

Efficacy of the regime PB8-YDBNP with medicated enema (*vasti*) treatment in the management of *paksāghāta* (hemiplegia)

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Ayurvedic practitioners recommend conventionally the administration of decoctions, pills, *arista*, external application of oils and fomentation in the management of *paksāghāta*. Administration of medicated enema (*vasti*) has been withdrawn by many Sri Lankan practitioners even though it has been recommended in authentic texts of Ayurveda. Selected regime (PB8-YDBNP) has been used in the management of *paksāghāta* but the efficacy of concomitant administration of selected regime and medicated enema has not yet been scientifically investigated. The objective of this study was to determine the efficacy of concomitant administration of PB8-YDBNP and selected medicated enema in the Management of *paksāghāta*. Randomized two groups (Test and Control) in either sex of volunteer patients (39 - 76 years) were selected for the study with a written consent. PB8-YDBNP was administered to the control group for 60 days continuously in contrast to the test group, which was given PB8-YDBNP for 60 days continuously with *vasti* treatment for 10 days concomitantly. PB8-YDBNP consists of *Baāsabacarādikoṭa* (60ml two times a day), *Yogarājaguggulu* (2 pills two times a day), 1:1 mixture of *Balāriṣṭa* & *Dasamūlriṣṭa* (15 ml two times a day after meals), external application of *Mahānarāyanatbaila*¹ and fomentation with *Patra Poṭṭali*². Medicated enema consists of *Madhutbailikanirūbhavasti* and *Suddhabalāsnebhavasti*³. Symptomatic and functional improvements were assessed using the 5 -point scale and Barthel Index respectively. Statistical Analysis was done using the Fisher's exact test, Wilcoxon signed rank test and Z-test. The statistical packages SPSS, SAS and MINITAB were used for the Analysis. There was no significant difference of male: female ratio ($P > 0.05$), and variation of age, diet, social status, type of onset, duration of illness, *Prakṛti*, and affected parts ($P > 0.05$) in both groups. The effect of treatment in improving the symptoms and functions of test group and control group is statistically significant compared to the before treatment ($p < 0.05$). Test Group has shown significant improvement in symptoms and functional status compared to the control group ($P < 0.05$). Therefore, the study confirms that the concomitant administration of PB8-YDBNP and selected *Vasti* treatment improves the symptoms as well as the functional activities than the administration of PB8-YDBNP alone.

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