

COMPLEMENTARY MEDICINE IN PARKINSON`S DISEASE (KAMPA VATA)

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According to Braak et al. and Przuntek et al. Parkinson`s disease is characterized by disturbances of smelling, contrast vision, sleep skin and gland function, restless legs, depression like disturbed, muscle weakness, neuropathic signs, rigidity, tremor, hypokinesia, dystonia and postural dysfunctions, cognitive and psychotic complaints. We assume that PD starts in the nose and the gastrointestinal tract. We are far away from understanding this tricky disease and a sufficient therapy.

The core idea of complementary medicine is, that anything and everything potentially useful for human health should be explored. All medicine systems should be considered as potentially useful. We have chosen Ayurveda medicine, because in this medicine system exists an healing experience for more than 2000 years. The pathogenesis and therapy of the disease has been described in detail in the Ayurvedian textbooks like Charaka Samhitha. Traditional Indian Medicine (TIM) believes that Kampa Vata is a whole body disease caused by genetic predisposition and intoxication. Five components predestine TIM to be complementary medicine for allopathy: Tridosha Balance, toxicology and detoxification procedures, Yoga, herbal drugs with manifold pharmacological effects and Rasayana with frailty recovery effect. Step by step we have to compare the validity of the many recommended Ayurveda methods. At first we could show that Nashya improves the smelling of PD patients. Analysis of these effect could open new insights in the pathogenesis and therapy of the disease. Together with the Medanta Hospital New Delhi (department of neurology and integrative medicine) we have started a three arm trial to compare the effects of Ayurveda, allopathic medicine and complementary medicine in PD.