

Management of *Kampvata* Using Ayurveda and Traditional Medicine in Sri Lanka: A Case Study

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ABSTRACT:

Most of the diseases associated with *Vata dosha* (~one fundamental *dosha*) are degenerative disorders related to nervous system. Eighty (80) types of *Vataja nanatmaja vikara* (~diseases that are caused purely by *Vata dosha*) are described in Ayurveda texts. *Kampavata* (~caused by the vitiation of *Vata dosha*) is one among them with *Karapaadatale kampa* (~shaking of the hands and feet), *Matiksheena* (~mentally exhausted), and *Nidra-bhanga* (~disturbed sleep). *Kampavata* can be correlated with Parkinson's disease, a progressive neurological disorder. It is commonly affect People between the ages of fifty to sixty and gradually leads to motor symptoms such as rigidity, bradykinesia, tremors and impaired balance and walking disability. Symptoms start slowly and first symptom may be a barely noticeable tremor in one hand or sometimes a foot or the jaw. The disorder also cause stiffness, slowing of movement and trouble with balance that raises the risk of falls, mental health and sleep. A 70 year old male patient presented with *Shirsha Kampa* (~head shaking) 01 year duration and both hands shaking 6 months ago (~right hand dominant) with some other *Vata*-dominant complains. Treatment protocol primarily focused *Vata shamana* (~pacification of *Vata*) and *Rasayana* (Rejuvenation) therapy. Internally, decoctions along with other Traditional and Ayurveda formulations were administered. Externally, Snigdha (oleation) and *Sweda karma* (Sudation therapy) used to support the treatment process. Results showed significant reduction of main symptoms of *Kampavata* with the treatment and improved the quality of life of the patient.

KEYWORDS: *Kampavata*, *Parkinsonism*, *Traditional Medicine*, *Vata shamana*, *Rasayana*.

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INTRODUCTION:

Kampavata, is mentioned under the 80 types of *Vataja nanatmaja vikara* with the impairment *Gatikriya* (~act of moving) of *Vatadoshaas Vatavrudhi* (~increase in the quantity of *Vatadosha*) and *VataKopalakshana* (~signs of *Vata* aggravation). In CharakaSamhita, *Vepathu* (~shaking) has been considered under *Nanatmajaroga* of *Vata dosha*.^[1] In the main, *Dhatukshaya* (~depletion of one or more of the seven bodily tissues) and the *Srotasmargaavarodha* (~Flow obstruction of channels) occurs with aging and it leads to *Kampavata*. It manifests with *Dehabhramana* (~body imbalance), *Karapada Tale Kampa*, *Matikshena*, and *Nidrabhanga*. Charaka mentions that the conditions where *Pitta* is decreased and *Kapha* and *Vata* are increased then they produce symptoms like *Kampa* (~Shaking) and *Stambha* (~Rigidity)^[2]. For the first time Acharya Madhava has mentioned the disease *Vepathu* in a separate chapter, in which it was mentioned that *Vepathu* is characterized by *Sarvanga kampa* (~Full-body shaking) and *Shiro kampa* (~head shaking)^[3]. Based on sign and symptoms, *Kampavata* can be correlated with Parkinson's disease and is a progressive neurological disorder.

Parkinson's disease (PD) is a slowly progressive, degenerative disorder of specific areas of the brain with characterized by tremor when muscles are at rest (resting tremor), increased muscle tone (stiffness, or rigidity), slowness of voluntary movements, and difficulty maintaining balance (postural instability)^[4]. Age is the biggest risk factor for PD, with the median age of onset being 60 years of age^[5]. PD is a multi-factorial disease, with both genetic and environmental factors playing a role. Majority of Parkinsonism cases probably are

not associated with a specific genetic abnormality. Environmental influences may also contribute the risk, although the relationship between the development of the disease and factors such as smoking, caffeine, and pesticide exposure continues to be poorly understood.

As the disease progresses, motor symptoms worsen over time, with the onset of further complications associated with long-term Levodopa therapy. These include non-motor fluctuations, dyskinesias, and psychosis that are more difficult to manage^[6].

Treatment for *Kampavata* was based to remove the obstruction of the *Srotas* and improvement of nutritional condition of the body tissues. Base on that, treatment should be adopted with the *Mrudu shodhana* (~purification therapy), such as *Mrudu virechana* (~mild-purgation therapy), *Vata shamana* (~palliative medications) and later *Tharpana* (~rejuvenation therapy) for both external as well as internal.^[7]

CASE REPORT:

A patient of 70 years old male Sri Lankan, worked as a labour has been diagnosed with *Kampavata* one year before with symptoms and after doing the MRI scan of the brain. Before introducing the treatment, informed consent was taken from the patient with explaining the treatment plan.

Chief complaint was *Shirsha kampa* (~head shaking) duration 01 year and by-lateral hand shaking 6 months ago (right hand dominant) and other complains are *Supti* (~numbness) of in toes in both limbs from 02 months, constipation and *Aruchi* (~reduce appetite) and *Klama* (~tiredness) present from 2-3 months. According to the patient, excess sleepiness and memory loss complained after taking Allopathic medicine

from 02 months. Since the onset of *Kampavata* symptoms, patient did day today work but less confident with reaction time, less confident walking outside, but no issues with dressing/bathing, or climbing stairs. Patient came for the Ayurveda treatments 04 months back.

According to his treatment history, it showed that he was not receiving any medicine at the time of presentation; however, he had been treated with allopathic medicine in the past. Patient was examined for tremors in rest position, with hands pronation and resting on their lap. Ask patients to raise their arms forward in an outstretched position, holding it for at least 10 seconds to differentiate from other types of tremors. On examination, resting tremor on head and both hands, slight flex position, rigidity with slowness in walking, slight reduction in coordination, decreased hand-writing size while writing, mild rigidity (cogwheel type), and slight masked face were present. Also, moderately affected the speech and sometimes asked to repeat statements, Occasional choking was present. Patient is non-smoker, no longer drinks alcohol.

On neurological examination, dermatomes, upper motor neuron functions, and deep tendon reflexes were tested and found to be within normal limits. Patient with Weight - 73Kg., Height -5.6 feet., BP -140/90 mmHg., Pulse - 78/min., Respiratory rate - 19/min., and Temperature - 37.2°C. Symptom severity was evaluated at three stages: prior to treatment initiation, during the course of treatment, and following its completion.using the UPDRS scale of Parkinson's disease. The UPDRS scale includes series of ratings for typical Parkinson's symptoms.^[8]

The investigations and their results prior to the administration of Allopathic medicine are presented in Table 1. and based on the assessment, Ayurveda treatment was initiated.

THERAPEUTIC INTERVENTION:

In Sri Lanka, Ayurveda and Traditional medicine (TM) treatments available to manage the symptoms and improve the quality of life of patients with *Vata vyadhi*. Common *Vata vyadhi* treatment principles used to treat this patient. According to treatment principles of Ayurveda and TM, first line of treatment is *Nidana parivarjana* (~avoidance of the causative factors). Patient was advised not to practise *Vatadosha kopakara Nidana Abara-Vihara*, (~dietary and lifestyle factors that aggravate /vitiates *Vata dosha*) as mentioned below. Hence, at first aim to change the lifestyle modification which was done through change in dietary habits and day today regular works. Factors resulting *Vata dosha dushti* (~vitiates or disturbance of *Vata dosha*) such as heavy works, excess physical exercises, suppression of natural urges, awakening at night, using excess cold water and living in cold areas etc. were prevented during treatment period as they cause to progress the disease.

Treatment was conducted for 02 months duration. Treatment starts with the *Mrudu shodhana karma* (~mild form of cleansing therapy) such as *Mrudu virechana* (~mild purgatives) and *Dosha Shamana chikitsa* (~pacifying the aggravated *dosha*) such as: *Agni deepana* (~stimulation of digestive fire), *Ama pachana* (~breaking down of undigested metabolic waste) and *Vata dosha shamana chikitsa* (~treatment for pacifying or balancing aggravated *Vata dosha*) as he was in aged. Later followed the *Santarpana*

chikitsa (~medicine help to develop body tissues) with considering the *Agni* (~status of digestive power) of the patient (If the patient is having low digestive power, it is not suitable to start *Santarpana chikitsa* (~nourishing therapy). All the internal medicines were given in accordance with the reference dose. Treatment scheduled given for the particular 02 months is mentioned in Table 2.

Ingredients of the Traditional Recipes: ^{19]}

Chandra Kalka-

Chandra Kalka is a semi solid preparation used in the Sri Lankan Ayurvedia tradition. It is described as properties of *Vata kapha shamaka* (pacifying *Vata* and *Kapha*) and *Ama-pachaka* (digesting the *Ama*/toxins). Accordingly, It works as *Sroto shodhaka* (cleansing the channels), so that aggravated *Vata* and *Kapha* that are stuck in narrow *Srotas* (channels) can get resolved. It supports to start the previous functions of the tissues including motor functions and improvement in muscle tone and power.

Navarathna Kalka-

Traditionally used for *Vata Kapha* type imbalance (especially digestive disorders). *Navarathna Kalka* contain herbs and bees'

honey and it also helps to digest *Ama*, open *Srotas*, pacify *Vata Kapha dosha*.

Vataroga Kalka-

It also supports symptom reduction in *Vata dosha* dominant conditions. *Vataroga kalka* contain ingredients has *Apana vata anulomana* and *Vata shamana* properties. It also helps to improve the motor and sensory functions specially in the patients with *Vata vyadhi*.

Eta-ata pottani -

Contain 08 ingredients (oily seeds and dried coconut) and prepare it as a *Pinda sweda* (~medicated boluses). It action on *Vata dosha*. It gives the heat (*Ushma*) and oily (*Snigdha guna*) properties and counteract cold, dry, rough qualities of *Vata*. Fomentation opens up micro-channels (*Srotas*), allowing better circulation and removal of metabolic waste (*Ama*). Oily seeds provides *Snehana* properties and heat promotes penetration (*Shukshma gati*), enhancing tissue blood supply, nourishment and muscle functions.

Timeline:

The detailed timeline of the case is provided in Table 2 (for treatment duration) and Table 3 (severity of symptoms by Scoring System).

Table-1: Investigations Done Before Treatment:

Tests	Result
MRI Scan of the Brain	Age related brain atrophy
Full Blood Count	I. WBC- $6.41 \times 10^3 / \mu\text{L}$ II. RBC- $4.46 \times 10^6 / \mu\text{L}$ III. Platelet- $197 \times 10^3 / \mu\text{L}$
Fasting Blood Sugar	97 mg/dL
Blood Picture	Normocytic, Normochromic
Erythrocyte Sedimentation Rate	20mm
Thyroid Profile I. Triiodothyronine (FT 3)	3.58 (pg/ml)

II. Free Thyroxine (FreeT4)	0.890 (ng/dl)
III. TSH (3rd Generation)	4.2 (mIU/L)

Table-2: Treatment Schedule for the Period of Two Months:

	1 st and 2 nd Weeks (27/03/2025to 03/04/2025)	3 rd and 4 th Weeks 04/04/2025 17/04/2025	5 th and 6 th Weeks 17/04/2025 01/05/2025	7 th and 8 th Weeks 02/05/2025 16/05/2025
<i>Snehanachikitsa</i> (external oleation/30 mL <i>Abhyanga</i>)	I. <i>Vatavidurangataila</i> 60mL- application for whole body. II. <i>Sattavaditaila</i> application to head - 15mL	I. <i>Mabhanarayanataila</i> -60mL application for whole body. II. <i>Sattavaditaila</i> application to head -15mL	1) <i>abamashataila</i> -60mL application for whole body. ii. <i>Sattavaditaila</i> application to head-15mL	2) <i>abamashataila</i> -60mL for application whole body. ii. <i>Sattavaditaila</i> application to head - 15mL
<i>Swedanachikitsa</i> (Fomentation)	<i>Etaata pottani</i> for <i>sarvangapinda sweda</i> (content eight ingredients)	<i>Patrapottalapindasweda</i> (Kerala recipe) for <i>sarvangasweda</i>	<i>Patrapottalapindasweda</i> (Kerala recipe) for <i>Sarvangasweda</i>	<i>Patrapottalapindasweda</i> (Kerala recipe) for <i>sarvangasweda</i>
<i>Kvatha/ Arishta</i>	<i>Vasaguduchi kvatha</i> 30mL morning and evening	<i>Vasaguduchi kvatha</i> 30mL morning and evening	<i>Dasbamula arishta</i> 30mL morning and evening	<i>Dasbamula arishta</i> 30mL morning and evening
<i>Kashaya</i>	<i>Arkanantadi decoction</i> 120 mL morning and 120 mL evening	<i>Balamrutavaridaru decoction</i> 120 mL morning and 120 mL evening	<i>Dantimulyadi decoction</i> - 120 mL morning and 120 mL evening	<i>Lasunamdashamulana decoction</i> -120 ml morning and 120 ml evening
Powders (<i>Churna</i>)	<i>Manibhadra churna</i> - 30 grains morning and evening	<i>Manibhadra churna</i> 30 grains morning and evening	<i>Ashwagandha chuna</i> with fresh cow's milk -30 grains morning and evening	<i>Ashwagandha chuna</i> with fresh cow's milk 30 grains morning and evening
Pastes (<i>Kalka</i>)	<i>Chandra Kalka</i> - 10g morning and evening	<i>Navarathna Kalka</i> - 10g morning and evening	<i>Vataroga Kalka</i> - 10g morning and evening	<i>Vataroga Kalka</i> - 10g morning and evening
Pills (<i>Guli</i>)	<i>Chandraprabhavati</i> - 02 pills morning and evening	<i>Yogaraja Guggulu</i> - 02 pills morning and evening	<i>Trayodashanga Guggulu</i> - 02 pills morning and evening	<i>Trayodashanga Guggulu</i> - 02 pills morning and evening

Table -3: Evaluate the Severity of Symptoms by Scoring System

Symptom	BT 27/03/2025	4 weeks AT 17/04/2025	8 weeks AT 16/05/2025
Resting tremor	4	2	0
Speech	3	3	1
Swallowing	3	1	0
Handwriting	2	2	1
Rigidity	3	1	1

RESULTS AND DISCUSSION:

Each answer to the scale is evaluated by a medical professional that specializes in Ayurveda *Kayachikitsa* (General Medicine of Ayurveda) during patient interviews in every two weeks.

After 02 months treatment plan, patient showed improvement in different aspects of clinical symptoms such as resting tremor in both hands and head. Numbness of the right toe was entirely cured but in left numbness was complain at night, loss of appetite was completely improved and patient willing to eat.

After treatment, repeat the Full Blood Count (WBC- $6.38 \times 10^3/\mu\text{L}$, RBC- $4.48 \times 10^6/\mu\text{L}$, Platelet- $180 \times 10^3/\mu\text{L}$), ESR (16 mm/hr) and the Fasting Blood Sugar (110 mg/dL) Levels and all are in normal range. Severity can also be used to evaluate treatment efficiency. The measured symptoms are improved after two months treatments as mentioned in Table 3.

Pacifying of *Vatadosha* is important in management of *Kampavata* (Parkinson's disease) as it is a *Nanatmajavata vyadhi* and main cause is *Dhatukshaya* (~depletion or deficiency of one or more of the seven primary bodily tissues) with the aging and *Srotodushti* (~Vitiating of Channels) with *Margaavarodha* (~obstruction of the channels).^[10] Standard Ayurveda Protocol for Managing *Srotodushti* are *Shodhana* and

Shamana Chikitsa^[11] (~Purification therapy/eliminates the vitiating *dosha*). This is the first step to eliminate accumulated *Ama* (toxins) and remove the obstruction or vitiating in the *Srotas* (body channels). Once the body is purified, *Shamana chikitsa* is used to pacify any remaining aggravated stabilize the system^[11]. *Tarpana chikitsa* (~*Rejuvenation/Nourishment* therapy) particularly important in cases of *Dhatukshaya* (~tissue depletion) or after long-term illness^[12]. Hence, *Tarpana* is applied to nourish and strengthen the *Dhatu* (~body tissues) and restore balance after purification and palliation.

As the patient was of low strength (~*Alpa Bala*), the treatment was initiated with *Mrudushodhana chikitsa*. For this purpose, *Srotoshodhana* was performed using a *Vatanulomana* medicine possessing *Mruduvirechana* properties^[13]. *Vata Shamana chikitsa* applied at the second stage. Initially administered internal medicines are cleansed the *Srotas* and it help to move the *Dosha* and *Dhatu* through *Srotas* without having any obstacle. Later, *Tharpana chikitsa* (*Rasayana* therapy) was administered internally by effective medications.

At the beginning, *Chandra Kalka*, *Navarathna Kalka* and *Vataroga Kalka* (all three are traditional pastes) and are having channel cleansing, *Vata shamaka* properties and nerve stimulating properties. These therapies

help to *Samprapti vighatana* (~break the pathology) of *Kampavata*.

Medicine such as *Dashamularishtha*, *Dantimulyadi decoction*, *Lasunam dashamulanca decoction* and *Ashwagandha churna* gives the *Vata shamana* and *Tharpana* properties. *Ashwagandha churna* is a *Rasayana* drug and it was given with fresh cow's milk. As *Rasayana* drugs are having nutritional supplementary properties and *Medhya rasayana* (~rejuvenating therapy of nerve cells) are specific nerve tonics with nootropic effect. Hence the above prescribed medicine helps to improve patient's symptoms.

Externally, *Sarvanga abhyanga* (~oil application and massage the entire body) and *Sarvanga sweda* (~sweat-inducing treatment of entire body) were administered to pacify the *Prakupitha Vata* as external measures. *Sarvanga abhyanga* was administered to promote muscular and joint strength, provide analgesic effects, and nourish the depleted *Dhatu* (particularly *Kshaya Janya Dhatu*). Additionally, it was supported *Vatabara* (~pacification of aggravated *Vata*) and *Vatanulomana* (regulation of *Vata* in its natural direction) actions. Medicine with *Rasayana* properties are help to nourishing and strengthening the muscles and nerves with all other soft tissues and relieving to calm the nervous system as *Kampavata* is a neuro-degenerative disease. *Eta-ata pottani* (a type of traditional *Pinda sweda*) and *Patrapottala pinda sweda* (*Keraliya type of Pinda sweda*) help in *Vatabara* action and also helps in reducing the stiffness of the muscles in the body.

CONCLUSION:

Hence, the above interventions showed improvement in patient's health, symptoms including tremors and the patient started walking better after treatment. *Vata vyadhi* treatment principles like removing *Marga-avarana*, *Sroto shodana*, *Vatanulomana* had shown effective results in the management of *Kampavata* not only by decreasing the signs and symptoms but also showed improvement in quality of life. Hence, this treatment regimen can be prescribed to many more patients of *Kampavata*.

Declaration of Patient consent:

The informed written consent has been taken from patient for publication of data and images without disclosing the identity of patient.

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