



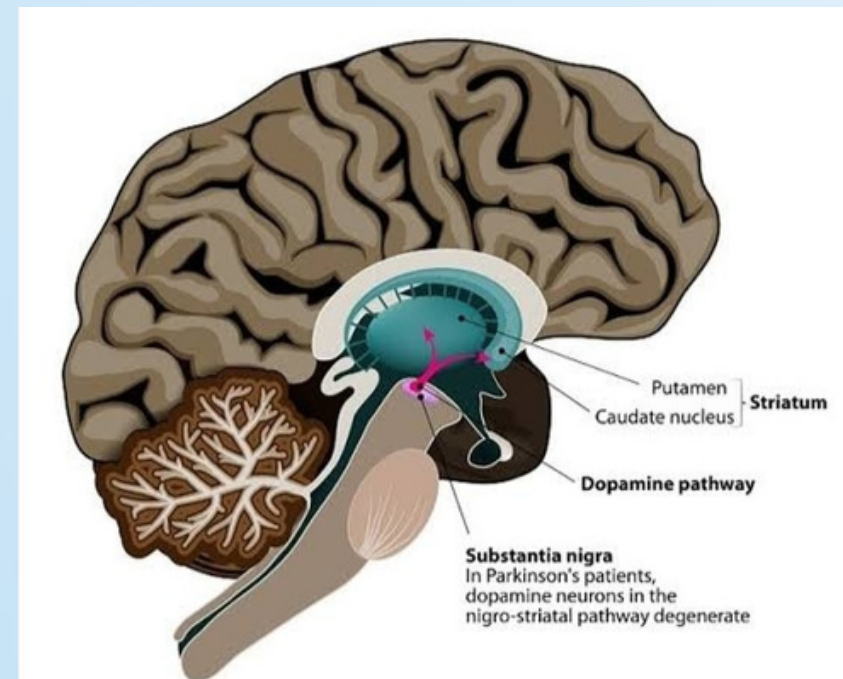
SWAMY VIVEKANANDHA NATUROPATHY AND
YOGA MEDICAL COLLEGE AND HOSPITAL
SANKARI, SALEM -637303



PARKINSONISM



C.PRIYANKA
3rd BATCH BNYS
XIDUCIANS

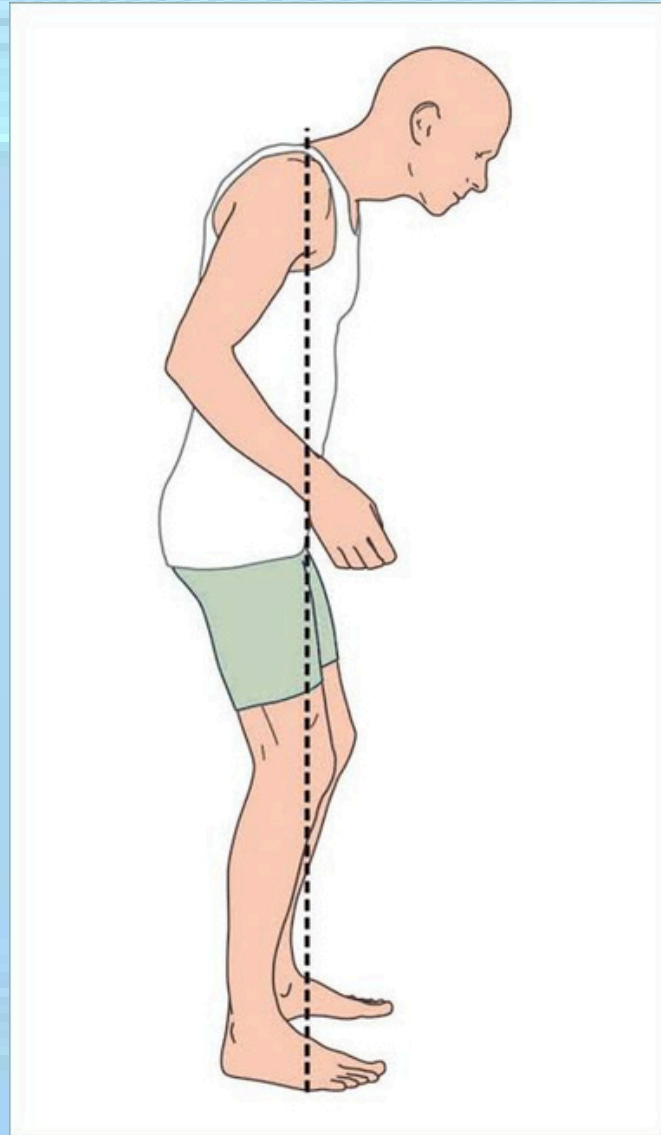
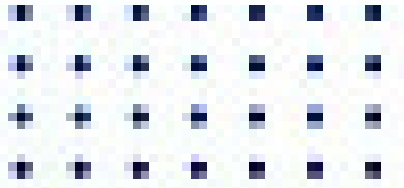




DEFINITION:

Parkinson disease is a progressive neurological disorder that affects movement, balance and coordination and is caused by the loss of dopamine producing neurons in the brain

HISTORY OF PARKINSONISM



- 🦋 1817- Description of symptoms by James Parkinson
- 🦋 1862- Coined the name Parkinson disease by Jean Martin Charcot
 - 🦋 1919- Degenerative of substantia nigra
 - 🦋 1968- L- dopa was introduced
- 🦋 1979- MPTP was found to cause PARKINSONISM
- 🦋 1997- PARK 1 Gene mutation was discovered

ETIOLOGY:



Toxic Metals



Genetics



Environmental Exposure



Viral Infections

TYPES OF PARKINSONISM

Primary
Parkinsonism

01

Atypical
Parkinsonism

03



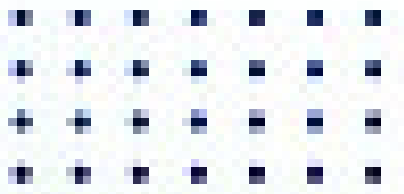
02

Dementia
associated with
Parkinson's

04

Multiple System
Atrophy (MSA)

SIGNS AND SYMPTOMS



Common motor-related symptoms:



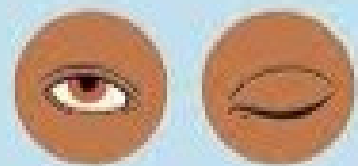
Slowed movements.



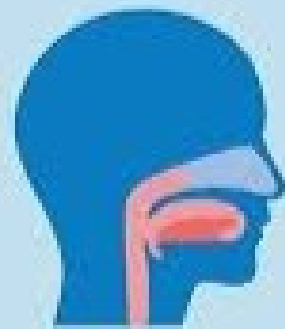
Tremor while muscles are at rest.



Rigidity or stiffness.



Blinking less often than usual.



Trouble swallowing.



Unstable posture or walking gait.

Possible early non-motor symptoms:



Loss of sense of smell.



Drooling.



Constipation and gastrointestinal problems.

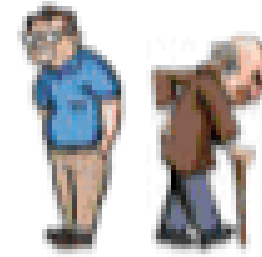


Sleep problems such as restless leg syndrome.



Mask-like facial expression.

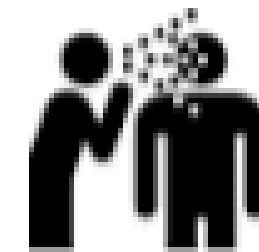
RISK FACTORS



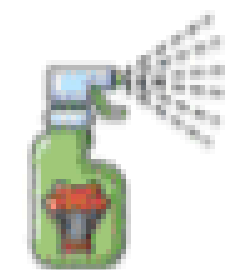
Parkinson's disease usually begins in middle-aged to old people. It hardly affects young adults.



Men are at higher risk of developing Parkinson's disease than women.



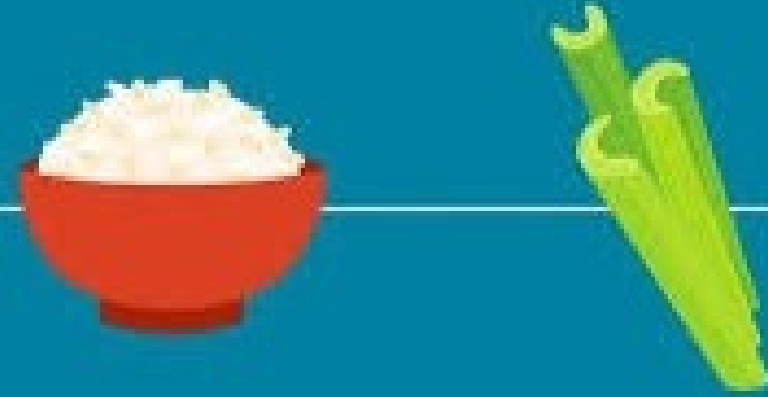
If a close relative is affected with Parkinson's disease then the chances of developing Parkinson's disease increases for you.



Exposure to toxins such as herbicides and pesticides increases the risk of developing Parkinson's disease.

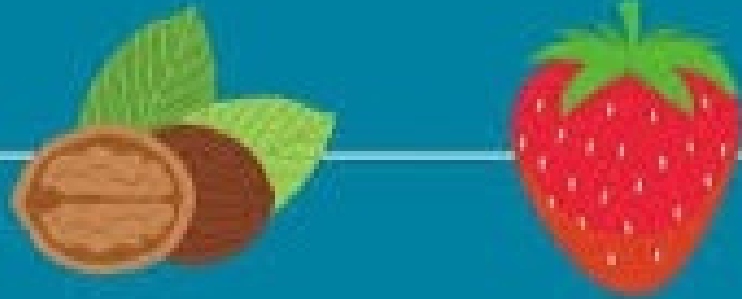
DIET FOR PARKINSONISM

Eat fiber-rich foods, including brown rice, whole grains, fruit and beans to ease digestive difficulties and constipation.



Eat foods with high water content to help maintain hydration, such as celery, & watermelon.

Snack on small quantities of walnuts, cashews & other nuts to promote brain health.



Try to incorporate berries, which contain beneficial antioxidants.



1

Natural vitamins & antioxidants

- Include more vegetables and fruits in the diet
- 5-7 serving per day



Green and leafy vegetables, broccoli, berries

2

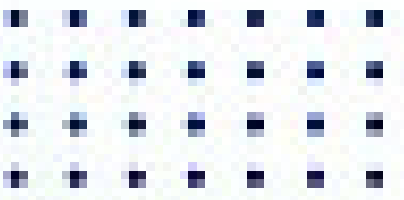
Complex carbs

- High fibre & main energy source
- Include wholegrain versions
- Helps to ease constipation
- Helps in maintaining a healthy body weight
- 3-5 servings per day



Sweet potato/
Brown rice/ beans

YOGA FOR PARKINSONISM



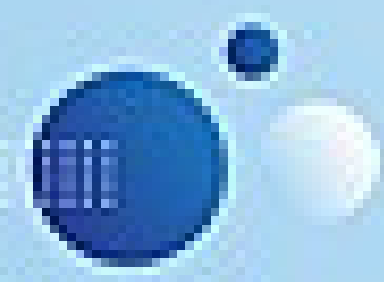
BITILASANA
MARJARYASANA

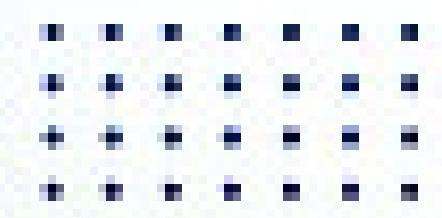
Seated Cat-Cow



VIRABHADRASANA

Warrior II





BALASANA

Child's Pose



VRIKSHASANA

Tree Pose



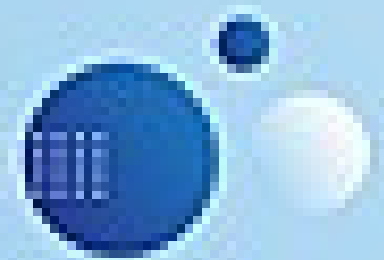
**Lateral Spinal
Movement**

**PARSVA
SUKHASANA**

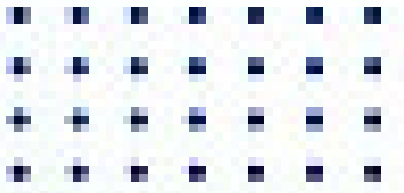


Locust Pose

SHALABHASANA



PRANAYAMA FOR PARKINSONISM



1. Nadishodhan (alternate nostril breathing)

Improves circulation of blood
to the brain

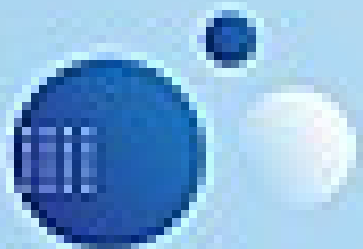


2. Kapalabhati (skull shining)

Relieves stress and anxiety

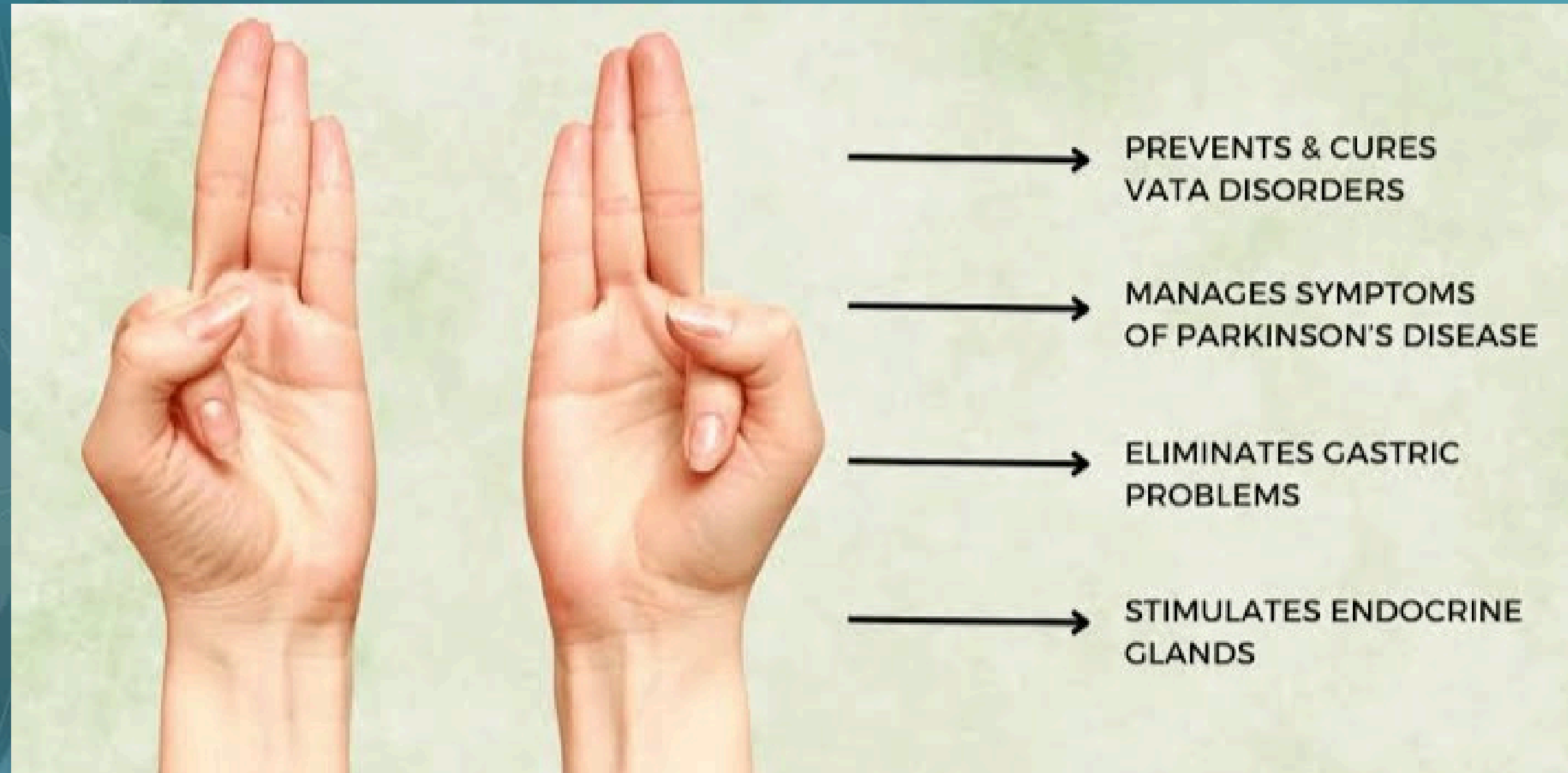
3. Bhramari (humming bee breath)

Alleviates anxiety, insomnia,
and depression

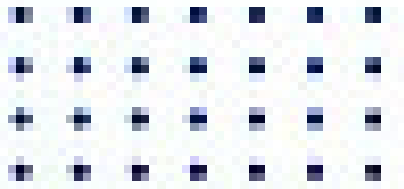


MUDRA FOR PARKINSONISM

VAYU MUDRA



RESEARCH STUDY



RESEARCH ARTICLE

The Effect of Different Exercise Modes on Domain-Specific Cognitive Function in Patients Suffering from Parkinson's Disease:

AUTHOR: Stuckenschneider

CORRESPONDENCE: [*] Correspondence to: Tim Stuckenschneider; E-mail: t.stuckenschneider@dshs-koeln.de.
<https://content.iospress.com/articles/journal-of-parkinsons-disease/jpd181484>

ABSTRACT:

Objective:

To systematically review evidence on the efficacy of different exercise modes (coordination exercise, resistance exercise, aerobic exercise) on domain-specific cognitive function in patients with Parkinson disease.

Methods

Parallel-group randomized controlled trials published before March 2018 were included. Primary outcome measures included global cognitive function and its subdomains, and the Unified Parkinson's Disease Rating Scale was included as a secondary outcome. Methodological quality was assessed using the Physiotherapy Evidence Database scale.

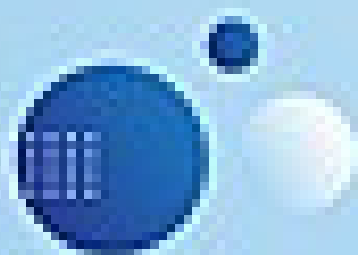
Results:

The literature search yielded 2,000 articles, of which 11 met inclusion criteria. 508 patients (mean age 68±4 years) were included with a disease severity from 1 to 4 on the Hoehn & Yahr stage scale.

Keywords: Parkinson's disease, exercise therapy, cognitive function, systematic review, UPDRS

Journal: Journal of Parkinson's Disease, vol. 9, no. 1, pp. 73-95, 2019

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THANK YOU 