

3. KAMPAVĀTA (PARKINSONISM)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Kapikacchu (Mucuna pruriens)	Cūrṇa	3 gm BD	Water	B. P. Vātav- yādhi Cikitsā
2.	Aśwagandhā (Withania somnifera)	Cūrṇa	3 gm BD	Water/ Milk	B. P. Vātav- yādhi Cikitsā

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Mahāyogarāja	Vaṭī	500 mg	Water	B. P.

	Guggulu		BD		Vātav- yādhi Cikitsā
2.	Mahānārāyaṇa Taila	Taila	Q.S Ext. Appli cation		B. P. Vātav- yādhi Cikitsā
3.	Vṛhadvāta cintāmaṇī Rasa	Vaṭī	125 mg BD	Honey/ Milk/ Water	B. R. Vātav- yādhi Cikitsā
4.	Mahārāsnādi Kwātha	Kwātha	30 ml BD	Water	B. R. Vātav- yādhi Cikitsā

C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, rice	Special variety of rice (sāṃvaka, kodrava)
Pulses	Black gram (uḍada), kulattha	Peas (maṭara), chickpea (canā), pigeon pea (arahara), green gram (mudga)

Fruits & vegetables	Garlic, paravala, śigru, brinjal, pomegranate, mango, phālasā, jujube plum (badara, bera), grapes	Beans, lotus stem (kamalanāla), bitter gourd (kāravellaka), Jambo(jambū)
Others	Clarified butter, sesame oil, milk, sour vinegar (kāñjī), coconut water, nourishing (br̥mhaṇa), rejuvenation (rasāyana),	Betel nut, udumbara, alkaline substances (kṣārīya padārtha), honey
Life style	Uction, sudation, exercise, water exercises (jalakrīḍā), gentle pressing (saṃvāhana), sleeping on the ground, bathing, sunlight exposure	Night awakening, sadness, suppression of natural urges, physical exercise, fasting

Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.