

Management of cerebral palsy through integration of physiotherapy with Ayurveda treatment: A case study

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Cerebral palsy is a permanent, non-progressive neuromotor disorder that affects the development of movement and posture, leading to limitations in physical activity and being a leading cause of childhood disability. The treatment of cerebral palsy requires a holistic, multidisciplinary approach that integrates various therapeutic modalities to optimize the patient's recovery and quality of life. Ayurveda treatment helps improve physical symptoms and cognitive functions; at the same time, physiotherapy plays a crucial role in enhancing motor skills, flexibility, and overall functional capabilities. This case study explores the integrated management of a 5-year-old female child diagnosed with spastic diplegic cerebral palsy, utilizing a combination of physiotherapy techniques and Ayurvedic treatment modalities. Assessment was done based on the modified Ashworth scale (MAS), Degree of muscle tone (MRC), Activity of daily living (ADL), Grading for motor milestones (CDC), and Gross motor function classification system (GMFCS). The child underwent a 100-day treatment regimen, which included an individualized physiotherapy plan that targeted specific impairments, as well as oral medicines and *Panchakarma* treatments such as *Udvarthna*, *Sarvanga abyanga*, *Sarvanga nadi swedha*, *Prathimarsha nasya*, and *Yoga vasti* treatment. After the treatment, the patient showed an overall 15–20% improvement in the above-mentioned assessment criteria. The findings of this case study suggest that a combined approach of Ayurveda and physiotherapy positively impacts the management of cerebral palsy. Physiotherapy interventions may enhance motor rehabilitation in addition to the improvement typically achieved through Ayurveda treatment alone.

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