

## Guillian Barre Syndrome Cases- Current Scenario and Role of AYUSH

Ragini Patil<sup>1</sup>✉<sup>1</sup>PDEA'S College of Ayurved and Research Centre, Nigdi, Pune, Maharashtra, India-411044

Email: principal\_carc@pdeaayurvedcollege.edu.in



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A recent surge of cases reported in India has put the spotlight on Guillian-Barre Syndrome (GBS), a rare but serious post-infectious immune-mediated neuropathy. It results from the autoimmune destruction of nerves in the peripheral nervous system, which leads to weakness, tingling sensation, and numbness that progress to cause paralysis and eventually death<sup>(1)</sup>. Prior infections with bacterial or viral illness often give rise to the conditions.

**Current Scenario:**

Recent data reveals a severe rise in the incidence of GBS, especially in Pune, Maharashtra, where over 200 cases and multiple fatalities have been recorded. Health officials are investigating the possible causes of this outbreak, including recent virus infections or any other environmental elements<sup>(2)</sup>. The suggested linkage with the causative agents highlights the need for a multidisciplinary approach to treatment and prevention. While conventional medicine remains the primary mode of treatment, integrating traditional treatment, particularly through the AYUSH systems of medicines can be an added component of care in treatment and convalescence from GBS.

**Role of AYUSH:**

The AYUSH Ministry (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy) has by tradition, encouraged an integrative and holistic approach to health care, unlike contemporary medical practices focusing on immunomodulatory treatments like intravenous immunoglobulin and plasma exchange, AYUSH treatments are aimed at enhancing the body's immunity, stimulating nerve function and promoting overall recuperation.

In Ayurveda, GBS symptoms are correlated with Vata imbalance disorders such as Sarvanaga vata etc, resulting in neuromuscular impairment<sup>(3)</sup>. The approaches could be focused on preventive measures such as diet and lifestyle corrections and treatment such as detoxification, immune modulation and natural rejuvenation of nerves:

**Dietary & lifestyle:** A vata-pacifying diet such as warm, nourishing food and exclusion of processed, cold, and heavy-to-digest food substances helps to sustain systemic balance and maintain immunity. One can also take measures to deal with stressful environments such as Yoga etc.

**Panchakarma therapy:** Detoxification treatments such as Basti (medicated enemas) restore Vata and eliminate toxins

enhancing nerve function. Virechana (medicated purgation) are also advised after the assessment of the patient<sup>(4)</sup>.

**External Treatments:** Abhyanga (medicated oil massage) with oils such as Mahanarayan Taila, Bala taila, etc aids circulation and muscle tone. Shastika Shali Pinda Sweda is helpful as it facilitates the opening up of blocks in nerve conduction and facilitates remyelination of nerves; thereby helps to transmit nerve impulses with a minimum amount of stimulus for muscular contractions<sup>(5)</sup>.

**Herbal Treatments:** Adaptogenic plants like Ashwagandha (*Withania somnifera*) facilitate the regeneration of nerve tissue, while Guduchi (*Tinospora cordifolia*) increases immunity and also balances inflammation.

**Satvavajaya Chikitsa:** in Adravya form mainly deals with the control of the mind by eliminating negative thoughts and increasing mental strength. Through meditation, pranayama, counselling, and relaxation, it increases mental strength, minimizes autoimmunity triggers, and facilitates neurological healing. Yoga Nidra, mantra therapy, and guided imagery are techniques that help restore sleep, fear reduction, and neuromuscular coordination. When combined with Panchakarma and Rasayana therapy, Satvavajaya Chikitsa is the key to holistic healing and speedy recovery in GBS patients<sup>(6)</sup>.

**Yoga and Naturopathy:** these therapies constitute an important part of the recovery of neuromuscular strength and stress relief, which are indispensable in the rehabilitation of GBS patients. Mild exercises in stretching and meditation also improve overall well-being. So does naturopathy, prioritizing detoxifying, hydrating, and antioxidant-rich diets to augment immune function as well as heal the nerves.

**Integration of AYUSH and Modern Medicine**

Though GBS needs urgent medical attention, the contribution of AYUSH in rehabilitation and post-recovery cannot be eliminated. Combining traditional therapies with allopathic treatment can maximize patient outcomes, minimize recovery time, and enhance quality of life.

With an increase in the number of cases, healthcare policy planners need to adopt strategies of interdependence that include AYUSH as part of mainstream treatment practices. There needs to be further clinical research to establish the efficacy of the treatments so that an integrated, patient-centered approach to treating GBS is adopted.

### Conclusion

The rising prevalence of GBS in India necessitates an integrated strategy combining traditional therapeutic methods. AYUSH with its established therapeutic methods and holistic concepts can effectively contribute to complementing current medical therapies and facilitating quicker recovery. Integrating traditional and modern medicine as a combined synergy can offer the foundation for an enhanced healthcare model, ultimately delivering better outcomes to patients battling the debilitating disease.

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