

21 - TRANSVERSE MYELITIS TREATMENT IN AYURVEDA

What is Transverse myelitis?

- Transverse simply means across. The **term transverse myelitis** refers to inflammation of the spinal cord. Transverse myelitis is an inflammatory disease condition of the spinal cord and nerves. In transverse myelitis the **myelin sheath** that protects the nerve fibers of the spinal cord gets destroyed. Transverse myelitis is an **autoimmune disease**.
- The damage to the myelin results into a scar which **interrupts conduction of nerve impulse**, causing miscommunication between the nerves in the spinal cord and rest of the body.

Transverse myelitis Ayurveda Perspective

- - Most of the neurological problems found correlation in Vata disorders mentioned in Ayurveda text and to some extent involvement Kapha is also important.
- The exact term of **Transverse myelitis** is not mentioned in Ayurveda texts, but *Urustambha* and *pangulya*, mentioned in Ayurveda text can be co-related in some of the patient's cases diagnosed with Transverse myelitis and can be treated accordingly. **Urustambha** means grave condition in which the thighs become hard and stiff and lose functional ability to move freely.

Is transverse myelitis curable in Ayurveda?

- In early stage **damage of myelin**, there are more chances of better recovery. Recovery may take few weeks or even couple of years depending upon the severity. But if there are no **signs of recovery** in first two or three months, then
- recovery of the condition is always doubtful.

Signs and symptoms of Transverse myelitis

- The **symptoms generally appear very suddenly** and may increase in intensity in a matter of hours, or over the period of months.

Pain

- *sharp and sudden*, initially in the lower back but may spread to the arms, legs, chest, abdomen etc. The areas affected are below the section of spinal cord affected by the disease mainly lower back.

Altered sensations

- *Numbness, tingling, coldness or burning*. Even a light touch or changes in temperature can create abnormal responses. Certain persons complain of a feeling of tightness around the chest, abdomen or legs also.

- **Weakness of the limbs**

- *Weakness depends on the area affected.* It may be restricted to lower extremities only or both the extremities may be completely paralyzed. There will be a feeling of heaviness of the legs. Certain persons may develop severe weakness or complete paralysis with time.
- **Bladder and bowel problems – increased frequency of urination is observed**, urinary incontinence developed with time, difficulty in urination may occur in the initial stage. Loose bowels or constipation may also occur during the crisis period.

- **Complications of Transverse myelitis**

- **Debilitating** and severe pain that lasts for a very long time in the legs. This pain usually does not respond to analgesic. **Partial or total paralysis of the arms or legs** or both can be noted with progression of disease process. **Stiffness or tightness** of the muscles of the buttocks and legs. Spasticity of the muscles occur from time to time and become more intense.
- Erectile dysfunction in males and lack of sexual pleasure in females can be noted with time. Person may suffer from **depression, anxiety and loss of self-esteem** due to chronic pain and disability.

- **Panchakarma**

- **Treatment is planned in two steps in order to correct the condition.**

- **Stage 1 – to purify the body tissues**

- **Podikizzi- valuka pottali (Dry heating with Sand) - Urustambha is Vata and Kapha dominant disease.** There is involvement of Kapha and Ama (Bio-toxins) to vitiate Vata. There is special type of dry heating method to melt **Kapha and Ama to remove blockages** that are generating obstruction for nourishment of body tissues. Treatment will help of Vata to carry proper action in Urustambha.

- **Poddikizzi**

- take soft sand (Sea sand is preferable as in it is natural salt) and heat it up, wrap it in a cloth and make a bolus, use this bolus (Pottali) for create dry heat to the extremities especially legs.



- **Udvartan (Dry massage)**

- Dry massage to the extremities or affected area or the whole body is advised with special herbal mixture of various powders like, *kolkulathadi churnam*, *Vacha* (*Acoruscalamus*), *Ashwagandha* (*Withania somenifera*), *Devadaru* (*Cedrus deodara*), *Pippali* (*Piper longum*), *Haritaki* (*Terminalia chebula*)} This dry massage helps to reduce Aama, Kapha and also offers strength to the muscles with stimulation.

- **Stage 2 – to improve strength and rejuvenation**

- **Snehan Swedan (Oleation and Steam)**

- After removing blockages of excess **Aama and Kapha**, oil [Ayurveda massage](#) with special thailams like (Saindhavadhi Taila), followed by Nadi swedana (Steam with pipe) can be given, which do pacify Vata without increasing Kapha and Aama.

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- **Classical ayurvedic products used in the treatment**

- **Rasasinduram Capsule, Valiya Madhusnuhi Rasayanam, Gulguluthiktham Kashayam**
- Rasasinduram is product that has ability to penetrate deep body tissue to correct inflammation at levels of nerves. This [ayurvedic product](#) has great possibility to stop all kind of auto immune inflammatory process in the body by correcting the blood function with combination of **Gulguluthiktham Kashayam**.



- **Effective single Ayurveda Herbs**

- **Gokshur (Tribulus terrestris)**

- Gokshura is **Rasayana and Balya**. It is **reducing pain**. It is anti-inflammatory and very much effective in strengthening the urinary system. It is better option when there is involvement of **urinary system in transverse myelitis**. It has a calming effect on the nerve as it pacifies Vata and also **regenerates good Kapha**, can be used to regenerate the myelin sheath.

- **Ashwagandha (Withania somenifera)**

- Ashwagandha is good for strengthening the nervous system, and it has a calming and sedative effect on the body and is most famous for its **rejuvenating and nourishing qualities**. It's been used for **treating insomnia and anxiety**, this way it helps person fall asleep better without any side effects. Due to its **sweet taste and warm potency** it pacifies Vata, good for **muscle strength** as well.

- **Punarnava (Boerhavia diffusa)**

- Punarnava literally means, a plant having abilities to rejuvenate. As the name suggests it can be added with other plants to **regenerate the myelin sheath**. Punarnava pacifies all the three dosha especially Kapha, due to its **lekhana karma** it has an ability to reduce the fibrotic tissues.

- **Rasayana chikitsa**

- Classical herbal products like **Chyavanaprasam, Narasimha Rasayanam, Brahma Rasayanam** are very good in any stage of disease to help to stop future degenerative changes with time in the condition of transverse myelitis.



- **PREMATURE GRAY HAIR TREATMENT IN AYURVEDA**

- **What is premature graying of hair?**

- Color of hairs are one of indicating sign for **dominant energy in body** constitution for example in **Vata prakruti** color of hairs is light, while in **Pitta prakruti** it is dark, bet shiny and soft while and in **Kapha prakruti** it is dark and rough with texture. In Ayurveda, condition of **Premature Gray Hair** is called Palitya (premature graying of hair) means changes in color.

- **Ayurveda understanding for premature gray hair - Premature greying hair** is a predominantly a Pitta energy disorder. Anything that provokes Pitta can be a cause of premature graying of Hair.

- **In following conditions, we can find out the reasons for increased pitta dosha inside body**

- Use of **Extremely or very Hot, very spicy, too oily, very salty and sour food, fermented foods, big quantities of meat products** in diet.
- **Frequent use of beverages like alcohol, tea, coffee, curd** also aggravate Pitta to become reason for developing premature graying of hairs.
- **Excessive Anger, excessive passion, work with night shifts, person to be awake for late night** for different reasons like watching movies, reading books, working on computers ..These are general habits that provoke Pitta energy very easily. When Pitta is imbalanced from **wrong food habits and lifestyle mentioned above** settles down in hair or hair root and causes premature greying of hair. Large amount of heat from pitta dosha changes natural color of hairs. To rule out all possible reason for increased pitta from **diet and lifestyle** is a key for **successful treatment of premature graying of hair**.



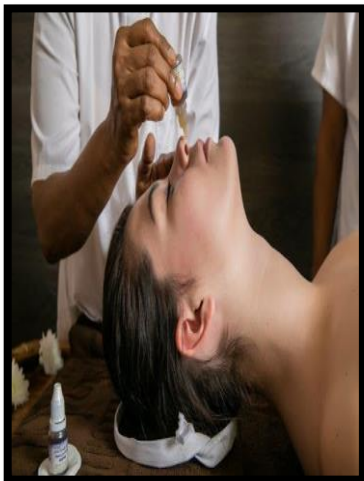
- **Classical Ayurveda products against premature gray hair are**

- *Gandhakarasyanam (101), Briangarajasavam, Loha Sinduram (101), Pravala Bhasmam Capsule, Rajatha Bhasmam Capsule, Tiktakam Kashayam, Narasimha Rasayanam, Kayyanyadi tailam, Kuntalakantitailam, Nilibhringadi keratailam, Valiya Bhringamalakadi Tailam, Cheriya Bhringamalakadi Tailam.*

- **Ayurveda Panchakarma**

- **1. Shirodhara**

- **Takra dhara:** Takra dhara is a procedure of pouring medicated buttermilk over the forehead of the person. Takra dhara is an excellent cure premature graying of hair.
- **Shiro thaila dhara** with medicated Pitta pacifying oils like Amala thailam, Yashti oil, Himasagara thailam can be done to cure premature greying of hairs.
- Nasya is done for **purification and nourishment of body organ** placed in head region. Shamana nasya mainly **Shadbindu Taila, Panchendriya vardhan taila balances doshas** in the head and thus helps in the treatment of hair loss and premature greying. Routine use of nasya is important practice to prevent all kind of hair related issues.
- **3.Basti (Medicated enema)** - According to Ayurveda Hair is the **mala (waste product) of Asthi Dhatu (Bone tissue) and Purish dhara kala (Intestines) is directly linked to Asthi dharakala (Bone)**. Tikta **ksheera basti** (medicated basti prepared with bitter substances) directly acts on the bone tissue, pacify the excess heat and helps in premature greying of hair.



- **Common Home remedies for premature greying of hair**

- **1.Coconut Oil and Curry Leaves**

- _Most common and effective formula, in use form many generations is coconut oil processed with curry leaves. **Curry** leaves has proved as a natural source of calcium, provides nourishments to the hair and hair follicle and corrects melanin formation.
- **Preparation** - Boil curry leaves (about 100 gm) and coconut oil (1kg) together. After the mixture is boiled enough, put it aside to cool down. After cooled down the mixture, filter the mixture and use filtrate for massage. Do the head massage with filtered oil into your hair roots. Leave it for 20 minutes before washing it off with lukewarm water and a mild herbal shampoo.

- **2.Buttermilk and Curry Leaves –**

- Prepare a paste of a bunch of curry leaves and a cup of buttermilk and apply it on your scalp. Keep it for thirty minutes before rinsing it off with a mild shampoo.

- **Important herbs effective in Premature Greying of Hair / Sesame (Sesamum Indicum)**

- **Sesame oil**

- Sesame oil is the best oil for head massage. It is the base oil for many medicated [oils used in Ayurveda](#). Massaging the scalp and the hair roots is an excellent way to reduce gray hair naturally.
- The sesame seeds can be also consumed after dry roasting them. Having handful of **black sesame seeds** first thing in the morning followed by a glass of tap water is excellent nutrition for the hairs. This can be done as a part of breakfast, weekly twice.



- **Bhringaraj (Eclipta alba)** –

- Bhringaraj is also called ‘**King of Hair**’ (**Kesharaj**) and is one of the best natural remedies for premature grey hair treatment. It **corrects metabolism and starts the process of restoring natural color** of the hair. It is called as **Kesharanjan** (Coloring agent for hair). **Bhringaraj powder** can be added to hair packs to retain color, reduce hair loss and promote hair growth.
- One may apply paste of Bhringaraj on the scalp, leave it for half an hour and then wash the hair or can massage the scalp with Bhringaraj oil before shampooing with herbal shampoo, twice a week.
- Eating one fruit a day is the best practice not only to treat premature greying of hair, but it can **correct metabolism, eliminates toxins** and is one of the best rejuvenation medicines.
- Coconut oil processed with fresh amla juice can be used for scalp massage or one can use various hair oils available with Amla. One can also use amla to prevent premature graying of hairs by drinking 30 ml of fresh amla juice daily. Amla powder is an excellent addition to hair masks.

- **Brahmi (Bacopa Monneiri)** –

- **Brahmi** is one of the best herbs for treating stress. It boosts brain and is a very good nervine tonic used in **Ayurveda as a tranquilizer**. Stress is one of the major causative factors for premature greying of hair.
- Brahmi helps best to stop premature graying of hair and helps restore the natural color, lost due to stress. **Massage your hair and scalp with Brahmi oil** to keep Pitta in balance or use the powder in a cooling hair mask.

- **Henna (Lawsonia Inermis)** –

- Henna is the best treatment for grey hair because of its coloring and conditioning properties. **Soak henna** in an iron pot overnight and make a deep conditioning hair mask by combining iron powder, **Amla powder** and other herbs useful in treating *premature greying of hair*.

