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Ayurvedic Guggulu formulations as support therapy to physiotherapy in treating neurological disorders

Mehul Raval

Himalaya University, India

Ayurveda is an ancient system medicine from India. There are various time tested formulations in ayurveda which are extremely useful in treating neurophysical disorders. There are six types of treatments offered by Ayurveda of which we discuss Rasayana here as support therapy. It works along with physiotherapy in treating neurological disorders. Rasayana helps in promoting strength and vitality; in general it promotes general wellness and optimizes senses. One of the major benefits of Rasayana is that it treats wear and tear of the body and helps rebuilding it. Paralysis, hemiplegia, Parkinson's, Alzheimer's and stroke are most commonly seen besides various motor neuron diseases, inter-vertebral disc prolapse, facial paralysis, poly neuropathy and many such conditions can be treated with various Guggulu Rasayanas. Guggul or bdellium is a gum resin, produced from the stem of a small shrub (*Commiphora wightii*). It is mainly found in dry/arid forests of India. There are various forms of each of above herbs; for example Guggulu to be Trayodashng Guggulu, Yograj Guggulu, Maharasanadi Guggulu, and Punarnavadi Guggulu. These Rasayana in combination with other herbs helps strengthening nerves, bones, joints, muscles and ligaments. Though Ayurveda is person specific therapy, Guggulu formulation being administered over thousands of years can be generalized; above Ayurvedic formulations of Guggulu has helped treating above conditions giving an alternate support to the patients. The paper describes various formulations of Guggulu and other herbs. It has been discussed in detail, their effects on patients. It concludes saying neurological conditions can be treated with help of Guggulu Rasayana.

Biography

Mehul Raval holds Physiotherapy degree from Himalaya University, India. Besides, he also holds a Diploma in Homeopathy and Panchakarma and Yoga. He has keen interest in Ayurvedic Formulations. He is a Consultant Physiotherapist as well as a Panchakarma Practitioner. He has delivered many talks and lectures on above subjects. He has also lead students to take up various challenging practicums in Ayurvedic Formulations.

mehulravaldr@gmail.com

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