of the most frequent side effects of polio is flaccid paralysis. Additional reasons include Guillain-Barre syndrome, a rare autoimmune disease in which the immune system targets the central nervous system, and spinal cord inflammation, also known as myelitis. [4–5] Muscle weakness, involuntary spasms, and stiffness are all symptoms of spastic paralysis. Hereditary spastic paraplegia, stroke, amyotrophic lateral sclerosis (ALS), and spinal cord trauma can all cause this type of paralysis [1 2].

## Symptoms:

Symptoms vary according on the type and source of the problem. The most common paralysis symptom is the loss of muscle function in one or more areas of the body. Other symptoms that could accompany paralysis [6,7].

- · Loss of Muscle Movement
- Tingling or Numbness
- · Difficulty in Mobility
- Muscle Tone Change[6]
- Absence of Reflexes
- Speaking and Swallowing problem[6,7]
- Impaired Bladder and Bowel Control
- Change in Body Shape or Posture
- Pain and Discomfort

# Causes of paralysis: [6] -

- Hypokalaemia periodic paralysis.
- Phytotoxic periodic paralysis
- Barium poisoning
- Insulin excess
- Alkalosis
- Actual K depletion Renal losses
- Excessive mineralocorticoids (primary & secondary aldosterone's, liquorice ingestion, glucocorticoid excess)
- Renal tubular diseases(RTAs, leukaemia,Liddle'ssyndrome, antibiotics, carbonic anhydrase inhibitors) Diuretics
- Magnesium depletion Extra-renal losses deficient dietary intake
- Diarrhoea
- Rectal villous adenoma
- Fistulas ,
- Ureterosigmoidostomy
- Laxative abuse

# Paralysis and Ayurveda :

The primary reason for paralysis According to Ayurveda, a disruption in VataDosha, which governs the neurological system and bodily movement, is the main cause of paralysis, or pakshaghata. Muscle weakness and a lack of movement are caused by this connection [7].

People with paralysis can benefit from a variety of therapies and treatments provided by Ayurveda. Ayurvedic treatments can enhance circulation,

Ayurveda strongly stresses restoring Vata balance through customized Ayurvedic treatment for paralysis, herbal healing, and dietary adjustment for recovery. Although the pitta and kappa doshas can also be highly significant in paralysis, the vatadosha is the key ingredient [8].

- Pitta Dosha: May cause inflammation and nerve impairment making you feel searing.
- Kappa Dosha: This makes paralysis symptoms worse by making you feel heavy, stern, and lethargic.
- -Stroke
- -Spinal cord injury
- -Cerebral palsy
- -Multiple sclerosis
- Muscle weakness and paralysis result from damage to the nervous system, Which any of the health problem above can cause.

A healthy neural system transmits information between the brain and the rest of the body. Signals from the brain flow down the spine and throughout the body.

- The peripheral regulate numerous function including:
- · Automatic function, such as breathing and digestion
- · Voluntary muscle movements, such as pain , temperature, and pressure detection
- Damage caused by aging on any area of the nervous system can have serious consequences for a person's overall health and quality of life.

Other probable causes of nervous system injury and the subsequent muscular weakness or paralysis include:

- · Brain or spinal cord tumors.
- Infection such as meningitis, encephalitis and polio.
- Spina bifida, or the incomplete development of the brain, spine or spinal cord.
- Motor neuron diseases, such as ALS and primary lateral sclerosis.
- Autoimmune diseases including Guillain- Barre syndrome and lupus.
- Inherited disorders, including spinal muscular atrophy and hypo-or hyperkalemic partial paralysis.

#### **Treatments :**

There is currently no treatment for paralysis. However, some people recover fully or partially, depending on the source and nature of the problem. Without medical intervention, temporary paralysis, such as that brought on by strokes or Bell's palsy, may go away on its own [5,4].Additionally, a person may regain some muscle control if their paralysis was caused by a spinal cord injury or a chronic neurological illness. Rehabilitation can help keep symptoms from becoming worse, but it cannot totally heal paralysis.

Available treatment include: [2, 3, 4]

- Physical therapy
- Occupational therapy
- · Mobility devices, such as braces, walkers and wheelchairs
- Medication
- Surgical amputation
- · Nerve transfer surgery

Emotional and social support can also play vital role in person treatment

#### Ayurveda Treatment for Paralysis Recovery :

Significant morbidity can arise from paralysis brought on by illnesses like stroke, spinal cord damage, or neurodegenerative diseases. [9] Many herbal remedies have been used to treat the symptoms of paralysis in traditional medical systems such as Ayurveda, Unani, and tribal customs. These herbal remedies are frequently regarded as more accessible and safe substitutes for pharmaceutical medications. However, incorporating traditional treatments into contemporary therapeutic procedures requires scientific confirmation of their safety and effectiveness. According to Ayurveda, paralysis is mostly linked to an irritated VataDosha, which controls the body's motor and movement processes. Loss of muscular coordination results from an imbalance in Vata, which interferes with the healthy operation of blood vessels, muscles, and nerves [8,9].

Ayurvedic Medicine emerges as a comprehensive technique for controlling paralysis in the midst of this search for alternative treatments.[8] Ayurveda, with its age-old wisdom and emphasis on restoring balance and harmony within the body, provides a comprehensive treatment system that treats the physical, mental, and spiritual aspects of a person's well-being. Let's look at how Ayurvedic medicine may bring healing and hope to persons who are paralyzed [9].

In addition to limiting physical movement, paralysis reduces overall quality of life and emotional well-being. Conventional therapies usually focus solely on symptom management, whereas Ayurveda takes a more holistic approach to paralysis, attempting to address the underlying causes and restore equilibrium within the body. Ayurveda aims to regenerate damaged areas, improve function, and promote overall well-being by correcting imbalances and aiding the body's natural healing processes 9[10].

## Aim :

- Evaluate herbal efficacy assess the neuroprotective and neuroregenerative properties of selected Ayurvedic herbs in the recovery of paralysis.
- · Identify mechanisms of action explore how these herbs influence nerve repair, inflammation reduction, and muscle function restoration.
- Develop herbal formulations create optimized herbal combinations for therapeutic use in paralysis recovery.
- Compare ayurvedic& conventional approaches contrast the effectiveness of these herbs with modern pharmacological treatments for paralysis.
- Enhance rehabilitation strategies integrate ayurvedic herbal therapy with physiotherapy or other rehabilitation methods to improve patient outcomes.
- Conduct preclinical & clinical investigations Study the effects of herbal intervention through lab-based experiments and potential clinical trials.

## **Objectives :**

- To investigate the neuroprotective properties of Ashwagandha, Jatamansi, Giloy, and Vacha in paralysis recovery.
- To analyze the pharmacological mechanisms of these herbs in promoting nerve regeneration and reducing inflammation.
- To formulate herbal-based therapeutic interventions tailored for paralysis rehabilitation[4].
- To assess the effectiveness of Ayurvedic herbs in improving motor functions and neurological health through experimental and clinical studies.
- To compare the efficacy of herbal-based treatments with conventional approaches for paralysis management. [3]
- To integrate Ayurveda with modern rehabilitation techniques to enhance recovery outcomes.

## Ayurvedic Approach to Paralysis Treatment :

Paralysis, according to Ayurveda, is a sign of an imbalance with the doshas, the fundamental principles that govern every aspect of our lives. The balance of the body and mind depends on the Vata, Pitta, and Kaphadoshas as well as other minor doshas. Paralysis is often associated with an aggravated Vatadosha, which is characterized by dryness, coldness, and instability [8].

The main reason of paralysis, according to Ayurveda, is the blockage of vital nutrients and energy from reaching the afflicted areas. This disturbance may be caused by a variety of factors, such as poor lifestyle choices, inadequate nutrition, stress, trauma, or hereditary predisposition. The goals of ayurvedic medicine are to renew the harmed tissues, balance the doshas once more, and assist the bodys natural healing processes[8,9].

When creating an ayurvedic treatment plan for paralysis, consideration is given to the specific doshic imbalances observed as well as the patient's unique constitution. Herbal treatments that are carefully selected are utilized to promote tissue regeneration, enhance circulation, and assist the nervous system [9]. The therapeutic properties of herbal treatments are widely recognized. Ayurvedic formulations containing ashwagandha, guggul, brahmi, and shilajit are commonly used to alleviate symptoms and address the underlying causes.

Ayurveda also offers particular therapies and techniques to support the internal remedies. Paralysis can be effectively treated with panchakarma, a popular Ayurvedic detoxification and regeneration technique. Panchakarma treatments help eliminate toxins, restore equilibrium, and enhance overall vitality. Therapeutic massages, or abhyanga, are also used to promote relaxation, reduce muscle stiffness, and increase circulation[9,10].

Ayurvedic treatment for paralysis requires dietary and lifestyle modifications. By emphasizing the consumption of warm, nourishing foods such as cooked vegetables, whole grains, and herbal teas, one can soothe the disturbed Vatadosha and provide important nutrients for recovery. To improve the general welfare of disabled individuals, regular movement, yoga, and meditation are recommended since they strengthen muscles, increase circulation, and cultivate mental clarity.

#### - Benefits of Ayurvedic Medicine for Paralysis :

Ayurvedic medicine holds a lot of promise for treating paralysis because of its extensive history and all-encompassing approach. Ayurveda addresses the root causes of paralysis and encourages the body's own healing process by utilizing the potency of herbs, therapeutic methods, and customize therapies procedure[10].

The adaptogenic properties of the revered Ayurvedic herb ashwagandha are widely recognized. It strengthens the musculoskeletal system, reduces

stress, and enhances nerve regeneration. Brahmi is another powerful herb that supports memory and cognitive function while also aiding in nerve healing. Known for its analgesic and anti-inflammatory properties, guggulu helps to lessen paralysis-related pain and inflammation.

Ayurvedic medicine offers a thorough method of paralysis treatment. It provides a comprehensive healing process in a number of ways. In the first place, it promotes nerve regeneration by feeding and revitalizing the neural system. The neuroprotective properties of Ayurvedic medications help to restore nerve function and repair.

One of the primary advantages of Ayurvedic medicine for paralysis is its unique properties and mode of action.[9] Herbs and other materials known for their medicinal properties are expertly combined to make Ayurvedic medicines. By addressing the underlying imbalances, these herbs—which include ashwagandha, brahmi, guggulu, and many others—have special qualities that aid in healing.

Ayurvedic therapy also improves blood circulation in the affected areas. It aids in the removal of toxins and promotes healing by increasing the flow of vital nutrients and oxygen.[8,9] Increased mobility and comfort are also a result of increased blood circulation, which also helps to minimize pain, swelling, and inflammation

Ayurvedic treatment also promotes overall wellness. It focuses on balancing the mind and emotions, as well as addressing the physical symptoms of paralysis.

Panchakarma therapies, for example, are Ayurvedic methods that help the body detoxify, eliminate energetic blockages, and restore equilibrium within the body-mind complex.[10] This all-encompassing method encourages mental clarity, emotional stability, and an overall sense of vigor.

#### How Ayurvedic Herb Help in Paralysis Treatment :

Ayurvedic herbs have been used for thousands of years to treat a variety of diseases, including paralysis. Ayurvedic medicines seek to restore the body's balance by utilizing natural components with medicinal capabilities. Ayurvedic herbs, such as these, have anti-inflammatory properties, heal injured nerves, reduce inflammation, and increase blood circulation [8, 9].

Ayurvedic doctors frequently mix these herbs with yoga and meditation to help patients acquire a greater sense of well-being. Regular use improves our quality of life.

## • Herb paralysis patients should incorporate into their diet treatment :

Ayurvedic herb, patient with paralysis can experience improved movement and a body health.

#### 1. Ashwagandha :-

- Botonicalname :Withaniasomnifera
- Common name: Winter cherry, Indian Gonseng
- -Family: Solanaceae[11]

-Chemical constituents: The main phytochemical constituents of W. somnifera are Wthanolides, a group of triterpene lactones that include WithaferinA, alkaloids, steroidal lactones, tropine and cuscohygrine. Forty withanolides, twelve alkaloids, and various sitoindosides have been isolated from this plant species. As these withanolides are structurally similar to the ginsenosides of Panax ginseng, .W somnifera is commonly referred to as "Indian ginseng".[15,16]



#### Other Uses of Ashwagandha:

1. Stress relief: It is thought to have a positive impact on chronic stress.

- 3. Memory: Traditionally used for memory issues.
- 4. Physical performance: Some research suggests it may benefit physical performance.
- 5. Insomnia: It has been used to treat sleep issues.
- 6. Pain and inflammation: Used to ease pain and inflammation.
- 7. Thyroid balance: An adaptogenic herb used to balance the thyroid.[12,14]

## • How Ashwagandha (Withaniasomnifera) in paralysis : -

-This herb is said to be beneficial for a variety of condition , including paralysis

-Ashwagandha is an adaptogen, which means it help the body to cope with stres"Nerve tonic" because it help to strengthen and tone the nervous system.

-There are many different way to use ashwagandha for paralysis treatment The herb can be taken as a powder, capsule, or extract it can also be made into tea or tincture.

-Some studines have shown that ashwagandha may help to improve nerve function and reduce inflammation in people with paralysis. The herb to improve muscle strength and coordination [8,14]

-This herb increase mobility and fortifies the neurological system.

- -Known for its adaptogenic and nerve rejuvenating properties.
- -Help in reducing stress related nerve damage and muscle weakness.
- -Enhance overall strength and vitality[15,47,8,21].

#### 2.(Convolvulus Pluricaulis) Shankhpushpi : -

- Kingdom: Plantae
- Division: Magnoliophyta
- Class: Magnoliopsida
- Order: Solanales
- -Family: Gentianaceae
- -Genus: Convolvulus
- -Species: pluricaulis[17]



#### **Chemical constituents :**

are major chemical constituents. Shankhpushpi is also commonly called as a major brain tonic. It has been claimed as one of the few herbs which reduces stress level and puts brain in a relaxed state.

CP plant also contains other alkaloids (convolamine, convosine, convoline, convolidine, convolvine, confoline, evolvine, phyllabine, subhirsine, sankhpuspineetc -

#### Medicinal uses :

- 1. Improves Cognitive Functioning
- 2. Reduce mental fatigue
- 3. Psychotic problem like depression, dementia. Restlessness, anxiety
- 4. Enhance cardiac functioning

5. Stimulate digestion [17]

6. Augments skin health

7. Prevent headache

8. Insomnia , Hypertension reducing strokes

9. Neural Diseases like epilepsy, dementia Alzheimers

# How Shankhapushpi used in paralysis :

• Shankhpushpi is a herb used in Ayurvedic medicine to treat a variety of ailments, including paralysis. It is thought to have characteristics that can enhance nerve function and reduce inflammation. The herb is said to treat both acute and permanent paralysis. Shankhpushpi is frequently used in conjunction with other herbs to create a therapeutic mixture that may be eaten orally and applied topically as a paste [7].

Studies demonstrate that the use of shankhpushpi can assist to enhance muscle coordination, reduce muscle stiffness and spasms, and improve total muscle strength in people suffering from paralysis.
It is vital to see a skilled ayurveda practitioner before taking shankhpushpi and or any other herbal therapies for paralysis, because the dosage and duration of treatment may vary based on the severity of the condition and the individual's overall health [7, 21].

• Neuroprotection: It protects nerve cells and may aid in recovery from nerve damage.Cognitive support can help improve memory, focus, and reduce mental tiredness, which is vital during paralysis rehabilitation. Damage.

• Anti-anxiety and sedative effects: Can help relieve tension and anxiety in individuals recovering from paralysis or stroke. Antioxidant Activity: May aid in combating oxidative stress, which can harm nerve structures [21].

## 3.Giloy :

Botanical name : Tinosporacordifolia

Common name :Guduchigulvel

Family : Menispermaceae

- Plant part used: roots steam leaves

Morphological and physiological characteristics : Plant morphological and physiological characteristics, such as plant length, stem diameter, growth habit, floral morphology, flower color, stomatal density, trichomal density, lenticels density, petiole length, plant biomass, and other plant characteristics, as well as diversity in the genetic components identified by markers, have indicated the diversity in the medicinal plant, which has profound importance for efficient and effective management of plant genetic resources [22].



Fig: Giloy

#### **Chemical constituent :**

[22,23]

Parts	Types of Chemicals	Principles	Uses
Stem And Root	Alkaloid	Barberin , Palmitine, Tembetarine	Virus, Cancer, Diabetes
Stem	Steroids	Hydroxyecdysone	Actuate Osteoporosis
Stem	Sesquiterpenoids	Tinocordifilin	Cancer, Cardiovascular Disease
Whole plant	Diterpenoid lactone	Furanolactone	Antihypertensive, Germicide
Root	Others	Giloin , Cordifol, Tinosporic Acid	Anti-HIV, Protease Inhibitors

## Pharmacological Activity of Giloy Plant:

• Anti-allergic: Tinosporacordifolia is primarily used to cure asthma, and its juice is also used to treat swasa (asthma) and kasa (cough). Giloy possesses antihistaminic, anti-inflammatory, and anti-allergenic qualities. It is effective in treating fever, colds, and flu. It dramatically lowered capillary permeability, bronchospasm, and the quantity of damaged mast cells.

• ImmunomodulatoryActivity:T. cordifolia aqueous and alcoholic extracts have been shown to support the immune system.BecauseGiloy strengthened the body's defenses against COVID-19, it is also utilized to treat coronaviruses. Fresh giloy juice helps strengthen defenses. It facilitates rapid recovery by increasing macrophage activity. Macrophages are cells that have the ability to combat infections and reduce discomfort. Giloy strengthens the body's defenses and encourages resistance[22]

• Anti-HIV Activity :Giloy is a particularly effective spice for HIV treatment. It aids in the production of new blood cells and maintains the safe framework. According to Kalikae et al., T. cordifolia root extract has an impact on HIV-positive patients' immune systems. Anti-HIV actions that stimulate B cells and lower the eosinophil count[21]

• Anti-Tumors Activity:Cancer is the second most common cause of mortality worldwide. T. cordifolia has been shown to have anticancer properties against a variety of tumors and malignancies. When used to treat cancer, doxorubicin has a worse effect than the giloyplant.Giloy attenuates the epithelial-mesenchymal transition and induces apoptosis to suppress oral cancer cells in a dose-dependent manner.

• Anti-Diabetic Activity: Giloy possesses hypoglycemic properties, which help diabetic individuals lower their blood sugar levels. Giloy juice helps diabetic individuals reduce cholesterol levels and nerve issues [22].

#### - How Giloy help in paralysis:

1. Gloy for paralysis treatment Giloy, also known as Tinosporacordifolia, has been traditionally used in Ayurveda for its anti-inflammatory and antioxidant properties. It is especially effective in treating paralysis and can help to improve the function of the nervous system.

2. Giloy is also known to boost the immune system, making it an ideal herb for those with paralysis who are at risk of infection.

- 3. Reducing inflammation and oxidative stress.
- 4. Supportive nerve health and regeneration.
- 5. Protect nerve cells from damage and enhance growth of nerve [17,18].
- 6. Acts as natural immune modulator and rejuvenating herb.
- 7. It help detoxification and balancing Vatadosha [71822].

#### 4. Jatamansi :

Botanical name :Nardostachysjatamansi

Common name :tapaswani, Indian Spikenard, Muskroot, Nardinetc

Family :Valerianaceae

Plant part use : Dried roots and rhizomes, flower

Morphological and physiological characters: Plant structure jatamansi is perennial herb with a short stem and long thin roots. leaves are basal lanceolate and have a distinctive shape. Flower are small, pinkish-white and arranged in clusters .Rhizome is the most valued part, with distinctive aroma .[24]

Chemical Constituents : Alpha-patchoulenese, angelicin, beta-eudesemol, beta patchoulenese, beta-sitosterol, calarene, calarenol, elemol, jatamansin,

jatamansinol, jatamansone, n-hexacosane, n-hexacosanol, n-hexacosanylarachidate, n-hexacosanylisolverate, nardol, nardostechone, norsechelanone, oroselol, patchouli alcohol, seychelane, seychellene, valeranal, valeranone. Volatile essential oil, resins, sugar, starch, bitter extractive matter, gum, ketone, sesqueterpin ketone, spirojatamoletic Other sesquiterpenes include nardin, nardal, jatamnsic acid, b- maline and patchouli alcohol Various other sesquiterpenes known are nardostachone, dihydrojatamansin, jatamansic acid, jatamansinone, oroseolol, oroselone, seselin, nardostachyin, nardosinone, spirojatamol.jatamol A and B calarenoleychellene, seychelane, coumarin: xanthogalin An alkaloid named actinidine also been reported. Nardal has

been found as an active component [24 25].



#### - Medicinal use:

- · This herb use to improve the complexion and is antipyretic
- · Paste is also used in inflammation and pain
- · Jatamansi act on digestive, circulatory, urinary, nervous, skin and also reproductive system on all system of the body
- This is a brain and health tonic[7]
- It is used to reduce burning sensation all over the body
- It is best in convulsion and pain in epilepsy, hysteria, syncope, etc it is called as bhutaghna or rakshoghna.
- This is one of the best medicines for headache, and is also a sedative
- This herb is used in loss of appetite abdominal distension, abdominal pain and amoebiasis
- It also helpful in liver enlargement and jaundice by cholagogue action.
- This is useful in infertility, dysmenorrhea and uterine inflammation [26]
- Jatamansi is a very good herb to calm down the agitated mind and keep it in relaxed mode its useful in including deep and relaxing sleep

• It having Hepatoprotective, Antidepressant, Anticonvulsant, Cardio protective, Antifungal, antibacterial, Antiparkinson, Hypolipidemic, antioxidant and stress relieving, nerve system application and neuroprotective activities [24]

Jatamansi use in paralysis :

• It is acts as a brain tonic and help to improve memory and brain function by preventing cell damage due to is antioxidant property.

- . It has been traditionally used in Ayurvedic medicine, for its neuroprotective property
- The roots and rhizomes of the plant used medicinally [25,26].

• Jatamansi has a calming effect on the nervous system and is often used to treat anxiety, stress, and insomnia it is also used to treat seizures, paralysis, convulsions.

- The total extract and the selected water soluble fraction of N.jatamansi have shown antidepressant potential in vivo and vitro study.
- Herb is used in loss of appetite abdominal pain and distention.
- Used in neuromuscular disorders muscle relaxant property widely use in supportive and conventional management of paralysis.
- Root paste mixed with butter and ghee and applied for rheumatism and joint pain [21,27].

#### 5.Vacha :

#### Botanical name: AcorusCalamus Linn

Family: Araceae - Common name : Ugraa, Golomi , Shadranthaa, shataparvaa, sweet flag, etc

Morphology: An aromatic marsh herb, with creeping root-stock.Leaves— distichous, base equitant.Peduncle leaf-like.Flowers— green, densely crowded on a cylindric, sessile ,spadix.Sepals,arbicuiar.Fruits—few seeded berries.Seeds— oblong[28]

Chemical constituents : Alpha-asarone, acorine, eugenol, asarone, caffeine and little astringent matter. Acolamane, acorenone, acoramone, acorone, cis-& trans-asarone, beta asaroneazulene, calacone, calacorene, calamene, calamenol, calamone, calamenone, calamenene, calarene, betagurjunene, camphene, eugenol, relekin, preisocalamendiol, acoric acid, calamendiol, calamenone [28].

#### - Therapeutic uses :

# External use :

• It is widely used as an antiseptic in animals for application on wounds. Being analgesic and anti-inflammatory.its paste is useful in rheumatoid

#### arthritis. osteoarthritis and hemiplegia

• Its juice is used as ear drops for earache and tinnitus. The smoke is effective in painful piles. Pradhamannasya of vacha is useful in heaviness of head, headache

• Vacha is also effective as an antiseptic on wound healing[28,29]

#### Internal use :

• Nervous system : It is very useful in diseases of the nervous system and hence it is a well known medicine for brain since ages. It is highly effective in mania, epilepsy and other brain disorders. Vacha alleviates the excessive kapha accumulated in the manovahasrotas which causes various psychological disorders[21.7,27,29]

• Digestive system : It acts as an appetizer and anti despotic due to its katu and ushnaveerya. Vacha reduces abdominal colic by acting on worms caused by kapha. It is the most suitable drug for inducing emesis for removal of kapha. Vacha can be used in both, vaman and asthapan.[28]

• Respiratory system : Since it is useful in alleviating kapha and vata of the respiratory tract, it is used extensively in cough, asthma, pharyngitis and laryngitis. In these diseases, keeping a piece of vacha in the mouth as a lozenge gives quick relief.

• Urinary system : Vacha is useful in dysuria caused by kapha: It is also useful as a lithottypsic

• Reproductive system : If is an oxytocic. A mixture of saffron, long pepper and vacha is used In painful labour, Vacha is also used in dysmenorrhoea. The most important action of vacha is to clear the obstruction caused by kapha. Vacha + saffron + long pepper should be used as a galactagogue in post partum conditions [28].

#### Vacha use in paralysis :

• Being analgesic and anti-inflammatory. its paste is useful in rheumatoid arthritis. osteoarthritis and hemiplegia. Its juice is used as ear drops for earache and tinnitus. The smoke is effective painfulpiles.

• Pradhamannasya of vacha is useful in heaviness of head, headache. Lassitude, lethargy and excessive sleep. Vacha is also effective as an antiseptic on wounds. It is widely used as an antiseptic in animals for application on wound.

• It is very useful in diseases of the nervous system and hence it is a well known medicine for brain since ages. It is highly effective in mania, epilepsy and other brain disorders. Vacha alleviates the excessive kapha accumulated in the manovahasrotas which causes various psychological disorders [21,7,,30,28].

• It is helpful in clearing the passage of air in rhinitis. It reduces convulsions and pain It's useful in spasmodic contraction of body and paralysis, It reduces bodily kapha and mental dosha and restores consciousness, It is the best medicine for children having lower intellectual level, Vachapowder in small doses with honey is given daily to such children so that their body strength as well as intellectual level improves.

• Effective treatment for paralysis by improving blood circulation and reduce inflammation in the affected area[21 30,7].

## **Conclusion :**

Ayurvedic medicine takes a holistic approach to treating paralysis and reducing its symptoms. Along with herbal medicines, an ayurveda practitioner may offer massage, acupuncture, and other therapies to assist the body regain balance and encourage healing. The five essential herbs covered here have potent analgesic, antibacterial, and anti-inflammatory effects that have been shown to reduce the severity of paralytic symptoms in the event that you require personal assistance. For your optimal health and well-being, our practitioner mix traditional Ayurvedic medicines with cutting-edge medical knowledge. Schedule a consultation with us right away to begin your path to better health. We pledge to provide you with the greatest possible assistance and attention while you go through the healing process. Please contact us right away to learn more about our services and how we can help you achieve optimal health.

#### **References :**

1) sharma V, Sharma R, Gautam DS, Kuca K, Nepovimova E, Martins N. Role of Vacha (Acoruscalamus Linn.) in neurological and metabolic disorders: evidence from ethnopharmacology, phytochemistry, pharmacology and clinical study. J Clin Med. 2020;9(4):1176.

2) Byrne J. Etiology and natural history: diagnosis and evaluation. In: Hallett JW, Mills JL, Earnshaw J, Reekers JA, Rooke TW, editors. Comprehensive Vascular and Endovascular Surgery.2nd ed. Mosby; 2009. p. 243–61. Available from: https://doi.org/10.1016/B978-0 323-05726-4.00015-9

3) Varshney P, Acharya A, Thakur B. Phytochemical profile, pharmacological attributes and medicinal properties of Convolvulus prostratus – a cognitive enhancer herb for the management of neurodegenerative etiologies. Front Pharmacol. 2020;11:171. doi:10.3389/fphar.2020.00171

4) Eske J. Paralysis: Types, symptoms, and treatment. Med News Today [Internet]. 2020 Apr 2 [cited 2025 May 21]. Available from: https://www.medicalnewstoday.com/articles/

5) Sharif H, Jamil M, Ahmed Z, Raza S, Khan MA. Herbal teas for managing sleep paralysis and other sleep disorders: a comprehensive review.

RADS J Biol Res Appl Sci. 2024;15(2):[page range not provided].

6) Ahlawat SK, Sachdev A. Hypokalaemic paralysis. Postgrad Med J. 1999;75(882):193-7. doi:10.1136/pgmj.75.882.193

7) Dhawan P. Best 5 Ayurvedic herbs for paralysis treatment [Internet]. SaiSanjivani; 2023 Mar 31 [cited 2025 May 21]. Available from: https://saisanjivani.com/blogs/best-5-ayurvedic herbs-for-paralysis-treatment/

8) Balkrishna A, Yagyadev S, Arya D, Gautam AK, Arya V. Efficacy of Yagya Therapy in Paralysis Treatment: Some Case Studies. Int J TheorAppl Sci. 2024;16(1):53–7.

9) VrindavanChikitsalayam. Best Ayurvedic treatment for paralysis [Internet]. VrindavanChikitsalayam; [cited 2025 May 21]. Available from: https://vrindavanchikitsalayam.com/paralysis-treatment

10) Deokate N, Thombare S, Mantri A, Patil R. Herbal treatment for paralysis. Asian J Pharm Res. 2024;14(3):341-6.

11) Zahiruddin S, Basist P, Parveen A, Parveen R, Khan W, Gaurav, Ahmad S. Ashwagandha in brain disorders: A review of recent developments. J Ethnopharmacol. 2020;112876. doi:10.1016/j.jep.2020.112876

12) Gupta GL, Rana AC. Withaniasomnifera (Ashwagandha): a review. Pharmacogn Rev. 2007;1(1):129-36.

13) Umadevi M, Rajeswari R, Rahale CS, Selvavenkadesh S, Pushpa R, Sampath Kumar KP, Bhowmik D. Traditional and medicinal uses of Withaniasomnifera. PharmaInnov. 2012;1(9):102–10. Available from: <u>https://www.thepharmajournal.com/vol1Issue9/8.html</u>

14) Mishra LC, Singh BB, Dagenais S. Scientific basis for the therapeutic use of Withaniasomnifera (Ashwagandha): a review. Altern Med Rev. 2000;5(4):334–46. PMID: 10956379.

15) Sangwan RS, Chaurasiya ND, Misra LN, Lal P, Uniyal GC, Tuli R, et al. Phytochemical variability in commercial herbal products and preparations of Withaniasomnifera (Ashwagandha). Curr Sci. 2004;86(3):461–5. Available from: <a href="http://www.jstor.org/stable/24108744">http://www.jstor.org/stable/24108744</a>

16) Sangwan NS, Tripathi S, Srivastava Y, Mishra B, Pandey N. Phytochemical genomics of Ashwagandha. In: Kaul S, Wadhwa R, editors. Science of Ashwagandha: Preventive and Therapeutic Potentials. Cham: Springer; 2017. p. 1–14. doi:10.1007/978-3-319-59192-6\_1

17) Malik J, Karan M, Vasisht K. Nootropic, anxiolytic and CNS-depressant studies on different plant sources of Shankhpushpi. Pharm Biol. 2011;49(12):1234–42. doi:10.3109/13880209.2011.584539

18) Sharma R, Singla RK, Banerjee S, Sinha B, Shen B, Sharma R. Role of Shankhpushpi (Convolvulus pluricaulis) in neurological disorders: an umbrella review covering evidence from ethnopharmacology to clinical studies. NeurosciBiobehav Rev. 2022;140:104795. doi:10.1016/j.neubiorev.2022.104795

19) Sethiya NK, Nahata A, Singh PK, Mishra SH. Neuropharmacological evaluation on four traditional herbs used as nervine tonic and commonly available as Shankhpushpi in India. J Ayurveda Integr Med. 2019;10(1):25–31. doi:10.1016/j.jaim.2017.08.012

20) Malik J, Karan M, Vasisht K. Nootropic, anxiolytic and CNS-depressant studies on different plant sources of Shankhpushpi. Pharm Biol. 2011;49(12):1234–42. doi:10.3109/13880209.2011.584539

21) Deokate N, Thombare S, Mantri A, Patil R. Herbal treatment for paralysis. Asian J Pharm Res. 2024; 14(3):341-6.

22) Shree P, Mishra P, Selvaraj C, Singh SK, Chaube R, Garg N, Tripathi YB. Targeting COVID-19 (SARS-CoV-2) main protease through active phytochemicals of ayurvedic medicinal plants–Withaniasomnifera (Ashwagandha), Tinosporacordifolia (Giloy) and Ocimum sanctum (Tulsi)–a molecular docking study.Journal of Biomolecular Structure and Dynamics. 2022 Jan 2;40(1):190-203.

23) Saxena C, Rawat G. Tinosporacordifolia (Giloy)-Therapeutic uses and importance: A review. Current Research in Pharmaceutical Sciences.2019 Oct 15.

24) Purnima BM, Kothiyal P. A review article on phytochemistry and pharmacological profiles of Nardostachysjatamansi DC – medicinal herb.J PharmacognPhytochem. 2015; 3(5):102–6.

25) Tambakhe J, Singh V, Parwe S, Nisargandha M, Asutkar S. CNS protective drugs: an overview. Int J Life Sci Pharm Res. 2023;13(3):L27-34.

26) Panara K, Nariya M, Karra N. Central nervous system depressant activity of Jatamansi (Nardostachysjatamansi DC.) rhizome. AYU. 2020;41(4):250-4. doi:10.4103/ayu.AYU\_251\_20

27) Shukla RK, Sharma S, Lodhi S, Nagpal S, Sharma V. The Ayurvedic management of spastic paralysis w.s.r. Pakshaghata: a case report. J Ayurveda Integr Med Sci. 2024;9(8):211–21.

28) Shah NC. The history of the oldest traditional medicinal plant ever known to mankind: Sweet Flag (Vacha) Acoruscalamus L. Tradit Med. 2024;5(3):1–17.

29) Kumar R, Sharma S, Sharma S. A review on Vacha: an effective medicinal plant. World J Pharm Res. 2020;9(6):842–9. Diagnosis and treatment of periodic paralysis. Muscle Nerve. 2018;57(4):522–30. 17.