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Palliative care in chronic brain diseases, brain atrophy, cerebral atherosclerosis by Dr. Jonwals NAP Therapy-Advanced Ayurvedic Panchkarm

Background & Aim: Prevalence of chronic brain diseases is increasing day by day and is a major cause of physical and mental disability all over world. Cost of medical care and hospitalization is very high. Chronic brain disease causes multiple complications and permanent disability. Even though good medical care and attendance is provided, the patient's condition worsens eventually and the patient is unable to perform his daily physical and mental activities. Hospitalization or constant attendant at home has been the ultimate solution. The average life expectancy as well as qualitative living reduces. Such patients needed palliative care which relieves their sufferings, control their brain disease and prevent further deterioration and ultimately improve physical and mental quality of life and also improve lifespan. This study aimed for assessment of effects of Dr. Jonwals NAP Therapy-Advanced Ayurvedic Panchkarm which is a complete body purification treatment in chronic brain disease patients.

Method: 30 cases of chronic brain diseases are studied. Dr. Jonwals NAP Therapy-Advanced Ayurvedic Panchkarm treatment is given for 150 minutes daily for 90 days irrespective of sex and complications. Dr. Jonwals NAP Therapy- Advanced Ayurvedic Panchkarm; complete body purification treatment has seven stages of treatment, which includes: (1) Abhyangam: Whole body gentle massage with lukewarm herbal medicated oil for 35 minutes in a rhythmic way; (2) Sudation: Medicated steam bath therapy for 20 minutes; (3) Shirovirechanam-Nasya: 10 drops of medicated oil in each nostril and Karn Puram: 10 drops of medicated oil in each ear; (4) Shirodhara: Pouring of medicated decoction on forehead for 60 minutes in a rhythmic way (altered every 5 minute); (5) Heart Basti: Lukewarm medicated oil kept for 40 minutes on chest at heart with the help of a dough around it and changed every 5 minute; (6) Lekhan Basti: Medicated colon hydrotherapy-enema of medicated decoction+medicated oil daily; and (7) Matra Basti: Retention enema of medicated oil daily.

Result: (1) Assessed by symptoms-forgetfulness, dementia, aphasia, seizures, ataxia, slurred speech, nystagmus, tremors (2) Systolic blood pressure (3) Lipid profile and (4) Brain MRI and angiography.

Conclusion: Dr. Jonwals NAP Therapy-Advanced Ayurvedic Panchkarm; complete body purification treatment is found to be very effective in chronic brain disease patients. In 90 days treatment patients' symptoms reduce more than 15%. Tolerance to exertion (walk) improved and patient can walk 25% more distance comfortably. Cerebral artery clogging improved by 20%. Overall improvement suggests 90 days of Dr. Jonwals NAP Therapy-Advanced Ayurvedic Panchkarm improves the quality of life in chronic brain disease patient and leads better self-dependent life. Further study is to be conducted for each parameter on big number of patients and follow up for 10 years.

Biography

Laxman G Jonwal has 29 years of clinical experience. His research is in management of multiple chronic degenerative disorders, NCDs, MODS and lifestyle diseases. He has worked as a Senior Registrar in Medicine Department at Podar Government Medical College (Ayurvedic), Mumbai, India and also worked as a Co-Researcher with Dr. Sunita Jonwal and has invented Dr. Jonwals NAP Therapy for successful management of multiple chronic degenerative disorders.

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