



**Niramay**<sup>®</sup>  
āyurvedic hospital  
Re-Search for AYURVEDA

# Restoring Strength & Mobility: **PARALYSIS**

Niramay Ayurvedic Approach

# Understanding Paralysis: What Is It?

Paralysis is a condition characterized by the loss of muscle function in one or more parts of the body. It may also be accompanied by loss of sensation in the affected areas.

Paralysis can occur suddenly, such as after a stroke, or develop gradually due to neurological disorders.

From a modern medical perspective, paralysis results from damage to the nervous system, particularly the brain, spinal cord, or nerves, which interrupts communication between the brain and muscles.

Ayurveda views paralysis as a disorder primarily associated with imbalance of Vata, Dosha, which governs movement, nerve impulses, and muscular coordination in the body.

## Types of Paralysis

### Hemiplegia

Paralysis on one side of the body

### Paraplegia

Paralysis of both legs

### Quadriplegia

Paralysis of all four limbs

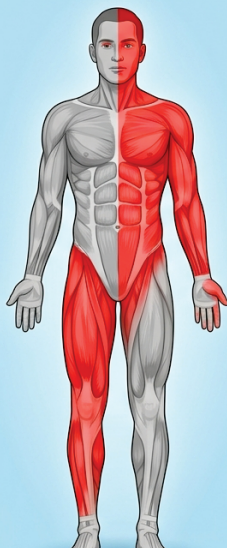
### Facial Paralysis

Loss of movement in facial muscles

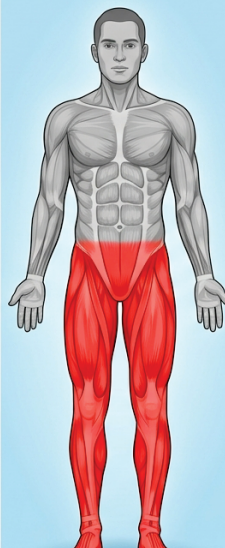
### Monoplegia

Paralysis affecting a single limb

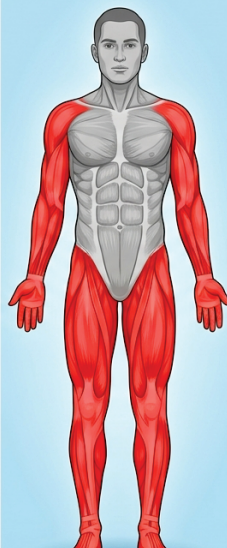
Point 1



Point 2

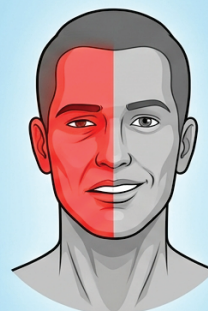


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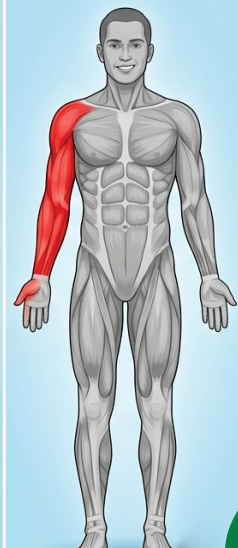


Point 4

Facial Paralysis  
(such as Bell's palsy)



Point 5





# Common Symptoms of Paralysis

Symptoms depend on the severity and cause but may include:



**Weakness or complete loss of muscle movement**



**Loss of coordination and balance**



**Numbness or reduced sensation**



**Difficulty in speaking or swallowing**



**Muscle stiffness or spasms**



**Facial drooping (in facial paralysis)**

## Major Causes of Paralysis

Several conditions can lead to paralysis, including:

- **Stroke (most common cause)**

- **Spinal cord injuries**

- **Nerve damage or neuropathy**

- **Brain infections or tumors**

- **Autoimmune neurological disorders**

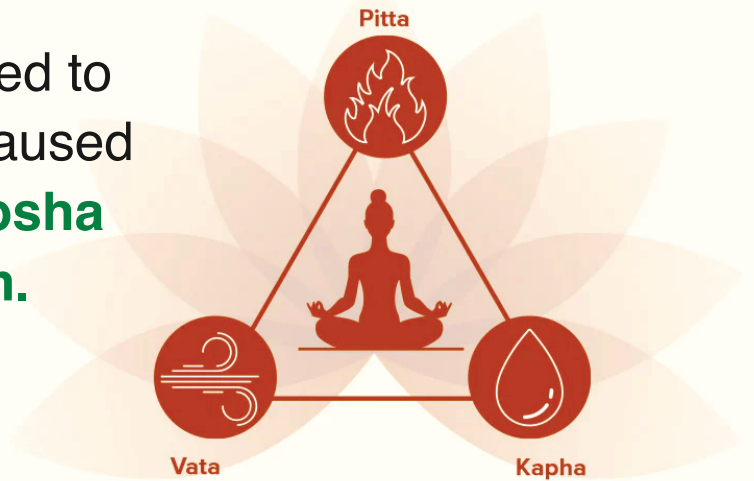
- **Trauma or accidents**

- **Long-standing uncontrolled diabetes or hypertension**

**MANAGING UNDERLYING CONDITIONS PLAYS A CRUCIAL ROLE IN PROTECTING KIDNEY FUNCTION.**

# Ayurvedic Understanding of Paralysis

In Ayurveda, paralysis is referred to as Pakshaghata, a condition caused mainly by **aggravated Vata Dosha affecting the nervous system.**



## Ayurvedic Causes

Vata imbalance due to improper diet and lifestyle

Weak digestion (Agni) leading to toxin accumulation (Ama)

Mental stress and anxiety

Aging-related degeneration

Poor circulation and tissue nourishment

## Ayurvedic View

When Vata becomes aggravated, it disrupts nerve function, leading to impaired movement, coordination, and strength. Toxins (Ama) further block the body's channels, worsening the condition.

Ayurvedic treatment focuses on calming Vata, improving circulation, nourishing tissues, and restoring neuromuscular coordination.





# The Niramay Ayurvedic Treatment Approach

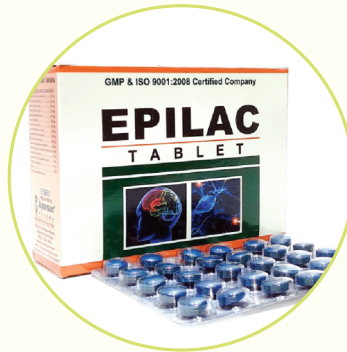
At Niramay Ayurvedic Hospital, **Paralysis treatment is focused on holistic recovery, functional improvement, and long-term rehabilitation.**

Each treatment plan is personalized based on the patient's condition, duration, and overall health.

## Proprietary Ayurvedic Medicines



**AYURSUN-ANTRESS-  
HERBAL-TABLET-60-A**



**AYURSUN-EPILAC-  
AYURVEDIC-TABLET-150-A**



**AYURSUN-ITIS-  
AYURVEDIC-TABLET-150-A**



**AYURSUN-ITIS-  
HERBAL-TABLET-60-B**



**AYURSUN-MANSI-  
HERBAL-SYRUP-200ML-A**



**AYURSUN-NUROMARMA-  
AYURVEDIC-SYRUP-200ML-  
NEUROLOGICAL DISORDER-A**



**AYURSUN-NUROPLEX-  
HERBAL-TABLET-60-B**



**AYURSUN-PARALMARMA-  
AYURVEDIC-TABLET-100-A**

# Our Healing Process

## 1. Nadi Pariksha (Pulse Diagnosis)

**A DETAILED ASSESSMENT HELPS EVALUATE:**

- **Dosha imbalance**
- **Nervous system condition**
- **Muscle strength and coordination**
- **Digestive and metabolic health**
- **Overall vitality**

This forms the foundation of individualized treatment planning.

## 2. Personalized Ayurvedic Medicines

**HERBAL FORMULATIONS ARE USED TO:**

- **Balance Vata Dosha**
- **Strengthen nerves and muscles**
- **Improve circulation**
- **Enhance tissue nourishment**
- **Support overall recovery**

Medicines are carefully selected based on patient-specific needs.



# 3. Panchakarma Therapies for Neurological Recovery



## Abhyanga (Medicated Oil Massage)

Improves blood circulation  
and reduces stiffness



## Swedana (Sudation Therapy)

Relieves muscle rigidity and  
promotes detoxification



## Shirodhara

Calms the nervous system  
and reduces stress



## Nasya (Nasal Therapy)

Supports brain and nerve health



## Basti (Medicated Enema Therapy)

Highly effective for balancing Vata and  
improving nerve function



## Pizhichil (Oil Bath Therapy)

Deeply nourishes muscles and  
improves mobility



## Patra Pinda Sweda (Herbal Bolus Therapy)

Reduces stiffness and  
enhances muscle strength



## Shashtika Shali Pinda Sweda

Provides nourishment and  
improves muscle tone

## 4. Ayurvedic Diet Guidelines for Paralysis



### What to Eat



**Warm, Freshly Prepared Meals**



**Moong Dal & Light Lentils**



**Ghee in moderate quantity**



**Milk (if Suitable)**



**Cooked Vegetables Like Bottle Gourd, Pumpkin, Carrots**



**Whole grains like rice & wheat**



## Avoid These

- Cold and stale foods
- Dry and processed foods
- Excess spicy and fried items
- Packaged and junk food
- Excess caffeine and sugar
- A vata aggravating diet which can hamper the nerve function and strength

## Lifestyle Practices for Recovery

- 🌿 Follow a regular routine
- 🌿 Avoid exposure to cold and dryness
- 🌿 Practice gentle physiotherapy or guided exercises
- 🌿 Ensure adequate rest and sleep
- 🌿 Manage stress through meditation and relaxation
- 🌿 Avoid overexertion

## Supportive Home Measures

- 🌿 Regular oil massage at home
- 🌿 Warm water consumption
- 🌿 Simple mobility exercises
- 🌿 Maintaining a positive and supportive environment

## Why Choose Niramay Ayurvedic Hospital?

- ★ Holistic and patient-centered care
- ★ Expertise in neurological Ayurvedic treatments
- ★ Personalized therapy plans for every patient
- ★ Integration of Panchakarma and rehabilitation
- ★ Focus on restoring mobility and independence
- ★ Compassionate and supportive healing environment





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