

Efficacy of *Nasya* and *Shirodhara* Along With Shaman Chikitsa in the Management of *Ardhavabhedaka* (Migraine)-A case study

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Abstract

A migraine is a primary headache disorder characterized by recurrent Headaches that is moderate to severe. Typically, the headaches affect one half of the head, are pulsating in nature, and last from a few hours to 3 days. Associated symptoms may include nausea, vomiting, and sensitivity to light, sound, or smell. The pain is generally made worse by physical activity [1]. Globally; approximately 15% of people are affected by migraines. It most often starts at puberty and is worst during middle age. In some women, they become less common following menopause. As of 2016, it is one of the most common causes of disability [2]. In Ayurveda *Ardhavabhedaka* is mentioned under *Shiroroga* (Diseases of head) which can be correlated with migraine. Many medications have been tried and a lot are still under contemporary research, but these modern drugs are less acceptable due to their drawbacks and side effects. In contrast to that Ayurveda has a variety of natural medications in the treatment of various types of *Shiro Rogas*. like *Shamana* and *Shodhana chikitsa* was explained in Ayurveda. So, an attempt has been made to assess the efficacy of *Sutashekhar Ras*, *Shirshuladivajra Ras* and *Pathyadi kadha* along with *Shirodhara* and *Nasya* in the management of migraine in this single case study. After 60 days considerable improvement was seen in the clinical features of *Ardhavabhedak*.

Keywords-*Ardhavabhedaka*, Migraine, *Sutashekhar Ras*, *Shirshuladivajra Ras*, *Pathyadi kadha*, *Shirodhara*, *Nasya*

Introduction

Globally, approximately 15% of people are affected by migraines. It most often starts at puberty and is worst during middle age. In some women, they become less common following menopause. As of 2016, it is one of the most common causes of disability. Over 90% of migraine sufferers will have their first attack by the time they are 40-42 years old. Today many people are suffering from migraine, Due to Changing in life style like Eating outside fast food items, packed and preserved foods, Not taking meal on proper time, watching television, mobile or computer, excessive physical and stress, light, air and sound pollution, night arousals, adaptive life for A.C rooms and cooled items, Changes in Sleeping time like *Diwaswapa*, *Ratrijagarana* causes Vitiation of *tridoshas* create episodes of migraine. About 35% headaches are migraine type. There is no effective treatment is available for migraine in modern science. In Ayurveda It is said that *Sutashekhar Ras*^[3], *Shirshuladivajra Ras*^[4] and *Pathyadi kadha*^[5] useful in *Shirshula* along with *shirodhara* and *Nasya*^[6] so clinical study was carried out in patient of migraine it

is observed that *Sutashekhar Ras*, *Shirshuladivajra Ras* and *Pathyadi kadha* along with *Shirodhara* and *Nasya* is very effective in treating *Ardhavabhedak*.

Case report

Patient description & historical examination findings

1. A 45-year-old female suffered from severe Right sided headache. She had episodic, worsening Right side headache and the Headache is generally made worse by physical activity.
2. The intermittent Vomiting, Photophobia, Giddiness progressively increased in frequency and intensity.
3. These symptoms, of insidious onset had caused patient to cease his daily activity e.g. household work or sleeping.
4. Had a surgical history of hysterectomy
5. Past family medical history was non-contributory

Physical examination

- Body weight: 67 kg
- Heart Rate: 80/min
- Respiration Rate: 20/min
- Blood pressure: 130/80 mmHg

Systemic examination

CVS- s1, s2 normal
 CNS- well conscious and oriented
 R.S. - air entry equal...chest clear
 P/A. soft, non-tender Liver, kidney, spleen-not palpable
 Edema /lymphadenopathy/pallor/Icterus- Absent

Dasavidhapareeksha

1. Prakruti: Pittavata
2. Vikruti: Dosha- Pittapradhana
3. Satwa: Madhya
4. Sara: Madhyama
5. Samhanana: Madhyama
6. Pramana: Madhyama
7. Satmya: Madhur Rasa Satmya, other Asatmya
8. Aharasakti (power of intake & digestion of food):
Avara
9. Vyayamasakti(power of performing exercise):
Avara
10. Vaya (age): 45 yrs.

Aims

- To study the efficacy of *Sutashekhar Ras*, *Shirshuladivajra Ras* and *Pathyadi kadha* along with *Shirodhara* and *Nasya* in *Ardhambhedak*.

Objectives

- To Study the unstated efficacy of combined drug *Sutashekhar Ras*, *Shirshuladivajra Ras* and *Pathyadi kadha* along with *Shirodhara* and *Nasya* in migraine.

Materials And Methods

Criteria of Diagnosis

Patient was diagnosed on the basis of sign and symptoms of *Ardhambhedak* in *Ayurvedic classics* and of migraine in modern classics.

Criteria of inclusion

1. A patient of any age group, sex fulfills the criteria of migraine.
2. A patient resembling sign and symptoms of migraine.

Criteria of exclusion

1. Patient not willing for treatment

Duration of treatment: 60 days

Dose-

1. *Sutashekhar Ras* 250mg BD for 60 days
2. *Shirshuladivajra Ras* 250mg BD for 60 days

3. *Pathyadi kadha* 20ML TDS for 60 days
4. *Shirodhara* with *Dashamoola shidhha kshira*
Duration-once in a month for 7 days 2 sittings
5. *Nasya* with *Go-ghrita* (Su. U. 26/31-35)
Dose- 6- 8 drops in each nostril.
Duration-4 sittings, each sitting of 7 days at the interval of 1 week

Subjective criteria

1. Headache
2. Nausea
3. Vomiting
4. Photophobia
5. Giddiness
6. Frequency of episodes.
7. Duration of Headache: (Assessed in term of hours/day)

Criteria of assessment

A. Severity of Headache

- 0 = No headache.
- 1 = Mild headache, patient is aware only if he/she pay attention to it.
- 2 = Moderate headache, can ignore at times.
- 3 = Severe headache, can't ignore but he/she can do his/her usual activities.
- 4 = Excruciating headache, can't do anything.

B. Nausea

- 0 = Nil
- 1 = Occasionally
- 2 = Moderate, but does not disturb the routine work
- 3 = Severe, disturbing routine work
- 4 = Severe enough, small amount of fluid regurgitating from Mouth

C. Vomiting

- 0 = Nil
- 1 = only if headache does not subside
- 2 = Vomiting 1-2 times
- 3 = Vomiting 2-3 times
- 4 = Forced to take medicine to stop vomiting

D. Photophobia

- 0 = Nil
- 1 = Lasts for 5 minutes.
- 2 = Lasts for 15 minutes
- 3 = Lasts for 30 minutes
- 4 = Lasts for 60 minutes

E. Giddiness

- 0 = Nil
- 1 = Feeling of giddiness
- 2 = Patient feels as if everything is revolving

3 = Revolving signs + black outs

4 = Unconscious

F. Frequency of Headache: Assessed in term of (frequency in days)

- 0 = Nil
- 1 = ≥ 20 days
- 2 = 15 days
- 3 = 10 days
- 4 = ≤ 5 days

G. Duration of Headache: (Assessed in term of hours/day)

- 0 = Nil
- 1 = 1-3 hours/day
- 2 = 3-6 hours/day
- 3 = 6-12 hours/day
- 4 = More than 12 hours/day

Table no. 1 Effect of Treatment on Signs & Symptoms on Patient of migraine

Sr.no	Signs/Symptoms	Symptoms score	
		BT	AT
1	Headache	3	1
2	Nausea	2	1
3	Vomiting	2	0
4	Photophobia	1	0
5	Giddiness	2	1
6	Frequency of Headache episodes	3	1
7	Duration of Headache	3	1

Observations

The patient of migraine of this case study was examined in detail with respect to the special proforma. Before starting the treatment, symptoms present in patient were graded and their values were noted as before treatment (BT). And After completion of treatment, they were noted as after treatment (AT). Data analysis made from the Interrogation and gradation of scoring pattern.

Results

After completion of two months treatment clinical assessments were made from the Interrogation and gradation of scoring pattern there was a drastic change in the parameters as: Headache: 1, Nausea: 1, Vomiting: 0, Photophobia: 0, Giddiness: 1, Frequency of Headache episodes: 1, Duration of Headache:1 there was improvement in overall functional status after 60 days treatment with *Sutashekhar Ras*, *Shirshuladivajra Ras*, *Pathyadi kadha*, *Shirodhara with Dashamoola shidhha kshira* and *Nasya with Go-ghrita*. There was reduction in Headache, Nausea, Vomiting, Photophobia, Giddiness and Decrease in Frequency of episodes. There was no need to take any pain killer during the treatment. There was no side effect observed during the treatment As well as after the completion of treatment.

Discussion

As we know the Etiological factors of Ardhavbhedak as explained before, they produces the signs and symptoms of Ardhavbhedak by Vitiating the Tridoshas, Tridosha produces the symptoms like Headache, nausea, vomiting, giddiness, Photophobia etc. so for this Shamana as well as shodhana chikitsa is considered.

1. Sutashekhar Rasa is useful in headache due to vitiation of Pitta. It reduces Pittastrava (secretion of peptic juice) from stomach and removes the accumulated Pitta from stomach. So in this way all medicine either pacifies or removes the vitiated Pitta and subside the symptoms of Migraine. Shirashooladivajra rasa is very good medicine for Headache, even in severe headache. Pathyadi Kadha is a good remedy for Headache of Migraine. It has properties like Deepana (appetizer), Pachana (digestive), Shoolaghna (analgesic) and Jwaraghna (antipyretic).

2. Ghrita is supreme in Jangama Sneha and is Balavardhaka, Ojovardhaka, Vayasthapana, Agni Deepana and Dhatuposhaka. By virtue of its Sanskaranuvartana property, it attains the properties of ingredients without losing its own. According to Acharya Charaka, Ghrita is effective in subsiding Pittaja and Vataja disorders; it improves Dhatus and is overall booster for improving Ojas. Ghrita having Balya, Brimhana, Rasayana and Medhya effect

which can be explained by two ways. Digestion, absorption and delivery to the target organ are made easy when any drug is processed with Ghrita due to its lipophilic action. Anti-oxidant effect of Go-Ghritha is due to its Vitamin A and Vitamin E content.

3. Shirodhara with Dashamoola shidhha kshira is useful in Reduction of Vitiated Vata dosha, Dashamoola is having a Properties of Vatashamana and it also reduces the stress and provides the good sleep to the patient.

Conclusion

The present case study signifies the role *Sutashekhar Ras, Shirshuladivajra Ras, Pathyadi kadha, Shirodhara with Dashamoola shidhha kshira* and *Nasya with Go-ghrita* in the treatment of Migraine (*Ardhvbhedak*). The patient can make significant gains in symptoms relatively in short periods of time. Despite the limitations of this case study, conclude that the *Sutashekhar Ras, Shirshuladivajra Ras, Pathyadi kadha, Shirodhara with Dashamoola shidhha kshira and Nasya with Go-ghrita* are simple and effective treatment modality for *Ardhvbhedak* without any adverse effects.

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