

## 11.2. Akshepaka Chikitsa

**Akshepaka Vyādhi (अक्षेपक — convulsive / spasmodic disorders)**

### 1. Samprāpti-Vighāṭana (breaking the pathogenesis)

Step to break	Why it matters
1. Remove Kapha-āvaraṇa	Vāta is “trapped” by sticky Kapha ⇒ first liquefy / expel Kapha with rukṣa-uṣṇa sveda, vamana or mṛdu virecana.
2. Pacify & re-channel Vāta	Once the track is clear, saturate Vāta with sneha (taila / ghṛta), basti and mūrdha-taila to restore its normal gati.
3. Nourish Snāyu-Mañjā (nerves & marrow)	Convulsions injure tissues; use brimhana, balya & rasāyana to protect / rebuild.
4. Soothe Manas & Buddhi	Spasms often precipitated or aggravated by mental shock; employ medhya drugs, dhūmapāna, prāṇāyāma.

### 2. Cikitsā-Sūtra (therapeutic maxim in one line)

“Rukṣa-sveda → Vamana/Virecana | Sneha-svedana-pāna | Yoga-basti + Mūrdha-taila-Nāsyādi | Balya-Medhya-Rasāyana”

(First un-block, then pacify, finally strengthen.)

### 3. Cikitsā (practical toolbox)

#### a. Śodhana (after due snehana & sveda)

- **Vamana** - Madanaphala + Yashtimadhu; ideal in sāma-kapha stage.
- **Mṛdu Virecana** - Trivṛt-lehya, Aragvadhā; chosen when pitta joins.
- **Yoga-Basti (8 / 15 / 30 schedule)**
  - Nirūha: Daśamūla-kaṣāya + taila, madhu, lavaṇa
  - Anuvāsana: Daśamūla-bala-taila / Mahānarāyaṇa-taila

#### b. Śamana Core

Procedure	Common Oils / Drugs	Purpose
Abhyaṅga + Nāḍī-/Avagāha-sveda	Karpūra-, Sarṣapa- or Sahacarādi-taila	Loosen kapha, relax spasm
Śiro-basti / Śiro-dhārā	Ksheerabala 101, Mahānarāyaṇa	Prāṇa-udāna re-alignment
Nasya	Bṛhat-Bala-taila, Ānūtaila	Cranial vāta pacification
Dhūmapāna	Agnimantha, Haridra, Guggulu sticks	Dry up residual kapha

#### c. Oral / Internal Yogas

- Daśamūla-kvātha + Bala-Aśvagandhā chūrṇa
- Yogarāja-Guggulu or Vataghna-vatī (pain & stiffness)
- Mahā-kalyāṇaka ghṛta / Aṣṭāṅga ghṛta (if manas involvement)
- Rasāyana follow-up: Brahmī-ghan, Aśvagandhā-lehya, Śatāvārī-ghṛta



#### d. Pathya-Apathya

- Warm, slightly unctuous, easy-to-digest diet: kṣīra, ghee, māsa-yūṣa, wheat gruel.
- Favor madhura-amla-lavaṇa tastes; avoid excessive kaṭu-tikta-kaṣāya, dry salads, cold drinks.
- Regulate sleep, avoid suppression of urges, loud noise, fright.

#### e. Adjuvant Yoga / Physiotherapy

- Gentle **Anuloma-Viloma, Bhrāmari prāṇāyāma** once acute phase subsides.
- Light passive stretches; no violent exercise.

#### Key Take-aways

1. Think “**Kapha-āvarita Vāta**” lodged in snāyu & mañjā.
2. Treatment sequence matters: unblock → lubricate → expel → nourish.
3. Long-term ghr̥ta-, bala- and medhya-based rasāyana prevents relapse.