

To Evaluate the Efficacy of *Panchabhautika Taila Pratimarsha Nasya* in The Management *Ardhavabhedaka* with Special Reference to Migraine.

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Abstract

INTRODUCTION:

Siro rogas best treatment according to *Acharyas* was *Nasya karma* because “*Nasa Hi Sirsho Dwaram*” According to *Acharya susruta Ardhavabhedaka* is *tridoshaj siro rog* and episodic headache attacks of *Ardhavabhedaka* repeat every 10 days, 15days, 30days or suddenly as per classical texts. So as per modern view migraine is episodic headache so correlated with Migraine.

Acharya kasyap described *Panchabhautika taila Nasya Shatkalpa Adhyaya* in *kalp sthana* in *siro roga*. *Nasya* is most effective treatment in *siro roga* *Acharya Astang sangrah* described about mode of action of *nasya*.

AIM AND OBJECTIVES:

- **Aim:**
To evaluate the efficacy of *Panchabhautika Taila Pratimarsha Nasya* in the management of *Ardhavabhedaka*.
- **Objectives:**
 1. To study the *Panchabhautika taila* in detail.
 2. To study the *Samprapti* of *Ardhavabhedaka* and etiopathology of migraine.
 3. To study the effect of *Panchabhautika taila Pratimarsha Nasya* in *Ardhavabhedaka*(migraine).
 - 4.

METHODOLOGY:

31 case of *Ardhavabhedaka* (Migraine) Diagnosis according to *Ayurveda* and according to International Headache society, and treated with *Panchabhautika taila Pratimarsh Nasya*. 90 days’ study before to after treatment assessed by MIDAS.

Ethical clearance was obtained **PU/PIA/IECHR/2019/200[16/10/2019]** and this study is registered in Clinical Trial Registry of India **CTRI/2020/01/022889 [21/01/2020]**.

OBSERVATIONS & RESULTS:

Effect of *Panchabhautika taila Pratimarsh Nasya* in *Ardhasira shoola*, *Manya shoola*, *Bhrama*, *Chhardi* after treatment was highly significant and nausea, phono-phobia significant result was obtained. And non-significant result found in photo-phobia.

CONCLUSION

According to statistical study ALTERNATIVE HYPOTHESIS accepted.

Pachabhautika taila gives encouraging results in *Ardhasira shoola*, *Manya shoola*, *Bhrama*, according to statistical language highly significant.

In photophobia this *Nasya* give marginal results in this symptoms.

Sabda-aasahishnuta and *hrullas* also got significant or encouraging results with this *nasya*.

So if we give the *prastimarshs Nasya* for longer time, it can give a results like *Marsha Nasya*.

SOCIAL IMPACT OF THE STUDY

Panchabhautika taila pratimarsh Nasya is very use full in routine life.

It's easy to use and carry (small eye drop like nasal drop)

Patients take any time, any were and during onset of Headache, *pratimarsh nasya* was reduce frequency and pain.

Pratimarsh nasya take mornig time also reduce the chances of headache episode.

I. INTRODUCTION

Shir being the prime seat of sense organs and also the controller of entire body has been termed as “*Uttamanga*”ⁱ. *Shalaky Tantra* also named as *Urdhvanga Chikitsa* deals with the diseases of *Shir* and also its management. All our ancient *Acharyas* had mentioned about the *Shiroroga* of which *Shirahhoola* as the main symptom and also they have taken *Shirahhoola* as the synonym of *Shiroroga*. In Ayurvedic text, almost all the *Acharyas* had mentioned *Ardhavabhedaka* in *Shiroroga*.

Acharya Sushruta had mentioned 11 types of *Shiroroga* in *Uttara Tantra*ⁱⁱ. Among them, one is *Ardhavabhedaka* in which pain in half side, neck, eye brows, temporal region, ears, eyes, half portion of the frontal region resembling paroxysmal unilateral headache associated with vertigo and pain of varying intensity. Very similar to the Migraine. *Ardhavabhedaka* term derived from its specific nature of pain. Literally the word *Ardhavabhedaka* means tearing, pricking, churning type of pain on the half of the head.

Ardhavabhedaka have predominance of *vata* and *vatakaphaja*, *Tridoshaja*, *vataja* according to *Acharya Charaka*ⁱⁱⁱ, *Acharya Sushruta*^{iv} and *Acharya Vagbhata*^v respectively.

The causes of *Ardhavabhedaka* are excessive intake of *rooksha padartha*, *Adhyashana*, *Purva-vata-sevana*, *Atimaithuna*, *Vegadharana*, *Ativyayama*. Due to *nidana-sevana vata-dosha* get aggravated and pain is appreciable in *Manya*, *Bhru*, *Shankha*, *Karna*, *Akshi* and half of the *Shira*.^{vi}

The attacks of *Ardhavabhedaka* repeat every 10days, 15days, 30days or suddenly as per classical texts.^{vii} As per modern view migraine is episodic headache. So, *Ardhavabhedaka* can be correlated with Migraine. *Acharya Charaka* has mentioned if *Ardhavabhedaka* is not treated it leads to deafness and blindness^{viii} and in modern science described temporary vision loss and hearing loss in with aura Migraine. So, *Ardhavabhedaka* can be correlated with migraine based on the similarity in etiology and symptoms.

Hence the disease occurring in the *Urdhvajatru* has been very clearly highlighted in the *Ayurvedic* classics along with their management. Ayurveda classics had mentioned various therapeutic measures in the management of *Ardhavabhedaka*. ***Nasya karma is considered as an important modality of treatment for all types of Shirorogas.*** In *Ardhavabhedaka Nasa hi Shirso Dwaram* as an ideal therapy mentioned by *Acharyas*.^{ix}

So here the clinical study with 30 patients of *Ardhavabhedaka* was planned. Patients were mainly diagnosed on the basis of clinical symptoms and signs of the disease as explained in *Ayurvedic* and modern literature to find out the efficacy of

Panchabhautika taila Pratimarsh Nasya^x in the management of *Ardhavabhedaka*.

Therefore, this study has been conducted to evaluate the effect of *Panchabhautika taila Pratimarsh Nasya* in the management of *Ardhavabhedaka*.

MATERIALS AND METHODS

Literary source:

About the disease *Ardhavabhedaka* (*Ardha shirah vedana*) collected information through *Samhitas charak samhita, sushruta samhita, Asthang Hridaya* and *samgrah, chakradatta* and *Saragdhara Samhita* and also refer articles of *Ardhavabhedaka Vyadhi* or Migraine, Shalaky Tantra textbook and previous thesis.

This study was done suffered with the problems of *Ardha shir shoola, (Ardhavabhedaka)*.

Aim and Objectives:

Aim: To Evaluate the Efficacy of *Panchabhautikatailanasal* instillation (*Pratimarsha Nasya*) in the management of *Ardhavabhedaka* W.A.R to Migraine.

Objectives:

To know about the *Panchabhautika taila* in brief.

To know about the *Ardhavabhedaka* or migraine (Samprapti).

To find out effect of *Panchabhautika taila Pratimarsha Nasya*

Sample source:

Patient was taken symptoms of *Ardhavabhedaka* or Migraine.

Patient selected from Shalaky tantra OPD of Parul Ayurved hospital, PIA, Limda, Waghodia, Vadodara, Gujarat.

Ardhavabhedaka patients was screened near village and companys.

Pharmaceutical source:

This drug was prepared GMP certified Parul Ayurved Pharmacy, PIA, PU, Limda, Vadodara.

Drug source:

Panchabhautika taila was prepared according to *Saragdhara Samhita*, and ingredients use for this *taila* or nasal instillation are mentioned in *Kashyapa. kalp sthana. process done Parul Ayurved pharmacy(PIA)*.

Panchabhautika taila drugproportion

Sr.no	Name	Proportion
1	<i>Guduchi</i>	400gm
2	<i>Vidarikanda,</i>	400gm
3	<i>Draksha,</i>	400gm
4	<i>Pippali</i>	400gm
5	Yastimadhu	400gm
6	Meda	400gm
7	Vidanga	400gm
8	Prushnaparni	400gm
9	Bala	400gm
10	Manjistha	400gm
11	Sarkara	400gm
12	Bruhatai	400gm
13	Kantkari	400gm
14	Saidhava	400gm
15	Swetkamal	400gm
16	Neelkamal	400gm
17	Twak	400gm
18	Punarnava	400gm
19	Rasna	400gm
20	Gokshur	400gm

Authenticated and standardize **KRUSHNA TILA TAILA** was collected from the market with the GST Number and used for the preparation of *Panchabhautika taila*.

Method of collection of data:

Study design: Open clinical trial

Sample size: 30

Study duration: 90 days

21 days 2 cycles (21days after 7days gap again 21days)

Follow up: 6 follow ups with the gap of 15 days in each follow-up.

Inclusion criteria

Patients was taken symptoms of *Ardhavabhedaka* (Migraine).

Patients was selected 16 – 60 yrs. Age group.

Patients who are fit for “*Pratimarsh Nasya karma*”.

Exclusion criteria:

Pts. Small than 16yrs and those more than 60yrs.

Patients of *Ardhavabhedaka*(migraine) who are taking alternative medicines.

Other systemic disease (HTN, COPD).

Patients are not enrolled for this study (brain tumors, meningitis,cervical-spondylitis, encephalitis, referred pain, refractive errors and glaucoma).

Contraindicated for nasal instillation “*PratimarshNasyakarma*”.

Plan of work:

After diagnosis of the pts. of *Ardhavabhedaka* (migraine) with the help of assessment criteria of *Ardhavabhedaka* (migraine) also eye opinion also done and started study for 90 days in this study follow ups was taken every 15 days.

Procedure of *Pratimarsh Nasya*

Pratimarshnasya was daily and even in all the seasons at morning and evening.

The patient was advised not to sniff the *Sneha* given in the form of *Nasya*.

Dose – 2 drop in the morning and evening.

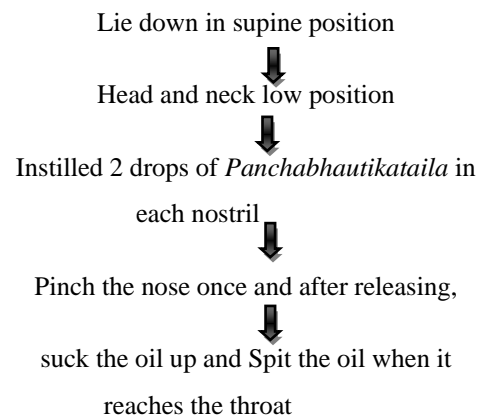
The *Sneha* should at least reach from nose to gullet, but it should not be too much that to produce secretion in throat. (ref. su.chi.40/51-53)

- *Pratimarsha* was given in any age, any season and even in *Akala*.

- Patient instructed to how to use *Pratimarshnasya* or nasal instillation at home

- *Panchabhautika taila nasya* patients performed at home

PRATIMARSH NASYA



Criteria for Assessment:

Assessment of the patients was done on the premise of subjective parameters. For this purpose, the quality

rating (scoring) strategies was adopted according to the symptoms of disease.

Subjective Parameters:

1. "Ardh Sira shool"
2. *Manya shoola*
3. *Bhrama*
4. *Hrallasa*
5. *Chhardi*
6. *Sabda-Asahtva*
7. *Prakasha-Asahtva*

Assessment Criteria for Migraine

Duration of Headache (Ardha-Shirashoola)	Nausea (Hrillas)
0 = Nil	0 = Nil
1 = 1-3 hours/day (Mild headache)	1 = Occasionally
2 = 3-6 hours/day (Moderate headache)	2 = Moderate, (routine work not disturbed)
3 = 6-12 hours/day (Severe headache)	3 = Severe, disturbing routine work

Vomiting (Chhardi)	Gradation for photophobia (Prakash-Ashahisnuta) & Phonophobia (Sabda - Ashahisnuta) Symptoms
0 = Nil	0 = No symptoms
1 = Only if headache does not reduce (subside)	1 = Mild (can do his/her work)
2 = Vomiting 1-2 times	2 = Moderate (forced to stop work)
3 = Vomiting 2-3 times	3 = Severe (Forced to take medicine)

Vertigo (Bhrama)	Cervical pain (Manyashoola)
0=Nil	0 = No
1=Feeling of giddiness	1= Yes
2 = Patient feels as if everything is revolving	
3 = Revolving signs + black outs	

DRUG REVIEW

Drug is one of the chief factors of *Chikitsa Chatuspada*. *Acharya Charaka* has emphasized, the awareness of therapeutic drug by considering it as one among 'Trisutra' i.e. *Hetu, Linga* and *Ausadhi* of *Ayurveda*.^{xi}

Selection of the drugs:

In the malady(Disease) *Ardhavabhedaka*, all the *Nidanas* show the predominance of *Vata dosha*. *Acharya Sushruta* has shown *tridosha* because the anorexigenic factor; *Acharya Charaka* mentioned the involvement of *Vata-Kapha dosha* and *Acharya Vagbhata* delineated solely *Vatika* involvement. so the drug to be chosen ought to primarily have *Vatahara* property because of the predominance of *Vata dosha* in *Ardhavabhedaka*.

Nasya is described as the best procedure in all *Urdhwajatrugata rogas*. Special indication, have been mentioned by *Acharya Sushruta* for *nasya* with *Sirishphala nasya*, *Dashmooladyavpidana nasya*, *Madhukadhyavpidana nasya*^{xii}. In *Chakradatta*^{xiii}, *Bhaishajyaratnavali*^{xiv} had mentioned *Go-ghrita nasya* (*Bruhana nasya*) in the management of *ardhavabhedaka*. Also in *yogaratnakar*^{xv}, *Chakradatta*^{xvi}, *Gadanigraha*^{xvii} had described *Kumkuma ghrita nasya* in the management of *Ardhavabhedaka*.

Observation

Observation showing on the distribution of highest number of Patient found in demographic Data of this study

Observation	Patients History	Number of Patients	Percentage
Age	16-30 yrs.	23	67.64%
Gender	Female	27	79.4%
Religion	Hindu	30	88.2%
Occupation	Student	13	38.2%

Observation on Patients Complains

Observation	Patients Complains	Number of patients	Percentage
Site of pain	MBSKAL	24	70.58%
	BSAL	08	23.52%
Nature of pain	Spandana	26	76.47%
	Spandana & Manthan	4	11.76%
	Spandana & Sphutan	4	11.76%

MBSKAL- *Manya, Bhru, Shankha, Karna, Akshi, Lalata*

BSAL- *Bhru, ShankhaAkshi, Lalata*

DISCUSSION

Shir being the prime seat of sense organs and also the controller of entire body has been termed as "*Uttamanga*". *Shirahhoola* as the main symptom and also they have taken *Shirahhoola* as the synonym of *Shiroroga*. In Ayurvedic text, almost all the *Acharyas* had mentioned *Ardhavabhedaka* in *Shiroroga*.

Ardhavabhedaka means - tearing, pricking, churning type of pain on the half of the head.

Causes of *Ardhavabhedaka* are-

excessive intake of *rooksha padartha, Adhyashana, Purva-vata-sevana, Atimaithuna, Vegadharana, Ativyayama, ratri-jagran*.

Now present days excessive intake of tea/coffee, stress, fast lifestyle it may be one of the cause.

Due to *nidana-sevana vata-dosha* get aggravated and pain is appreciable in *Manya, Bhru, Shankha, Karna, Akshi* and half of the *Shir*

The attacks of *Ardhavabhedaka* –

Repeat every 10days, 15days, 30days or suddenly as per classical texts.

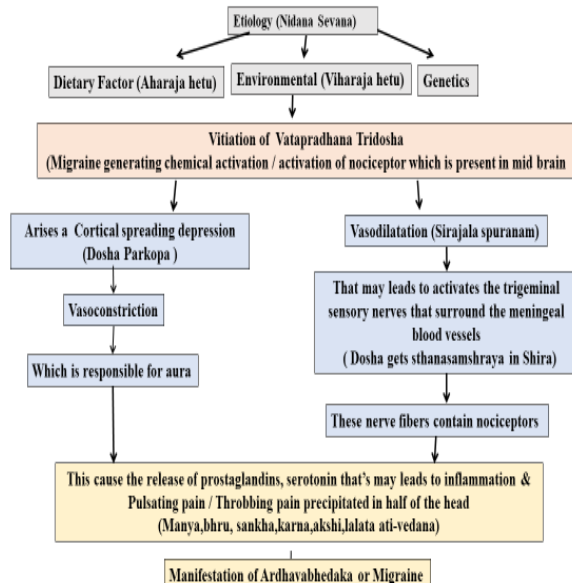
As per modern view migraine is episodic headache. So, *Ardhavabhedaka* can be correlated with *Migraine*.

-Migraine diagnose because diagnosis is only based on subjective criteria and it is verifiable only by the patient

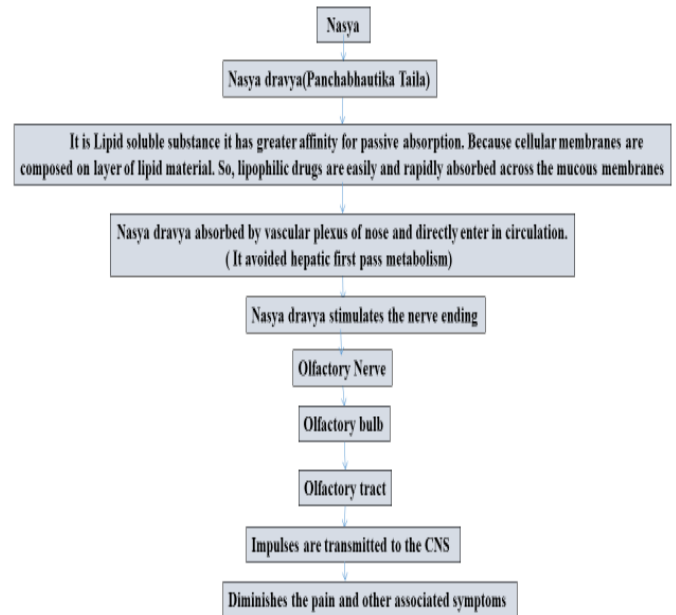
Treatment of Migraine such as Analgesics, Vasodilators, available in present days. Ancient *Acharyas* have described various types of *Nasya* in the management of *Ardhavabhedaka*.

This study was done for better management of *Ardhavabhedaka (Migraine) Panchabhautika taila pratimarsh nasya*.

Samprapti of ardhavabhedaka



Probable mode of action of Nasya procedure



Associated symptoms:

In this study, 79.40% of patients had complain of Photophobia, 70.60% of patients had vomiting, 100% of patients had photophobia, 53.33% of patients had vertigo, 23.33% of patients had tinnitus, 76.66% of patients had complain of phonophobia, 20% of patients had complain of confessional state. These symptoms are present due to the involvement of trigeminal nerve root / ganglion / brainstem in migraine pathology such as vertigo, tinnitus and confessional state. Center of vomiting is present in brainstem of midbrain; midbrain area is considered as migraine generator in pathology of migraine.

Conclusion–

1. *Ardhavabhedaka (Migraine)* diagnosed based on only subjective criteria.
2. *Panchabhautika taila* gives encouraging results in *Ardhasira shoola*, *Manya shoola*, *sabda aasahishnuta*, according to statistical language highly significant in above symptoms.
3. In photophobia this nasya give marginal results in more than 50% of patients.
4. *Bhrama* and *hryllas* also got significant or very encouraging results with this nasya.
5. *Panchabhautika taila pratimarsh nasya* giving good results in this study.

6. So if we give the prastimarshs Nasya for longer time ,it can give a results like Marsha Nasya.(according to Acharya charak Samhita si.sth.9 and vagbhat Samhita su.sth.20)

Limitation of the study

1. Long duration study 21days 2 settings of Pratimarsh *nasya*.
2. All patients not ready for *Nasya karma*.
3. Patients not coming for follow up regularly.
4. Some patients requested to stop *nasya karma* before completing 2 sittings of *Pratimarsh Nasya* due to good relief after 10-12 days.
5. *Nidana Parivarjana* difficult for night duty.

^x Kashyap Samhita kalp sthan shatkalp Adhyaya.

^{xi} Charaka Samhita, Dr. Bhramananda tripathi, Vol.1, Chaukhamba Surbharti Prakashan, Varanasi, Edition-2016, Sutra sthana-1/24,

^{xii} Sushruta samhita, Kaviraj Ambikadattashastri, Chaukhamba Sanskrita Sansthan, Varanasi, Reprint-2015, Uttar tantra- 26/31-35.

^{xiii} Cakradatta, P. V. Sharma, Published by Chaukhambha Orientalia, Edition-2007, Shiro-rogs, Chapter-60/49. Pg. No.-521

^{xiv} Bhaishajya Ratnavali of Sri Govind Das, Edited by Brahmashankar Mishra, Chaukhambha Prakashan, Varanasi, Edition- 2008, Chapter-65/34, Pg. No.-1019

^{xv} Yogaratnakara with Vidyaprabha Hindi Commentary, By Indradev Tripathi and Dr. Daya Shankar Tripathi, Chaukhamba Krishnadas Academy, Varanasi, Shirorogasya upachara-69, Pg.No.-763

^{xvi} Cakradatta, P. V. Sharma, Published by Chaukhambha Orientalia, Edition-2007, Shiro-rogs, Chapter-60/42. Pg. No.-520

^{xvii} Gadanigraha of Sri Vaidya Sodhala, By Sri Indradeva Tripathi, Edited by Sri Ganga Sahaya Pandeya, Chaukhambha Sanskrit Sansthana, Reprint-2005, Part-3, Shalakyatantre Shirorogadhikara-1/59.Pg.No.-22

ⁱCharaka Samhita,Dr. Bhramanad Tripathi, Chaukhamba Surbharti Prakashana, Varanasi, edition-2013,Sutra sthana -17/11.

ⁱⁱ Sushruta samhita, Kaviraj Ambikadattashastri, Chaukhamba Sanskrita Sansthan, Varanasi, Reprint-2015, Uttara-Tantra, Chapter 25/3,4

ⁱⁱⁱ Charaka samhita, Dr. Bhramanad Tripathi, Chaukhamba Surbharti Prakashana, Varanasi, edition-2013, Siddhi sthana, Chapter- 9/79-81, Page no.-1291

^{iv} Sushruta samhita, Kaviraj Ambikadattashastri, Chaukhamba Sanskrita Sansthan, Varanasi, Reprint-2015, Uttara-Tantra, Chapter-25/15, Page no.-166.

^v Ashtanga hridayam, Dr. Bhramanand Tripathi, Chaukhamba Sanskrita Prtishthana, Dehli, Reprint-2012, Uttara-Tantra, Chapter- 23/7-8, Page no.-1051

^{vi}Charaka samhita, Dr.Bhramanad Tripathi, Chaukhamba Surbharti Prakashana, Varanasi, edition-2013, Siddhi-sthana- 9/79-81, Page no. 1291.

^{vii} Sushruta samhita, Kaviraj Ambikadattashastri, Chaukhamba Sanskrita Sansthan, Varanasi, Reprint-2015, Uttara-Tantra, 25/15, Page no.-166

^{viii} Charaka Samhita, Dr.Bhramanad Tripathi, Chaukhamba Surbharti Prakashana, Varanasi, edition-2013, Siddhi sthana -9/79-81, Page no. 1291.

^{ix} Ashtanga hridayam, Dr. Bhramanand Tripathi, Chaukhamba Sanskrita Prtishthana, Dehli, Reprint-2012, Sutra-sthana-20/1.