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 Ardhvabhedaka and etiopathology of migraine.
  3. To study the effect of Panchabhautika taila Pratimarsha Nasya in Ardhvabhedaka(migraine).
  4.

METHODOLOGY:

31 case of Ardhvabhedaka (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, Chhardi, 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 pratimarshs 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”. Shalakyā 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 Ard havabh edaka in Shiroroga.

Acharya Sushruta had mentioned 11 types of Shiroroga in Uttara Tantra. Among them, one is Ard havabh edaka 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. Ard havabh edaka term derived from its specific nature of pain. Literally the word Ard havabh edaka means tearing, pricking, churning type of pain on the half of the head.

Ard havabh edaka have predominance of vata and vatakaphaja, Tridoshaja, vataja according to Acharya Charaka, Acharya Sushruta and Acharya Vaghbhata respectively.

The causes of Ard havabh edaka are excessive intake of rooksha padartha, Adhyashana, Purva-vata-sevana, Atimaithuna, Vegadharana, Atyayama. Due to nidana- sevana vata-dosha get aggravated and pain is appreciable in Manya, Bhrur, Shankha, Karna, Aksh and half of the Shira.

The attacks of Ard havabh edaka repeat every 10 days, 15 days, 30 days or suddenly as per classical texts. As per modern view migraine is episodic headache. So, Ard havabh edaka can be correlated with Migraine. Acharya Charaka has mentioned if Ard havabh edaka is not treated it leads to deafness and blindness and in modern science described temporary vision loss and hearing loss in with aura Migraine. So, Ard havabh edaka 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 Ard havabh edaka. Nasya karma is considered as an important modality of treatment for all types of Shiroragas. In Ard havabh edaka Nasa hi Shiro Dwaram as an ideal therapy mentioned by Acharyas.

So here the clinical study with 30 patients of Ard havabh edaka 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 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 samghrah, chakradatta and Saragdhar Samhita and also refer articles of ArdHAVABHEDAKA Vyadhi or Migraine, Shalakya 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 (PratimarshaNasya) 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 Pratimarsh Nasya

Sample source:

Patient was taken symptoms of ArdHAVABHEDAKA or Migraine.

Patient selected from Shalakya tantra OPD of Parul Ayurved hospital, PIA, Limda, Waghdodia, 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 Saragdhar Samhita, and ingredients use for this taila or nasal instillation are mentioned in Kashyapa. kalp sthana. process done Parul Ayurved pharmacy (PIA).

<table>
<thead>
<tr>
<th>Sr.no</th>
<th>Name</th>
<th>Proportion</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Guduchi</td>
<td>400gm</td>
</tr>
<tr>
<td>2</td>
<td>Vidarikanda</td>
<td>400gm</td>
</tr>
<tr>
<td>3</td>
<td>Draksha</td>
<td>400gm</td>
</tr>
<tr>
<td>4</td>
<td>Pippali</td>
<td>400gm</td>
</tr>
<tr>
<td>5</td>
<td>Yastimadhu</td>
<td>400gm</td>
</tr>
<tr>
<td>6</td>
<td>Meda</td>
<td>400gm</td>
</tr>
<tr>
<td>7</td>
<td>Vidanga</td>
<td>400gm</td>
</tr>
<tr>
<td>8</td>
<td>Prushnaparni</td>
<td>400gm</td>
</tr>
<tr>
<td>9</td>
<td>Bala</td>
<td>400gm</td>
</tr>
<tr>
<td>10</td>
<td>Manjistha</td>
<td>400gm</td>
</tr>
<tr>
<td>11</td>
<td>Sarkara</td>
<td>400gm</td>
</tr>
<tr>
<td>12</td>
<td>Bruhati</td>
<td>400gm</td>
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<tr>
<td>13</td>
<td>Kantkari</td>
<td>400gm</td>
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<tr>
<td>14</td>
<td>Saidhava</td>
<td>400gm</td>
</tr>
<tr>
<td>15</td>
<td>Swetkamal</td>
<td>400gm</td>
</tr>
<tr>
<td>16</td>
<td>Neelkamal</td>
<td>400gm</td>
</tr>
<tr>
<td>17</td>
<td>Twak</td>
<td>400gm</td>
</tr>
<tr>
<td>18</td>
<td>Punarnava</td>
<td>400gm</td>
</tr>
<tr>
<td>19</td>
<td>Rasna</td>
<td>400gm</td>
</tr>
<tr>
<td>20</td>
<td>Gokshur</td>
<td>400gm</td>
</tr>
</tbody>
</table>
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 (21 days after 7 days gap again 21 days)

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

Lie down in supine position

Head and neck low position

Instilled 2 drops of Panchabhautikataila in each nostril

Pinch the nose once and after releasing,

suck the oil up and Spit the oil when it reaches the throat

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**

<table>
<thead>
<tr>
<th>Duration of Headache (Ardha-Shirashooda)</th>
<th>Nausea (Hrillas)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 = Nil</td>
<td>0 = Nil</td>
</tr>
<tr>
<td>1 = 1-3 hours/day (Mild headache)</td>
<td>1 = Occasionally</td>
</tr>
<tr>
<td>2 = 3-6 hours/day (Moderate headache)</td>
<td>2 = Moderate, (routine work not disturbed)</td>
</tr>
<tr>
<td>3 = 6-12 hours/day (Severe headache)</td>
<td>3 = Severe, disturbing routine work</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vomiting (Chhardi)</th>
<th>Gradation for photophobia (Prakash-Ashaisnuta) &amp; Phonophobia (Sabda - Ashaisnuta) Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 = Nil</td>
<td>0 = No symptoms</td>
</tr>
<tr>
<td>1 = Only if headache does not reduce (subside)</td>
<td>1 = Mild (can do his/her work)</td>
</tr>
<tr>
<td>2 = Vomiting 1-2 times</td>
<td>2 = Moderate (forced to stop work)</td>
</tr>
<tr>
<td>3 = Vomiting 2-3 times</td>
<td>3 = Severe (Forced to take medicine)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vertigo (Bhrama)</th>
<th>Cervical pain (Manyashoolooa)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0=Nil</td>
<td>0 = No</td>
</tr>
<tr>
<td>1=Feeling of giddiness</td>
<td>1= Yes</td>
</tr>
<tr>
<td>2 = Patient feels as if everything is revolving</td>
<td></td>
</tr>
<tr>
<td>3 = Revolving signs + black outs</td>
<td></td>
</tr>
</tbody>
</table>
DRUG REVIEW

Drug is one of the chief factors of Chikitsa Chatushpada. Acharya Charaka has emphasized, the awareness of therapeutic drug by considering it as one among ‘Trisutra’ i.e. Hetu, Linga and Ausadhi of Ayurveda.

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 Vata-Kapha dosha and Acharya Sushruta mentioned the involvement of Vata-Kapha dosha and Acharya Vagbhata delineated solely Vata 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 Urdhwa-jatragata rogas. Special indication, have been mentioned by Acharya Sushruta for nasya with Sirishphala nasya, Dashmooladyavpidana nasya, Madhukadhyavpidana nasya. In Chakradatta, Bhaisajyaratnavali had mentioned Go-ghrita nasya (Bruhana nasya) in the management of ardhavabhedaka. Also in yogaratnakar, Chakradatta, Gadanigraha 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

<table>
<thead>
<tr>
<th>Observation</th>
<th>Patients History</th>
<th>Number of Patients</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>16-30 yrs.</td>
<td>23</td>
<td>67.64%</td>
</tr>
<tr>
<td>Gender</td>
<td>Female</td>
<td>27</td>
<td>79.4%</td>
</tr>
<tr>
<td>Religion</td>
<td>Hindu</td>
<td>30</td>
<td>88.2%</td>
</tr>
<tr>
<td>Occupation</td>
<td>Student</td>
<td>13</td>
<td>38.2%</td>
</tr>
</tbody>
</table>

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, Bhr, 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 ardhabhavhbedaka**

Associated symptoms:
In this study, 79.40% of patients had complain of Photophobia, 70.60% of patients had vomiting, 100% of patients had phonophobia, 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 Ardhhasira shoola, Manya shoola, sabda aashishnuta, 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 hrillas 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.

Limitation of the study

1. Long duration study 21 days 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 settings of Pratimarsh Nasya due to good relief after 10-12 days.
5. Nidana Parivarjana difficult for night duty.

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