

Clinical effect of *Matravasti* with *Granthikadi* oil in the management of *Pakshaghata* (Hemiplegia): Case series

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Pakshaghata, or hemiplegia, is the commonest manifestation of a stroke with a neurological deficit affecting the face, limbs, and trunk on one side or either side of the body which greatly impacts the quality of life of the patient. The study has been focused on managing the *Pakshaghata* based on the treatment principles mentioned in Ayurveda. Fifty to seventy year-old male and female patients of *Pakshaghata* presented with weakness, numbness, and heaviness in the right or left upper and lower limbs reported to the I.P.D., Department of *Kayachikitsa*, National Ayurveda Hospital, Borella. Patients were treated with *Snehana*, *Swedana* followed by *Matravasti* for 21 days combined with *Granthikadi* oil *Abhyanga*. The assessment was made according to the National Institute of Health Stroke Scale (NIH-SS); visual field, facial palsy, motor arm, motor leg, limb ataxia, sensory functions, dysarthria and extinction. Overall, NIH-SS decreased. Case 01, moderate stroke reduced to minor, case 02 moderate reduced to minor, case 03 minor stroke reduced to no stroke, case 04 moderate stroke reduced to minor stroke, case 05 moderate stroke reduced to minor. Sensory and motor functions were improved significantly which led to the conclusion that *Matravasti* with *Granthikadi* oil is effective on *Pakshaghata*.

Keywords: *Pakshaghata*, *Hemiplegia*, *Matravasti*, *Granthikadi* oil