A LITERARY REVIEW ON THE ROLE OF BALA TAILA NASYA IN THE MANAGEMENT OF LOU GEHRIG'S DISEASE

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ABSTRACT

Lou Gehrig’s disease is a type of motor neurone disorders occurred as a result of a progressive death of neurones without any specific cause. The sufferer’s of Lou Gehrig’s disease are unable to keep control on their voluntary muscle and usually die within the short period of time because of respiratory failure. There is no any curative medicine found for the disease till date, hence expecting from Ayurveda health science for promising management of Lou Gehrig’s disease. Bala Taila is described in Sahastra Yoga for the treatment of Vatavyadhi, which can be used in diseases like Lou Gehrig’s disease because of its Balya and Vata Shamaka effects. For the management of diseases of nervous system, unique Ayurvedic Panchakarma procedure Nasya is recommended. Though in Lou Gehrig’s disease, there is a pathology in the brain, Nashya of Bala Taila is adopted for the study.

KEYWORD: Bala Taila, Lou Gehrig's disease, Nasya, Vatavyadhi.

INTRODUCTION

The degeneration and regeneration are an opposite and routine phenomenon of the human body. Degenerated body tissues are replaced with newer regenerated tissues to maintain the anatomical balance of the body. However, there are some tissues like brain’s, which are not regenerated.[1] Therefore, if nerve cells become dead, they cannot be restored with its regeneration and begins irreversible pathology known as Neurodegeneration.[2] Such type of pathology involved in the diseases are known as neurodegenerative disease, one of them is Lou Gehrig's disease.[3]
Lou Gehrig’s disease

In the year 1939, the baseball legend of America Lou Gehrig was found affected with the disease, therefore the disease coined as Lou Gehrig’s disease.\textsuperscript{[4]} Earlier, It was termed as Amyotrophic lateral sclerosis (ALS). On the basis of involvement of the main pathology in the disease, it is also termed as motor neurone disease (MND).\textsuperscript{[5]} Lou Gehrig’s disease is begun with muscles stiffness, twitching of muscle and gradually aggravation of weakness due to the reduction of muscles size,\textsuperscript{[6]} which causes difficulty in speaking, swallowing and breathing.\textsuperscript{[7]} The disease is diagnosed on the basis of its signs, symptoms and ruling out of other disorders.\textsuperscript{[8]} It mostly occurs in the later stage of life in their 60s or 70s.\textsuperscript{[9]}

It is a neurodegenerative disease that appears as a result of the death of upper and lower motor neurones in the motor cortex of the brain, the brain stem, and the spinal cord,\textsuperscript{[10]} which control the activities of voluntary muscles.\textsuperscript{[11]} Thus it causes weakness along with atrophy of muscles and ultimately loses the ability to control all voluntary movement including chewing, swallowing, breathing etc.; although bladder, bowel and eye functions are usually spared until the final stage.\textsuperscript{[12]} It was also observed that in more than 50% cases of Lou Gehrig’s disease, the cognitive or behavioural function are also affected in the later stage of the disease.\textsuperscript{[13]}

Importance of study

The Lou Gehrig’s disease is as a result of dying of neurones, which are not regenerated as like another cell of the body.\textsuperscript{[14]} Moreover, the modern medical science isn’t found any way to stop or reverse the neurone degeneration, yet. Means, there is no any curative medicine found for the Lou Gehrig’s disease till date.\textsuperscript{[15]} That’s why most of the sufferers of the disease are end-up within two to five years of the period.\textsuperscript{[16]} Considering the truth, there is a requirement of a right solution of the Lou Gehrig’s disease.

Ayurvedic aspect of Lou Gehrig’s disease

As per Ayurvedic view is a concern, the Lou Gehrig's disease can be correlated with Vatavyadhi because most of its symptoms\textsuperscript{[17]} resemble with the Vatavyadhi. In the pathology of the disease, there is malfunctioning of Prana Vayu as Galana (swallowing), Swavasana (breathing) etc. functions are affected.\textsuperscript{[18]} There is the involvement of Mamsa as Dushya in Kshaya pathology because muscle weakness and muscle atrophy are the also appeared from the initial stage of the disease.\textsuperscript{[19]} Therefore, that kind of remedy is recommended which have
Vatashamana especially Prana Vayu and Balya effect for the management of Lou Gehrig's disease.

*Bala Taila*\(^{[20]}\)
The ingredients of *Bala Tail* are *Bala, Taila* and *Kshira*.

**Bala*\(^{[21]}\)
Latin Name: Sida Cordifolia Linn.
Family: Malvaceae.
Varga: *Karapasadi Varga*.
Parts used: Root (*Moola*).

**Ayurveda Properties**
*Rasa*: Madhura.
*Virya*: Sheeta.
*Vipaka*: Madhura.
*Doshaghnata*: Tridosha.
*Prabhava*: Balya\(^{[22]}\)

**Taila (Tila)*\(^{[23]}\)
Latin Name: Sida Cordifolia Linn.
Family: Pedaliaceae.
Varga: *Patladi Varga*.
Parts used: Seed (*Beeja*).

**Ayurveda Properties**
*Rasa*: Katu, Tikta, Kashaya, Madhura.
*Guna*: Guru, Snigdha, Pichhila.
*Virya*: Ushna.
*Vipaka*: Katu.
*Doshaghnata*: Vata.

**Kshira*\(^{[24]}\)
English Name: Milk.
Ayurveda Properties

Rasa: Madhura.
Guna: Snigdha, Picchila.
Virya: Sheeta.
Vipaka: Madhura.
Doshaghnata: Vata, Pitta.
Prabhava: Jivaniya[25]

AIM
• To treat the Lou Gehrig's disease by Bala Taila Nasya.

OBJECTS
• To understand the Lou Gehrig's disease as per Ayurveda and modern aspect.
• To evaluate the effect of Bala Taila Nasya in Lou Gehrig's disease.

MATERIALS AND METHODS

A. Materials
• Conceptual Material
The conceptual material is gathered from the various sources including modern books, Samhita, classical text of Ayurveda, article of various journals, magazines, internet etc.

B. Methods
Bala Taila Nasya can be performed as per the classical method described in the Ayurvedic classics including Poorva, Pradhana and Pashchat Karma[26] in the repeated cycles.[27]

Method of Preparation of Bala Taila
To prepare Bala Taila, Bala Mool Kwath (6 part) & Kshira (6 part), Taila (1 Prasta) and Kalka of Bala Moola (1/4 part of Taila) are taken[28] and prepared as per the method of Taila Paka preparation described in Shadangadhara Samhita.[29]

DISCUSSION

Reason to select Bala Taila
The control on the voluntary muscles is hampered in Lou Gehrig's disease, which is a function of Prana Vayu.[30] It also affects the muscles, bringing out muscle weakness with its atrophy, which can be understood as Mamsakshaya. Considering this Ayurvedic
pathophysiology of Lou Gehrig's disease, Vatashamaka especially Prana Vayu and Balya medicine should be given. Bala is widely used Ayurvedic drug having Vatashamaka as well as Balya properties. It becomes more efficacious in the form of Taila Kalpana as Tail itself is Param Vatashamaka.\[31\]

In the disease, pathology occurs in the nervous system. Therefore, the medicament given through nose, can directly reach to the brain\[32\] and pacifies the Pranavata. This way Bala in the form of Taila administered through Nasa as Nashya can be fulfilled the criteria of Ayurvedic Management. Bala Taila is also mentioned in Sahastrayoga for the treatment of Vatavyadhi. Hence Bala Taila Nashya is selected for the management of the Lou Gehrig's disease.

**Probable mode of action of Bala Taila Nashya**

Bala with its Vata Shamaka\[33\] property pacifies the provoked Vata and with its Balya\[34\] effect relieves the muscle weakness and its atrophy. When it administered through the root of nose, it reaches to the brain and normalizes the function of Prana Vata. The Taila form of Bala, emphasises its efficacy of Vatashamana. This way Bala have efficacy to treat the Lou Gehrig's disease.

**CONCLUSION**

On the basis of the review article, it is recommended that Lou Gehrig's disease can be treated effectively with Nashya of Bala Taila.

**REFERENCES**


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