



CONCEPTUAL REVIEW ON APASMARA

¹*Dolphin and ²Deepak^{1,2}Post Graduate Scholar, Department of Kayachikitsa, Desh Bhagat Ayurvedic College and Hospital, Mandigobindgarh, Punjab, India.

*Corresponding Author: Dr. Dolphin

Post Graduate Scholar, Department of Kayachikitsa, Desh Bhagat Ayurvedic College and Hospital, Mandigobindgarh, Punjab, India.

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ABSTRACT

According to WHO, health is a state of complete physical, mental and social well-being and not merely absence of disease. Now-a-days different type of emotional stress, insomnia, prolonged working hours, increased use of mobile phone and laptop, improper diet etc., all this leads to increase of mental illness day by day. According to *Āyurveda*, *Apasmara* is one of the psychiatric disorder places under *Mansik vyadhi*. Loss of memory is considered as main feature of *Apasmara*.

KEYWORDS: *Apasmara*, loss of consciousness, *Āyurveda*, *Manas*, psychiatric disorder.

INTRODUCTION

Mansik dosha *Rajas* and *Tamas* are responsible for psychiatric disorder, *Apasmara* is one of them. It can be caused due to vitiation of sharirika dosha (*vata*, *pitta*, *kapha*) and Mansik dosha (*Rajas*, *Tamas*). *Apasmara* can be defined as transient loss of consciousness, uncontrolled body movement and sometimes abnormal behaviour caused by dearangement of intellect and mind. In this disease, patient experiences convulsions, frothing from mouth along with attacks of falling down. In *Madhav Nidana*, *Apasmara* is defined as loss of memory, characterised by feeling of aura occurring spontaneously. *Apasmara* can be clinically correlated with Epilepsy. Epilepsy is featured in a disturbed normal pattern of neural activity, which causes strange sensations, occasional convulsions, muscle spasm and loss of consciousness.

AIMS AND OBJECTIVES

- To understand the *Āyurvedic* concept and classification of *Apasmara*.
- To explore its *samprāpti* (pathogenesis), *lakṣaṇa* (clinical features), and *bheda* (types).
- To review evidence-based *Āyurvedic* interventions in the management of *Apasmara*.

METHODOLOGY

The literature was reviewed from classical *Āyurvedic* texts such as *Caraka Saṃhitā*, *Suśruta Saṃhitā*, *Aṣṭāṅga Hṛdaya*, and *Madhav nidana*. A systematic search of databases like AYUSH Research Portal, PubMed, Google Scholar, and DHARA was conducted using

keywords such as *Apasmara*, *Vata*, *Pitta*, *Kapha*, loss of consciousness. Studies published up to April 2025 were included.

Nidāna (Etiology)

According to Acharya *Suśruta*, *Mithya*, *Ayoga* and *atiyoga* of *Indriyārtha* and *Karma*, *Virrudha* and *Malina aahara*, *Vegadharana*, *Gachtam ch Rajaswalam* (sex during menstruation), *Perversion of Manas* by *Chinta*, *kama*, *Bhaya*, *Shoka*, *Krodha*, *Udyoga* etc. are the causes of *Apasmara*.

Bheda (Types)

- *Vataja*
- *Pittaja*
- *Kaphaja*
- *Sannipataja*

Purvarupa (Prodromal Symptoms)

- Drooping/Raising of eyebrows
- Abnormal eye movement
- To hear something even if no words are spoken
- Continuous salivation, nasal secretion
- Anorexia
- Indigestion
- Tightness in chest region
- Generalised weakness
- Sweating
- Bodyache
- Insomnia
- Feeling of emptiness

- Black out, vertigo
- Dreams of drinking alcohol, dancing, fainting etc.

Lakshana (Characteristic features)

• Vataja

Tremors, grinding of teeth, froath from mouth, fast and short respiration, sees red or black things before loss of consciousness.

• Pittaja

Yellow froath from mouth, yellow coloured limbs, face and eyes, sees yellow or red things before loss of consciousness, excessive thirst, increased body temperature, view the surrounding as caught with fire.

• Kaphaja

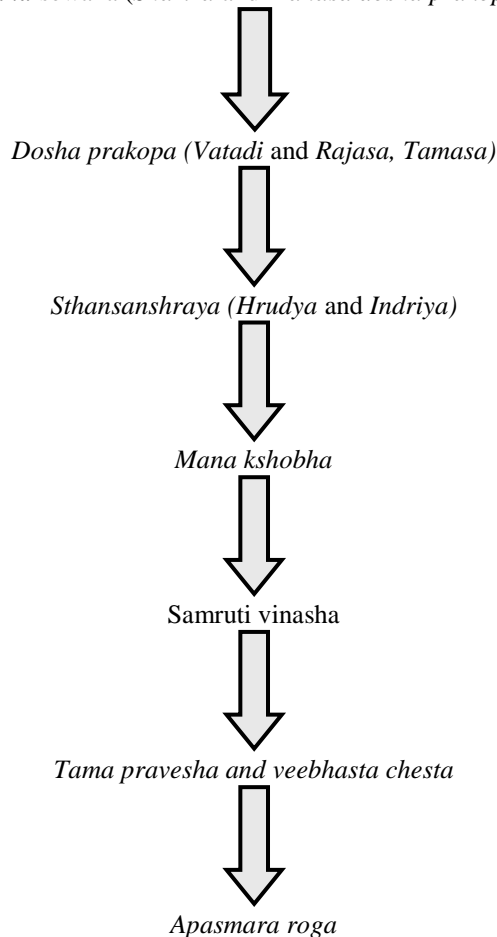
White froath from mouth, white coloured limbs, face and eyes, cold and heavy body, sees white things before loss of consciousness, Patient become conscious after long duration.

• Sannipataja

Caused by vitiation of all the three doshas and shows symptoms of all three doshas.

Samprapti (Pathogenesis)

Nidāna sewana (Sharira and Manasa dosha prakopaka)



Samprapti ghataka

- Doshas Vata, Pitta, Kapha, Rajas, Tamas
- Dushya – Rasa dhatu, Mana
- Agni – Jatharagni-Mandya
- Srotas – Manovaha srotas
- Srotodusti Prakara – Sanga
- Kha-vaigunya – Mana
- Udbhavasthana – Hruday
- Adhisthana– Mana, indriya
- Vyadhimarga – Madyama Marg

Chikitsa (Treatment)

• Shodhana

Tikṣṇā vamaṇa, Nasya to restore activities of Hrudya, Mana

Vataja Apasmara – Basti

Pittaja Apasmara – Virechana

Kaphaja Apasmara – Vamana

Acharya Suśruta advised Siravedha of veins in temple region.

• Shamana

Rasa/bhasma/pisthi

Vatakulantak rasa, Bhootbhrav rasa/ Chand Bherav rasa, SmritiSagar rasa, Paradbhasma, Chaturbhujrasa.

Vati

Brahmhivati, sarpaghanda ghanvati, arogyavardhanivati.

Churna

Kalyanakchurna, vachachurna, Ashwagandhachurna, sarswatchurna, shatavarichurna.

Kwath

dashmoolkwath, mansyadikwath.

Asava/ Aristha

Bhargyadi, Saraswataristha, Ashwagandharistha, Dasmoolaristha.

Grihta

Panchgavyagrihta, Mahapanchgavyagrihta, Bramhigrihta, Sidharthakgrihta, Saindhvadigrihta.

Taila

katbhyaditaila, Palankasaditaila, Godhaditaila, Shigruaditaila.

CONCLUSION

Apasmara is a neuropsychiatric disorder. Modern medicine got limitation in management of psychological disorders, however Ayurveda believes in balancing the three doshas by Panchkarma (Shodhana) along with shamana to alleviate root cause of disease and normalise brain activity. Duration of treatment should be according to severity of disease and response to treatment.

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