

DISEASES OF THE NERVOUS SYSTEM

Preface

The nervous system is the most evolved system and the brain is the most evolved organ in the body. The brain is the seat of the human mind. The mind controls the entire body through the brain and the nervous system. The mind, brain and body work in co-ordination with one another. Any disturbance in one affects the other two. These three are in continuous link with one another through 'vāyu tanmâtrâ' which are the nerve impulses transmitted through the nerves. Hence *vâtaroga* that is diseases of the *vâta* humour (*dosha*) include diseases of the mind, brain, nervous system, nerves and muscles. The nerve cells called neurons are the most evolved cells in the body. The other cells can regenerate by cell division, however the neurons cannot. New neurons are formed only upto five months after birth. For the rest of our life, the number of neurons remains constant. If neurons die due to injury, infection, degeneration or any other reason, they cannot be replaced by new neurons. Hence in diseases of the nervous system, the patient does not recover completely and many of these diseases are incurable. In a patient suffering from heart, liver or kidney diseases, the affected organs can be replaced with the organs of a donor who may have met with an accidental death. The organs should be removed immediately after the death of the donor and transplanted into the patient's body. However this is not possible in the case of the brain as the nerve plexus is distributed throughout the body. Even if it were possible to transplant the brain of a deceased person in a living person with a diseased brain, it would create several new problems as the mind and the personality would be those of the deceased person while the body would be that of the living person. In this book, the functions and diseases of the mind, brain, nervous system, nerves and muscles are discussed from the *Āyurvedic* point of view. This book will be useful to doctors, *vaidyas*, medical students, nurses and others. We pray to The Almighty to bestow everyone with a healthy mind and nervous system and a long, happy, healthy and prosperous life.

|| *Shrî Samîranâya Namahâ* ||

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