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### Holistic approach of Ayurveda and panchakarma in neurological disorders

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Neurological disorders (Vatavyadhi) are considered as major critical diseases in Ayurveda because of their severity and cured by rigorous Panchakarma and Palliative medicines by skilled physician. There is a description of 80 types of Vatavyadhi in Ayurvedic texts, which can be categorized under four classifications Viz. Kevala vata (Vata alone), Samsarga (Vata in association with Pitta and Kapha), Avarana (due to entrapment by other Dosha/Dhatu/Mala) and Dhatu Kshaya Janya (neuro-degenerative). Due to the faulty diet, faulty lifestyle and genetic causes there is increased incidence of neurological disorders throughout the world. Neurologic disorders and cerebrovascular disease combined represent 7.1% of the total global burden of disease measured in DALY for all causes and ages. Recent research says that intake of statins causes dementia and Parkinsonism. These findings make the people to opt for safe, effective and herbal medicine for neurological disorders. Among the herbal medicines Ayurveda Medicine is the best and effective in treating wide range of neurological disorders. Comprehensive Ayurveda Medicine by its holistic approach of Panchakarma, Palliative medicines, diseases specific Rasayana (Immuno-modulators), dietary recommendations, lifestyle recommendations and Yoga therapy can provide definitive and long-lasting results. Panchakarma therapy not only eliminates the disease-causing toxins but also revitalizes the tissues and has a full therapy role as promotive, preventive & curative modality. In the full paper I am going detail about the concept of neurological disorders, etiology, pathogenesis, diagnosis, and holistic management based on the Ayurvedic literature, research findings, Evidence based medicine and my clinical success stories.

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