# Enhancing the Management of Parkinson's Disease: Investigating the Potency of Rukshana - An Ayurvedic Method - An in-depth Case Study

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## Abstract

*This comprehensive case study explores the efficacy of the Ayurvedic method Rukshana in enhancing Parkinson's disease therapy. This research centres on a 45-year-old female patient who received a Parkinson's diagnosis five years ago. After using conventional drugs, the patient sought further therapeutic alternatives with Ayurvedic therapy. Based on the patient's dosha imbalance and general health evaluation, a particular Ayurvedic method called rakshana treatment was used. The research comprises objective examinations, frequent follow-ups, a thorough review of the patient's development, and a discussion of the therapy results for Parkinson's disease.*

*Keywords: Ayurveda, Rukshana therapy, Parkinson's disease, case study, dosha imbalance, UPDRS score, traditional medicine, neurodegenerative*

**Introduction**:
Parkinson's disease is a long-term neurodegenerative condition that causes symptoms that are both motor and non-motor. Traditional therapies do not aim to heal patients; instead, they manage their symptoms. An age-old medical system called Ayurveda provides comprehensive methods of treating such ailments. This case study investigates using the Ayurvedic medication Rukshana to improve the course of treatment for Parkinson's disease.

**Patient Information:**
The patient was diagnosed with Parkinson's disease five years ago. She is 45 years old. The patient has been using traditional medicine, with varied results regarding reduced symptoms. The patient chose Ayurvedic therapy as a means of obtaining more therapeutic choices.

**Ayurvedic Assessment:**
A thorough Ayurvedic evaluation was performed on the patient, considering lifestyle, food habits, and dosha imbalance. Rukshana treatment was selected based on the patient's Prakriti and Vikriti after the evaluation indicated a Vata dosha imbalance.

**Rukshana Therapy:**
The regimen for Rukshana treatment included food changes, herbal supplements, and lifestyle adaptations. Certain plants with neuroprotective characteristics to assist the neurological system, such as Ashwagandha, Brahmi, and Turmeric, were included to assist the neurological system. Personalized advice for everyday activities, such as exercise, meditation, and relaxation methods, was given to the patient.

**Follow-Up and Outcomes:**
Routine follow-ups were carried out at three-month intervals to evaluate the patient's progress. The study used objective measurements, such as quality of life questionnaires and motor function tests, using established rating scales like UPDRS.

Baseline Assessment: The patient's UPDRS score was 32, and they had tremors, bradykinesia, and postural instability.

Midpoint Assessment: The patient reported improvements in tremors and bradykinesia during the initial three months of Rukshana treatment, with a significant drop in UPDRS score to 18.

Final Assessment: After the six-month research period, the patient exhibited a final UPDRS score of 12, indicating sustained improvement in motor function. Additionally, the patient reported reduced postural instability and overall better mobility.

In addition, the patient reported subjective gains in general well-being, such as increased vitality, improved sleep quality, and a decreased need for anti-parkinsonian medication. These positive outcomes suggest a potential benefit of Rukshana treatment in managing Parkinson's disease symptoms.

**Discussion:**
The results of the case study point to a beneficial effect of Rukshana treatment on the symptoms of Parkinson's disease. Ayurveda's comprehensive approach, which addresses mental, emotional, and spiritual components, could influence the changes seen. To confirm these results, the research recognizes the need for more significant sample numbers, controlled studies, and cooperation between traditional and alternative medicine practitioners.

**Conclusion**:
This thorough case study offers preliminary proof of the possible effectiveness of the Ayurvedic method Rukshana in enhancing the management of Parkinson's disease. To further understand how Ayurvedic treatments may be used to manage Parkinson's disease and eventually improve patient outcomes and treatment choices for this challenging illness, more study is necessary.

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