

‘A Conceptual Review on Apasmara’

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ABSTRACT:-

Mental health includes our emotions psychological and social well being according to WHO is a state of complete physical, mental and social well being and not merely the absence of disease .

Today modern generation different kind of stress, physiological pressure Mental ,sleeplessness play games in mobile and laptop, faulty diet and life style, etc.All this conduct generally of Mental disease gradually. Epilepsy is a common Neuropsychiatric disorder With Major public health illness all over world. Epilepsy in which the central nervous system identified by periodic loss of consciousness with or without convulsion.

According to Ayurveda all Neuropsychiatric disorder under the heading of mansikavyadhi .Apasmara in one of them The main features of Apasmara impairment memory or awareness.Apasmara is one of them disease which effect both sharir and mana.Mental & physical health are equally important compounds of over all health.

I. INTRODUCTION:-

According to the charaka in the science of medicine the term “Apasmara” implies loss of memory characterized by loss of consciousness (smreteapgam) and disgusting movement of limbs (bhibatsyachestam) caused by derangements of intellect and the Mind (Dhi-satva-samplavat)¹. Smriti (memory) is recollection of past objects or events and ‘apa’ means elimination or loss thus “apasmara” is defined (as loss of memory) and this disease leads to death.²

The characterized features of Apasmara are explained . In this ailment the patient loses his memory during the periods of attacks because of his entering into the darkness. he loses his consciousness as a result of which several disgusting physical activities like foam coming out from the mouth and

convulsion movement of the limbs appear. loss of memory and manifestation of various disgusting physical movement are caused by the derangements of the intellect as well as the mind. The term ‘samplava’ implies unnatural state.³

The clinical features of Apasmara can be correlated with Epilepsy in modern medicine. A seizure is any clinical event caused by an abnormal electrical discharge in the brain whilst epilepsy is the tendency to have recurrent seizures’ single seizures is not epilepsy but is an indication for investigation. The recurrence rate after a first seizure approaches 70% in the first year. the life time risk of a single seizure is 5% whilst the prevalence of epilepsy is 0.5%.⁴

The estimated proportion of the general population which active epilepsy at a given time is between 4 and 10 per 1000 people. Globally an estimate 5 million people are diagnosed with Epilepsy each year.

NIDAN OF APASMARA:-

- Aaharaja:- Dosas aggravated and excessive use of sense objects and actions and dirty food . Acharya sushruta told that virudha Malinaahara etc.
- Vihara :- vegdharna is included. Are over powered by rajas tamas and perform coitus with (Rajaswala) menstruating women affect the mind and cause epilepsy⁵
- Mansika :- occlusion the heat by the aggravated dosas and afflictions of mind by worry (chinta), passion (kama), fear (bhay), anger (krodh), grief (shoka), anxiety,⁶
- Mithyatiyoga Here “ ayoga” in understood Malin by Dosas -vata, pita, and kapha also rajas and tamas⁷
- Supervision of satva (one of the attributes of the mind describe purity and consciousness) by

rajas (another attributes of the mind describe energy and dynamics) and tamas (passively and ignorance)⁸

CLASSIFICATION OF APASMARA⁹:-

The apsmara classified basically:-

- 1.Vataj
- 2.Pittaj
- 3.Kaphaj
- 4Sanipataja

PURVA RUPA (PRODROMAL SYMPTOMS)¹⁰:-

- Tremors and feeling of the emptiness of the heart.
- Dizziness
- Seenig darkness before the eyes.
- Worry, drooping of the brows.
- Abnormal movement of the eyes.
- Hearing non-existing sound
- Sweating
- Flowing out of saliva and nasal secretion .
- Indigestion
- Loss of appetite
- Fainting
- Gugling noise in the abdomen
- Loss of strength ,loss of sleep body ache,thrist,
- Dream of singing, dancing, drinking oil,and urinating the same.

CHARACTERISTIC FEATURES OF APASMARA¹¹:-

1.VatikaApasmara :-

- Kampte (trembling)
- Pradeshe dantan (gnashing of theeth)
- Phenoudgam (throwing out foam from the mouth)
- Swashiteyapi (Panting)
- Parusya, arun Krishnani, Paschedarupani cha anilat (the patient gets visual aura of foam which are rough pink or black in colour)

2.Patika Apasmara:-

- Pita phena (yellowness of the foam, limbs face and eyes)
- Pittaasrgya rupadarshana (he gets visual aura of yellow or blood red object)
- Trushna ushnanalvyaptalokadarshi (he suffer from morbid thirst and heat, he visualized the whole world as if set in flames)

3.Slaimika Apasmara:-

- Shukraphena angavakraaksha (white color of the foam body face and eyes)
- Shitoang (feeling cold in body)
- Guru (heaviness)
- Paschetshukrani rupani (the patient visualized the aura of white object)
- He recovered fit after a long time.

4.Samnipatika Apasmara:-

- Apasmara of samnipatika type shares the symptom of all the three Dosas .this condition in incurable.

SAMPRAPTI (PATHOGENESIS)¹²:-

Hetu Sevan
Vatadi dosh prakopa
Sthansamshray at hrudaya
Manovahastrotusavarodha
Indriyavikruti
Sangyavahashrotusavrodha
Apasmara veg
Smrutinasha

SAMPRAPTI GHATAKS OF APASMARA:-

- **Dosas:-**Vata -Prana,Vyan,Udanvayu
- Pitta -Sadhak Pitta
- Kapha-Tarpak Kapha
- **Dushya:-**Rashadhatu ,Mana
- **Agni:-**Mandhya
- **Srotodusti Prakara:-** Sanga
- **Srotas:-**Manovaha
- **Kha-Vaigunya :-**Mana
- **Udbhavasthana:-**Hruday
- **Adhithana :-** Mana, Indriya
- **Vyadhimarga:-** Madhyamamarg

SADHYA -ASADHYA:-

Apasmara which occurs in emaciated persons or which is of long standing is also incurable.The aggravated Dosas cause attacks of epilepsy once in fifteen days, twelve days or a month.The attacks may however takes place ever after a shorter period.Apasmara caused by all the three Dosas is incurable .¹³

LINE OF TREATMENT:-¹⁴

The physician should first of all restore the activities of the hruiday,stotras,and mana. Which are oculated by dosas by the use of tikshna (strong)remedial measures like vamanadi karma.

- The patient suffering from vatikaApasmara should be administered mainly basti therapy.

- Patika type of Apasmara should mainly be given virechana therapy.
- Slaismika type apasmara should mainly be given vama.
- Depending upon the requirement of the patient however other therapies could also be administered
- Acharya sushruta also recommend sirabedha from the veins of the temples in Apasmara.¹⁵

TREATMENT OF CHRONIC APASMARA:-¹⁶

If the apasmara roga is resistant to conventional modes of treatment if it is chronic and if it has acquired a well supported then should be generally treated with the following recipes of medicine .

1. Lahsunam tailum (Garlic with oil)
2. SATavari paysha(Satavari with milk)
3. Bramhi rasa (Juice of brahmi with honey)
4. Kustha ras (Juice or decoction of kustha with honey)
5. Vacha with honey

Strong elimination and alleviation therapies depending upon the specific requirement are useful for patient suffering from epilepsy when this is associated with extrinsic causative factors then mantras etc.¹⁷

Precautions - the patients suffering from apasmara and unmad should be specially protected from water fire tree mountains and uneven places the may causes immediately death of the patients¹⁸

SAMSAMANA CHIKITSA¹⁹ :-

- **Rasa/bhasma/pisthi** :-
- Vatakulantak rasa ,Bhootbhav rasa/ Chand bherav rasa, SmritiSagar rasa , Paradbhasma , Chaturbhujrasa.
- **Vati**:-
- Bhramhivati, sarpaghanda ghanvati ,arogyavardhanivati.
- **Churna**:- kalyanakchurna, vachachurna , ashwagandhachurna,sarswathchurna ,shatavarichurna .
- **Kwath** :- dashmoolkwath,mansyadikwath
- **Asava/ Aristha**:- bhargyadi ,saraswataristha, ashwagandharistha,dasmoolaristha.
- **Grihta**:- panchgavyagrihta, mahapanchgavyagrihta,bramhigrihta,mahacheta sgrihtha,swalpachetasgrihta,sidharthakgrihta ,sendhvadigrihta,

- **Taila**:- katbhyaditaila ,palankasaditaila, godhaditaila , shigruaditaila .

II. CONCLUSION:-

Apasmara is a Neuropsychiatric disease & has episodic manifestation.Ayurveda believes in balancing dosha to remove the root cause of the disorders and normlize the brain activity condition.

In the condition of Apasmara the main of the treatment is to calm the Dosas and to clear the obstruction of sangyavahastrotas. Duration of the treatment should be planned according to chronicity ,severity etc.

Treatment of epilepsy in charakasamhita are very detailed and the outlined herbal preparation may be used in Ayurveda treatment.

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