



AYURVEDIC MANAGEMENT OF EKANGAROGA WITH SPECIAL REFERENCE TO WRIST DROP-A CASE REPORT

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ABSTRACT:

Vata Dosha is the life, it is the strength. It is the sustainer of the body, it holds the body and life together. *Vata* is all pervasive and *Vata* is the controller of everything in the universe. *Nidanas* like Intake of *Ruksha* (dryness), *Sheeta* (Cold), *Alpa* (less quantity) and *Lagu anna* (light to digest food), *Prajagara* (Remaining awake at night in excess) etc leads to the aggravated *vata*, fills up the empty channels (*srotas*). Thus it produces different ailments affecting the whole body or part of it. *Aavyakta Lakshana* (indistinct manifestations) of the signs and symptoms of these ailments hence treatment as earlier is important. Thus, signs and symptoms caused by aggravated *Vayu*, on the basis of its location in different parts of the body are described. By afflicting half of the body, the aggravated *vata* may cause *sanga* of the vessels and ligaments as a result of which there will be *daurbalya*, one hand along with aching or piercing pain. This is called *Ekanga roga*. Wrist drop is a condition, may be correlated to *Ekanga roga*. A 64-year old male subject came to DGMAMC, GADAG, with left wrist drop since 1 day. Followed by tingling sensation. Subject received *Abhyanga*, *Bhaspa sweda*, *Avapeedana nasya* which follows *Samanya chikitsa* of *Vatavyadhi*.

Keywords: *Ekanga roga*, Wrist drop, *Sarvanga sweda*, *Bhaspa sweda*, *Avapeedana nasya*.

INTRODUCTION

The *Vyanavata*^[1] moves very swiftly throughout the entire body. It always functions in the form of *Gati, Prasarana, Akshepaka, Nimeshadikriya*^[2]. The 5 types of *Vata dosha*^[2] get located in different *sthanas*, when impaired, they afflict the body with diseases, specific to their locations and functions. Excessive movements cause aggravation of *Vata* which fills up the vacant channels in the body producing disorders in one part of the body. Thus, signs and symptoms caused by aggravated *Vayu*, on the basis of its location in different parts of the body are described. *Pakshvadh*a (hemiplegia), *Ekangaroga* (Monoplegia) and *Sarvangaroga* (paralysis of the entire body):

By afflicting half of the body, the aggravated *vata* may cause *sanga* in the vessels and ligaments as a result of which there will be *daurbalya*, in one part of hand along with aching or piercing pain. This is called *Ekangaroga*^[2]. Symptoms like pain, tingling is due to involvement of *Vata*, so the line of treatment should be *Vatahara* and *Brumhana chikitsa*.

Wrist drop^[3] is caused by damage to the radial nerve, which travels down the arm and controls the movement of the triceps muscle at the back of the upper arm, because of several conditions. This nerve controls the backward bend of wrist and helps with the movement and sensation of wrist and fingers. Causes^[4] of the compression by unrelieved pressure on radial nerve (from things such as sleeping with the arm trapped under the body), Use of crutches, long terms constriction of the wrist (tight watch or

bracelet). Its clinical symptoms include motor weakness with sensory disturbances; weakness of the wrist and fingers, numbness or tingling of the hand, pain, muscle shrinking.

In some cases, complications may occur, including partial or complete loss of feeling in the hand. If the radial nerve doesn't heal completely, numbness may be permanent. Partial or complete loss of wrist or hand movement.^[3]

Intake of *Ruska* (dryness), *Sheet* (Cold), *Alpha* (less quantity) and *Lag Anna* (light to digest food), *Prajagara* (Remaining awake at night in excess), *Atiplavana* (Excessive swimming), *Atilanghana* (Excessive fasting), *Atydhva* (Walking for long distance), *Ativyayama* (Resorting to wayfaring, exercise and other physical activities in excess), *Dhatu Samkshaya* (depletion of body tissues, loss of *Dhatu*s), *Chinta shokakarshana* (Excessive emaciation because of affliction of diseases), *Vega vidharana* (suppression of natural urges).

Sankocha (Contraction), *Parvanamstambhabheda* (stiffness of joints and pain), *Khanjya- Pangulya-Kubjatva* (lameness of hands and feet, hunchback, shortness), *Anganamsosha* (Atrophy, emaciation of limbs), *Anidra* (insomnia), *Spandana gatraptata* (twitching sensation and numbness in the body).^[5]

***Samprapti ghataka*^[5]:**

<i>Dosha:</i>	<i>Vata- vyana,</i> <i>Kapha- Sleshaka</i> <i>Pitta- Pachaka</i>
<i>Dushya:</i>	<i>Rasa, Meda, Majja</i>
<i>Upadhatu:</i>	<i>Sira, Snayu</i>

<i>Dhatu mala:</i>	<i>Kapha</i>
<i>Agni:</i>	<i>Jataragni and Dhatvagni</i>
<i>Agnidushti:</i>	<i>Mandagni</i>
<i>Ama:</i>	<i>Agnijanya</i>
<i>Srotas:</i>	<i>Annavaaha, Rasavaha,</i>
<i>Asthivaha</i>	
<i>Srotodushti:</i>	<i>Sanga</i>
<i>Udbhavasthana:</i>	<i>Amashaya. Pakvashaya</i>
<i>Sancharasthana:</i>	<i>Annavaahasrotas, Dhamani,</i>
<i>Kaphasthana</i>	
<i>Adhisthana:</i>	<i>Kaphasthana like sandhi,</i>
<i>Amashaya</i>	
<i>Vyaktasthana:</i>	<i>Sandhi, amashaya, uras</i>
<i>Svabhava:</i>	<i>Chirakari, kashtasadhya</i>
<i>Roghamarga:</i>	<i>Madhyama</i>

***Samprapti*^[5]:**

Nidana sevana (viruddhaahara, mandhachesta etc)



Vata dosha vikriti along with other dosha which produced in the body



Through srotas,siras and dhamanis



Sthanasamshraya in left wrist



Karma kshaya, Spandana gatrassuptata



Ekangaroga (Left wrist)

***Sadhya-Asadhyata*^[3]:**

The above mentioned diseases could be treated only under the following circumstances:

- If these ailment are of recent origin
- If the patient is strong and
- If these are not associated with complications.

Patient details:

Pradhana vedhana

A 64year old male subject came with left wrist drop since 1day. Followed by tingling sensation. No pain and swelling. Visited *Kayachikitsa* department with OPD NO.-4026.

Subject occupation- Printing press and walks from home to office around 3km to 5km.

Subject was fine before a day but after waking up in the next morning he couldnot extend his left wrist so he took allopathic treatment for a day. But on advice of others to seek Ayurvedic treatment subject came to DGM Ayurvedic Medical College and Hospital for treatment.

Anubandha vedhanavrittanta

Known case of Hypertension since 10years and Diabetes mellitus since 8years. On medication and under control.

Chikitsa vrittanta

For this condition patient received Allopathic line of treatment for one day.

Kautumbikavrittanta

All family members are said to be healthy.

Clinical examination

Ashtavidhapariksha

Nadi (Pulse): 70b/min, *Mala pravrutti*(Stool): 1time/day, *Mutra pravrutti*(Urine):4-5times a day, *Jihwa*(Tongue): *Aliptata*, *Shabda* (Hearing): *Prakritha*, *Sparsha* (Skin): *Shitoshna*, *Druk* (Eyes): *Prakrita*, *Akriti* (Stature): *Avara*

Systemic Examination

CVS: S₁, S₂ heard

RS: NVBS

CNS: Conscious, oriented

O/E: Reduced strength, inability of extension of left hand, Grip strength absent
Reflexes- Supinator reflex absent
Abdomen: Soft, NAD

- *Servinghaspsweda*^[5]
- *AvapeedanaNasya*^[5]
- *Shamanaushadhi*
- *Pathya-Apathya palana*^[6]

Materials and Methods

Treatment plan

- *Sarvanga abhyanga*^[5]

Table 1: Showing schedule/Intervention

Date	Treatment	Medicine/Procedure
30/1/23- 06/2/23	<i>Sarvanga abhyanga</i> <i>Sarvangabhaspa sweda</i> <i>Avaapeedana Nasya</i>	<i>Mahavishagarbha taila</i> <i>Vatahara dravya (Eranda patra etc) used for Sweda</i> <i>Yashtimadhu choorna, Trikatuchoorna, Tulasi patra, Ksheera</i>
30/1/23- 06/2/23	<i>Shamanaushadi</i> <i>Pathya-Apathya</i>	<i>Cap Palsineuron</i> - 1cap- thrice a day -After food <i>Ekangaveera rasa</i> - 1 tab thrice a day- After food <i>Ashtavargakashaya</i> - 15ml- two times a day- Before food <i>Vajigandhadi yoga</i> - 2Cap- twice a day- After food
	<i>Apathya</i>	<i>Apathya ahara</i> -Potato, Brinjal, Sprouted grains and grains, curd, Non-veg, Chillies, Fried food etc <i>Apathya vihara</i> - <i>Divaswapana</i> , Cold water, Chinta, Exposure to Air etc
	<i>Pathya</i>	<i>Pathya Ahara</i> - Ganji, Kichidi, Rice and Rasam <i>Pathya vihara</i> - Early sleep at 8:00pm after one hour after food, Exercise intermittent of 3 hours for hand, Luke warm water etc
06/2/23	<i>Shamanaushadhi</i> <i>For 15 days follow up</i>	<i>Cap Palsineuron</i> 1cap- thrice a day -After food <i>Ekangaveera rasa</i> 1 tab thrice a day- After food <i>Ashtavargakashaya</i> - 15ml- two times a day- Before food <i>Vajigandhadi yoga</i> - 2Cap- twice a day- After food

Table 2:Assessment of Results

Features	BT	AT
Left wrist drop	Present +++	Absent
Flexion	Absent	Present
Extension	Absent	Present
Lateral Movement	Absent	Present
Circumduction	Absent	Present
Grip strength	Absent	Improved

Showing images before and after treatment

BEFORE TREATMENT

AFTER TREATMENT

Pictures captured on 30/1/23

Picture captured on 6/2/23

Image 1: Front view pronation BT & AT



Image 2: Lateral view pronation BT & AT



Image 3: Right hand extension BT & AT



Image 4: Left hand extension BT & AT



- *Amapachana dravya* helps in maintenance of *Agni* and do *Agni sandeepana karma*.

Probable mode of action

- Both *Snehana* and *Swedana* help in the movement of *Dosha* and *Dosha sithilikarana* and bring *Doshas* from *Shakas* to *Koshta*.
- *Vyavayi* property of *Nasya* is responsible for quick absorption, while *Vikasi guna* causes softening and loosening of the bond by *Dhatu shaaitilyakarana*.
- Due to *Ushna guna dosha sanghata* is liquefied.
- *Tikshnaguna* of *Nasya* produces due to *snehana* of *dosha* which are already softened due to *snehana* and *Swedana* so liquefied *Dosha* dragged to *Koshta* and eliminate from the body.
- *Pathya-apathyahelp*s to regulate the physiological functions of the body.

Discussion

- Subject has Irregular intake of food and food habits and occupational cause as subject works in printing press (use of hand)
- Depending on *lakshanas* and *nidanas* according to *Charaka samhita* treatment is planned accordingly considering the *roga* and *rogi bala, prakriti* etc
- *Panchakarma* Intervention and at earlier stage prognosis is *saadhya*.
- Symptoms disappear once circulation is re-established or decompression accomplished through movements.

Conclusion

Abhyanga relieves tiredness and excess of *Vata*, nourishes body tissues. After considering the *Roga, Rogibala, Prakriti* appropriate *Aushadha* can be selected to deal with the condition of the subjects. Subject condition improved with complete extension of left hand and no tingling sensation. *Pathya* and *apathyahelp*s has been advised with *shamanaushadis* for 15 days.

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