IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 6, Issue 1, June 2026
Impact Factor: 8.2

A Conceptual Review on Guillain Barre Syndrome and its Management According to Ayurveda

Dr. Kirti Navane[1], Dr. Yuvraj Devane[2], Dr. Vaibhav Rohidas Narawade[3]
[1] Guide & Associate Professor, Department of Kaumarbhritya
[2] Associate Professor, Pradip Patil Ayurvedic Medical College, Khutalwadi, Kolhapur
[3] PG Scholar, Department of Kaumarbhritya
Yashwant Ayurvedic College PG Training & Research Centre, Kodoli, Kolhapur, India
vaibhavnarawade5407@gmail.com[3]

Abstract: *This article examines traditional knowledge and integrative approaches to holistic medicine concerning Guillain-Barre Syndrome (GBS) from an Ayurvedic viewpoint. Ayurveda, an ancient Indian medicinal system, attributes nerve system dysfunction to an imbalance in vata dosha. The analysis evaluates particular yoga interventions, Panchakarma, and various therapeutic procedures alongside Ayurvedic herbal treatments such as Brahmi and Ashwagandha. Besides addressing Ayurvedic prescriptions to complement Western treatments, it underscores the significance of nutrition and lifestyle. Ayurvedic remedies, such as Panchakarma and particular yoga practices, are regarded for their possible advantages. Dietary and lifestyle suggestions are consistent with Ayurvedic principles to promote general well-being. Incorporating Ayurveda into GBS care may offer a holistic perspective, recognizing the interplay between ancient and contemporary medicine for a thorough comprehension and possible pathways for individualized healing. The review study advocates for collaborative care by highlighting the benefits of integrating Ayurveda into GBS management for a more personalized and holistic healing approach.*

Keywords: Ayurveda, Guillain-Barre Syndrome, Integrative Approaches, Holistic Healing, Nervous System Health

I. INTRODUCTION

Guillain-Barre Syndrome (GBS) stands as the most prevalent acute polyneuropathy, presumed to have an autoimmune origin. (01) Named after French physicians Georges Guillian and Jean Alexandre Barre, who first described it in 1916, (02) GBS represents a heterogeneous group of immune-mediated conditions, with an incidence of 1-2 cases per 100,000 individuals annually. (03) The probability of an individual having Guillain-Barré Syndrome (GBS) during their lifetime is roughly 1 in 1000. Although GBS is typically linked to Acute Inflammatory Demyelinating Polyneuropathy (AIDP), the increasing acknowledgment of variants has expanded the range to encompass axonal and more specific variants such as Miller-Fisher syndrome. The highest frequency in India occurs between June and July, as well as September and October, with increased prevalence among the younger demographic. Typically, there is no gender preference, and GBS can occur at any age. In Western nations, adults are more often impacted than children. (04) GBS unfolds when the body's immune system erroneously attacks components of the nervous system, potentially causing autoimmune reactions that damage the myelin sheath surrounding nerves. This inflammation leads to conduction blockage, and in severe cases, secondary axonal degeneration ensues, resulting in muscle weakness, paralysis, and other associated symptoms. (05)

Ayurveda, grounded in ancient Indian knowledge, provides a distinctive viewpoint on Guillain-Barre Syndrome (GBS). Ayurveda perceives health as a balance of doshas and correlates GBS with a Vata imbalance impacting the neurological system. Traditional Ayurvedic herbs such as Ashwagandha and Brahmi, recognized for their neuroprotective effects, are examined. (06)

IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 6, Issue 1, June 2026
Impact Factor: 8.2

II. NEED OF STUDY

This research is crucial for delving into traditional knowledge and integrative methods for holistic medicine in order to investigate Ayurvedic perspectives on Guillain-Barre syndrome. It seeks to improve knowledge about GBS and available treatments.

OBJECTIVE-

1. To study the effective ayurvedic management on Guillain Barre Syndrome,

III. MATERIALS AND METHODS-

The literary sources for the present study were gathered from Ayurvedic texts such as Kashyapa Samhita, Charaka Samhita, Sushruta Samhita, and Astang Sangrah, among others. It shall be aligned with the currently accessible books, literature, journals, websites, and research papers as required by the study.

IV. DISCUSSION

Etiology [07]

Multiple infections can trigger GBS. Human immunodeficiency virus (HIV), CMV, Epstein-Barr virus, and Campylobacter jejuni are among the infections that are frequently connected. Additional precipitating variables include vaccinations (meningococcal and influenza), trauma, surgery, systemic lupus erythematosus, Hodgkin's disease, Mycoplasma pneumonia, and bone marrow transplantation.

Pathogenesis

GBS is the result of an immune reaction to an earlier infection that crosses-reacts with peripheral nerve components because of molecular mimicry. Both demyelinating and axonal variants of GBS may result from this immune response, which may target either the myelin or the axon of peripheral nerves. A major factor in nerve injury is circulating antibodies, such as antimyelin antibodies, and activated T cells. In addition to causing symptoms including tingling, muscle weakness, and paralysis, this damage can cause complete nerve failure in cases where other nerve segments are also impacted. [7,8]

Pathophysiology (09)

Guillain-Barre Syndrome (GBS) is induced by an immunological response triggered by a preceding disease. Molecular mimicry induces an immunological response triggered by peripheral nerve components. The immune response can lead to demyelinating and axonal forms of GBS, targeting either the myelin or the axon of peripheral nerves. Nerve damage results from circulating antibodies, particularly antimyelin antibodies, and activated T cells. Indicators of nerve injury encompass paresthesia, muscular weakness, and paralysis. In severe circumstances, substantial nerve injury may lead to the loss of nerve function. The intricate pathophysiology of GBS is characterized by the complex interplay between the immune system and peripheral neurons.

Clinical Features of Guillain-Barre Syndrome (GBS): (10)

Guillain-Barre Syndrome manifests with a range of clinical features that typically evolve over a short period. Common characteristics include:

- **Muscle Weakness and Paralysis:** GBS often begins with weakness and tingling sensations in the legs, which can progress to affect the arms and upper body. Muscle weakness can range from mild to severe, and in some cases, paralysis may occur.
- **Loss of Reflexes:** A notable clinical sign in GBS is the rapid loss of reflexes, particularly the deep tendon reflexes such as the knee jerk reflex.

IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 6, Issue 1, June 2026
Impact Factor: 8.2

- **Sensory Symptoms:** Patients may experience sensory symptoms such as tingling, numbness, and pain, often starting in the extremities and spreading upwards.
- **Autonomic Dysfunction:** GBS can affect the autonomic nervous system, leading to symptoms like fluctuations in blood pressure, heart rate abnormalities, and difficulties with bladder and bowel function.
- **Respiratory Distress:** In severe cases, muscle weakness may progress to affect the muscles involved in breathing, leading to respiratory distress and the potential need for mechanical ventilation.
- **Pain:** Some individuals with GBS may experience significant pain, ranging from muscle aches to more severe neuropathic pain.
- **Symmetrical Involvement:** GBS typically exhibits symmetrical involvement, meaning that the symptoms occur on both sides of the body.

V. TYPES OF GBS

Guillain Barre Syndrome (GBS) is classified into several types based on the predominant pattern of nerve involvement.

- **Acute Inflammatory Demyelinating Polyneuropathy (AIDP)**
- **Axonal GBS (AMAN and AMSAN)**
- **Miller-Fisher Syndrome (MFS)**
- **Acute Sensory Neuronopathy (ASAN)**
- **Bifacial Weakness with Paresthesia (BFP)**

VI. MANAGEMENT OF GBS (11)

The management of Guillain-Barre Syndrome (GBS) involves supportive care, treatment of complications, and, in some cases, specific therapies to modify the immune response. Key aspects of GBS management include:

1. **Supportive Care:**
- Monitoring: Regular monitoring of vital signs, respiratory function, and autonomic stability is crucial.
- Physical Therapy: Rehabilitation and physical therapy help maintain muscle strength, prevent contractures, and improve mobility.

2. **Respiratory Support:**
- Ventilatory Support: Patients with severe muscle weakness may require mechanical ventilation to assist with breathing.
- Pulmonary Care: Monitoring for respiratory complications and implementing measures to prevent pneumonia are essential.

3. **Intravenous Immunoglobulin (IVIG) Therapy:**
- Immunomodulation: IVIG is a common treatment to modify the immune response. It provides antibodies that may neutralize harmful factors involved in GBS.

4. **Plasma Exchange (Plasmapheresis):**
- Removal of Harmful Antibodies: Plasmapheresis involves removing and replacing the plasma, which contains circulating antibodies thought to contribute to nerve damage.

5. **Pain Management:**
- Analgesics: Medications may be prescribed to manage pain associated with GBS, including neuropathic pain.

IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 6, Issue 1, June 2026
Impact Factor: 8.2

6. **Anticoagulation:**
- Preventing Thrombosis: As immobility increases the risk of thrombosis, anticoagulation may be considered to prevent blood clots.

7. **Nutritional Support:**
- Enteral Feeding: In severe cases where swallowing is compromised, enteral feeding may be necessary to ensure adequate nutrition.

8. **Close Monitoring for Complications:**
- Autonomic Dysfunction: Monitoring and managing autonomic dysfunction, including blood pressure fluctuations and cardiac abnormalities.
- Infections: Vigilant monitoring for and treatment of infections, which can complicate the course of GBS.

9. **Early Rehabilitation:**
- Physical and Occupational Therapy: Initiating rehabilitation early in the course of GBS helps minimize muscle atrophy and aids in functional recovery.

Ayurveda for GBS

- Guillain-Barre Syndrome (GBS) is treated holistically in Ayurveda, with an emphasis on bolstering the neurological system and reestablishing the body's dosha balance. Although there may not be a cure for GBS, Ayurveda tries to improve general health and support medical interventions. Important facets of Ayurvedic GBS management consist of:

Balancing Doshas:

- Ayurvedic practitioners assess the individual's constitution (Prakriti) and imbalances in doshas, particularly Vata. Tailored recommendations aim to restore balance through dietary adjustments, lifestyle modifications, and herbal remedies.

Herbal Remedies:

- Specific herbs with neuroprotective and anti-inflammatory properties may be recommended. Commonly used herbs in Ayurveda for nervous system support include Ashwagandha, Brahmi, Guggul, and Shatavari. These herbs are believed to help strengthen the nervous system.

Panchakarma:

- Panchakarma, a set of detoxification procedures in Ayurveda, may be recommended to remove toxins and promote overall healing. This can include therapies like Abhyanga (oil massage), Swedana (steam therapy), and Basti (enema therapy).

Dietary Recommendations:

- Ayurvedic dietary guidelines aim to pacify aggravated doshas. Warm, easily digestible foods, and beverages such as herbal teas may be recommended. Emphasis is often placed on avoiding cold and dry foods that can exacerbate Vata imbalance.

Yoga and Pranayama:

- Gentle yoga postures (asanas) and controlled breathing exercises (pranayama) may be suggested to improve circulation, reduce stress, and enhance overall vitality. Yoga practices are tailored to individual capabilities.

IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 6, Issue 1, June 2026
Impact Factor: 8.2

Mind-Body Practices:

- Ayurveda recognizes the interconnectedness of the mind and body. Stress-reducing practices, meditation, and mindfulness techniques may be encouraged to support mental well-being during the recovery process.

Ayurvedic Massage (Abhyanga):

- Therapeutic oil massages, known as Abhyanga, are believed to nourish the nervous system, improve circulation, and promote relaxation.

VI. SCOPE FOR RESEARCH ON GBS

Research on Guillain- Syndrome (GBS) presents numerous opportunities for advancing our understanding of the condition, improving diagnostic methods, refining treatment approaches, and enhancing long-term outcomes. Some key areas with significant research potential include:

1. Etiology and Pathogenesis:

- Investigating the specific triggers and underlying mechanisms that lead to the development of GBS, including a deeper understanding of the molecular and immunological aspects of the syndrome.

2. **Genetic Factors:**

- Exploring the genetic predisposition to GBS and identifying potential genetic markers that may influence susceptibility or severity.

3. **Biomarkers:**

- Identifying reliable biomarkers for early diagnosis, prognosis, and monitoring disease progression, which could facilitate prompt and targeted interventions.

4. **Treatment Strategies:**

- Conducting clinical trials to assess the efficacy of existing treatments such as immunoglobulin therapy and plasmapheresis, as well as exploring novel therapeutic approaches.

5. **Rehabilitation and Quality of Life:**

- Investigating optimal rehabilitation strategies and interventions to improve long-term outcomes, including physical and occupational therapy, and addressing psychosocial aspects to enhance the overall quality of life for GBS survivors.

6. **Predictive Models:**

- Developing predictive models to identify individuals at higher risk of severe complications, enabling tailored interventions and resource allocation in healthcare settings.

7. **Neuroprotective Agents:**

- Exploring the potential of neuroprotective agents, including herbal remedies and compounds, within the framework of Ayurveda or other traditional medical systems.

8. **Immune System Modulation:**

- Investigating ways to modulate the immune response more precisely to prevent or mitigate nerve damage without compromising the body's overall defense mechanisms.

9. **Long-Term Follow-Up:**

- Conducting comprehensive, long-term follow-up studies to understand the natural history of GBS, factors influencing recovery, and the occurrence of late complications.

10. **Global Epidemiology:**

- Assessing the global epidemiology of GBS, including regional variations, contributing factors, and potential emerging patterns.

IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 6, Issue 1, June 2026
Impact Factor: 8.2

11. **Patient-Reported Outcomes:**
- Collecting and analyzing patient-reported outcomes to gain insights into the lived experiences of individuals with GBS, including challenges faced and aspects of care that impact their well-being.

12. **Integration of Traditional Medicine:**
- Investigating the integration of traditional medicine, such as Ayurveda, into the overall management and supportive care for individuals with GBS.

VII. CONCLUSION

This examination of Ayurvedic perspectives on Guillain-Barre syndrome provides valuable insights into traditional practices and integrative alternatives. Ayurveda's focus on herbal remedies, personalized care, and holistic healing enhances conventional treatments. The study recognizes the importance of evidence-based therapy while advocating for team-oriented, patient-centered approaches that integrate the most effective aspects of Ayurveda and modern medicine. The examination of Ayurvedic concepts for GBS underscores the potential benefits of an integrative healthcare model, enhances our understanding of traditional knowledge, and fosters chances for holistic, individualized treatment approaches.

REFERENCES

1. K.George Mathew, Praveen Aggarwal. Medicine prep manual for undergraduate. Edition 3rd. New Delhi; 2008. p. 282.
2. Dr.P.S.Byadgi, Dr.A.K.Pandey. A text book of Kayachikitsa. Vol 3. New Delhi; Chaukhambha publication; 2014. p.134.
3. Stuart H.Ralston, Ian D.Penman, Mark WJ Starchan, Richard P. Hobson. Devidson`s Principles and Practice Medicine. Edition 23rd. 2018. p. 1140.
4. Yash pal Munjal. API Textbook of Medicine. Vol 2. Mumbai; Jaypee Brothers Medical publishers; 2015. p. 2077.
5. Dr.P.S.Byadgi, Dr.A.K.Pandey. A text book of Kayachikitsa. Vol 3. New Delhi; Chaukhambha publication; 2014. p.133.
6. Tubaki BR, Tarapure S. Ayurveda management of Guillain-Barre syndrome: A case report. J Ayurveda Integr Med. 2020 Jan-Mar;11(1):73-77. doi: 10.1016/j.jaim.2018.08.004. Epub 2019 Jan 18. PMID: 30661945; PMCID: PMC7125361.
7. Manthappa M. Manipal Prep Manual of Medicine. Edtion 2nd. CBC Publishers & Distributors; 2015. p. 366.
8. Dr.P.S.Byadgi, Dr.A.K.Pandey. A text book of Kayachikitsa. Vol3. New Delhi; Chaukhambha publication; 2014. P.136
9. McGraw-Hill. Harrisons Principles of internal Medicine. Vol 2. McGraw-Hill Medical Publishing Division;; 2005. p.2515.
10. Mayo Clinic. Guillain-Barre syndrome - Symptoms and causes [Internet]. Mayo Clinic. 2021. Available from: https://www.mayoclinic.org/diseases-conditions/guillain-barre-syndrome/symptoms-causes/syc-20362793
11. .Guillain-Barre Syndrome [Internet]. Physiopedia. 2009. Available from: https://www.physio-pedia.com/Guillain-Barre_Syndrome