



## A PILOT OBSERVATION TO EVALUATE EFFICACY OF GUNJADI TAIL NASYA IN ARDHAVABHEDAKA VIS-À-VIS MIGRAINE

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### INTRODUCTION

The main part of the body, wherein are situated the vital centers of living creatures and which is not only the seat of all senses but also the limbs of the body is named the head. Like other vital centers viz. *Hridaya* (heart) and *Vasti* (Urinary Bladder), *Shira* must be protected from external injury and internal morbidity of *Vata* and other humors. According to *Madhukosha*-

“*Shiroroga Shabdena Shirogata Shulrupa, Ruja Abhidhiyate*”

So in *Ayurveda* most of the conditions described as headache are referred to as “*Shiroroga*”. *Shirovedanana*, *Shirashulam*, *Shiroabhitapam* are the terms used for *Shiroroga*. *Shiroroga* must be considered as *Shirashulam* according to *Chakrapanidutta* and *Madhukosha*. Migraine is the most common cause of headache. Migraine can often be recognized by its activators, referred to as triggers. The head & neck muscles, reacting to continuous stress, become overworked. The tightened muscles squeeze the arteries & reduce blood flow. When a person relaxes suddenly, the constricted muscle expand and stretching the walls of the blood- vessel. With every heart beat, the blood being pushed through these vessels expands them further & causes incredible pain. The term Migraine refers to a syndrome of vascular spasms of the cranial blood vessels. Symptom of Migraine attack may include.

- Sono-photophobia (heightened sensitivity to light & sound).
- Nausea.
- Auras (loss of vision in one eye or tunnel vision).

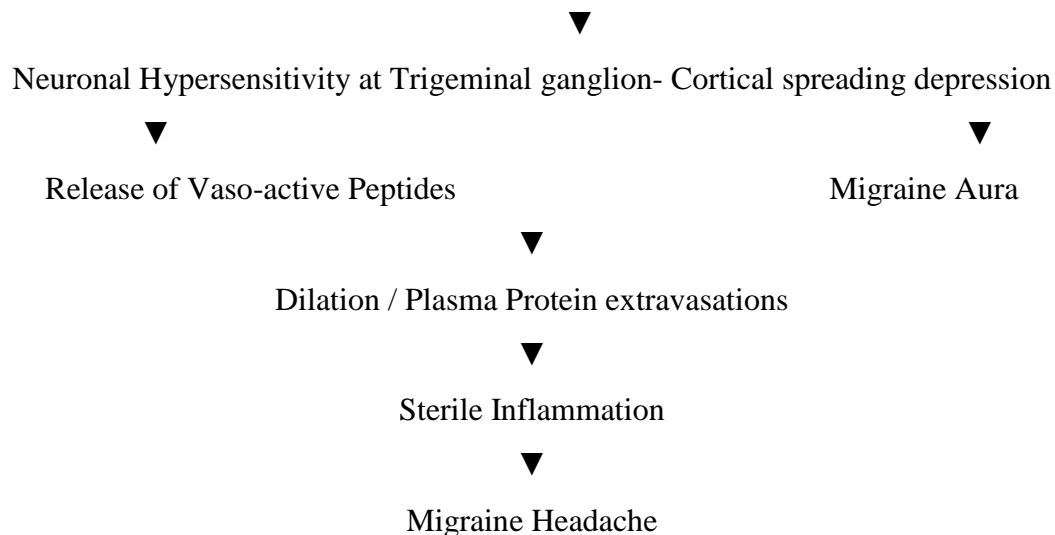
• Difficulty of speech & intense pain predominating on one side of the head. In *Ayurveda*, these symptoms are almost similar to *Ardhavabhedaka*. The disease *Ardhavabhedaka* is characterized by paroxysmal and unilateral headache, which may be severe in nature. Based on clinical studies it has been found that *Ardhavabhedaka* can be similar to Migraine. So it can be correlated to *Ardhavabhedaka* which is one of type of *Shiroroga*.

### Causative Factors / Nidana

Migraine is a genetic disease and Pain usually starts due to triggers such as light, sound and barometric pressure changes. *Ardhavabhedaka* occurs due to following *Nidanas* such as

- ❖ *Ruksha Ahara*
- ❖ *Atyashna*
- ❖ *Adhyashana*
- ❖ *Purva-Vata Sevana*
- ❖ *Avashayaya* (Dew drops)
- ❖ *Ati-Methuna*
- ❖ *Vega-Dharana*
- ❖ *Ayasa*
- ❖ *Ati-Vyayama*

**Pathogenesis / Samprapti:** Migraine Triggers (Sensory Stimuli, Menstrual Cycles, Glare, Bright Light, Sounds, Hunger, Stress, Physical Exertion, Stormy Weather, Barometric Pressure Changes, Hormonal Fluctuations, Sleep disruption (deprivation or excess), Alcohol or Chemical Stimulation e.g. Nitrites).<sup>[9]</sup>



**SAMPRAPTI**

*Nidana Sevana*



*Vata Kapha Ulbana Tridosha Prokopa*



*Vata-Avarodha at Siras of Mastishka due to Pravridha Shleshma*



Aggravated *Vata* associated with *Pitta* and does *Shoshana* of *Kapha* & does  
*Sthanasamshraya* at *Siras* of head



This cause throbbing pain at half of the *Shiras* involving *Manya*, *Bhru*, *Shankha*, *Karna*,  
*Akshi* and *Lalata Pradesha*



*Ardhavabhedaka*

**AIM AND OBJECTIVE**

Migraine sufferers can benefit from *Ayurvedic* treatments. *Ayurveda* treats the disease at its root cause from within. *Panchakarma*, in *Ayurveda* plays a unique role in the management of the disease. All the *Panchakarma* procedures are indicated for migraine however *Nasya Karma* plays a vital role in disintegrating the pathology of the disease. The disease based on it, the most effective remedy is administration of medicine through the nose.

- *Acharya Charaka* mentioned *Shirovirechana Nasya*
- *Acharya Sushruta* mentioned *Nasya*

Nostril are the passage of head, the drugs administered in nostril reach head through channels/ *Sringataka* spread in entire head through the orifices of *Siras* of nose, ears and throat, pull out the impurities of head quickly. So *Nasya Karma* plays a significant role in the management of *Ardhavabhedaka* (Migraine). *Nasya Karma* is indicated for relieve from *Suryavarta* and treatment of *Ardhavabhedaka* is similar to *Suryavarta*. So *Nasya* is also one of the choices of *Ardhavabhedaka* (Migraine). The more of *Avapida* and *Tikshana Nasya* are indicated as *Shiras* is *Kapha sthana*. Following are the various formulation indicated:

- *Sirasamuladi Avapida Nasya*
- *Vacha-magdhi Avapida Nasya*
- *Madhukadi Avapida Nasya*

- *Shirishbeejadi Nasya*
- *Nirgundiadi Nasya*
- *Vayavidangadi Pradhmana Nasya*
- *Girikarnaphaladi Nasya*
- *Dashmoola Kvatha Nasya*
- *Ksheera Nagra Nasya, Shadbindu taila, Anu taila*
- *Gunjadi tail* are also mentioned in *Shirorogadhikara*

In this study, *Gunjadi Tail Nasya* efficacy are evaluate for the management of *Ardhavabhadaka*(Migraine) as mentioned by *Bhaisajya Ratnavali*.

## MATERIALS AND METHODS

Clinical trials contribute to knowledge of and progress in the fight against many diseases. The patients with symptom of *Ardhavabhedaka*(Migraine) were selected randomly, from OPD of Lalit Hari State Ayurvedic College & Hospital, Pilibhit.

### Inclusion Criteria

- Age-20-70 years
- Sex-both Male & Female (Either sex)
- All cases except exclusion Criteria included
- Symptoms of *Ardhavabhedaka* vis a vis Migraine

### Exclusion Criteria

- Age-<20and>70 years
- Due to disorders of eye, ear, nose, throat, teeth etc. referred pain in one half of the head.
- Other type of *Shirashula* ex.- *Anantvata, Suryavartha, Kaphaja* or *Pittaja Shirashola* etc.

### Preparation & Administration

#### Method of Preparation

**Material-**                    *Tila Taila* (Sesame Oil)  
                                      *Kanji*  
                                      *Bhringraj Swarasa*  
                                      *Gunja*

**Method:** First of all, we detoxified *Gunja* seeds and grind was taken and mixed them to make a paste. Afterward *Murchita Tila Taila* (Sesame oil) was poured in a Pan. *Gunja* seeds *Kalka* (paste) and *Kanji* were also added in this combination. *Kanji* worked as a medium in which *Gunja* seeds are also get purification. This solution was kept to boil for a while. After some time, when a little bit *Kanji* remained, *Bhringraj swarasa* was added in above prepared mixture. The mixture was kept for boiling and simmers the mixture until only the oil remained. This prepared oil was kept as such it for natural cooling. When it cooled down, filtered the oil and preserved it in the glass bottles.

### Criteria of Assessment (Signs & Symptoms)

- Severity of pain
- Duration of pain
- Frequency of attack
- Associated Symptoms-Nausea, Vomiting, Photophobia, Aura etc.

### Drug & Dose Schedule

- *Gunjadi tail Nasya*: 3 courses of *Nasya* with an interval of 4 days. Each courses having 7 days administration of drug.
- Duration of Trail: 1 month.

**Observation:** 20 patients with symptoms of *Ardhavabhedaka* such as Nausea, Vomiting, Photophobia, Aura, Photophobia were selected from OPD/IPD of Lait Hari Stae Ayurvedic College And Hospital, Pilibhit. These 20 patients were studied for their demographic profile, disease profile and improvement in symptoms of *Ardhavabhedaka*.

**Table. 1: Showing distribution of sex in 20 patients.**

Sex	No. of patients
Male	14
Female	06
Total	20

**Table. 2: Showing distribution of age groups in 20 patients.**

Age Groups	No. of patients
20-30	02
30-40	04
40-50	07
50-60	05
60-70	02

**Table. 3: Effect of *Gunjadi Tail Nasya* on Symptoms of *Ardhavabhadaka*(Migraine) in 20 patients.**

Symptoms	Mean B.T.	Mean A.T.	Mean Diff.	% relief	S.D+	S.E	't' Value	P Value	Remarks
Severity of pain	3.20	1.10	2.10	65.63%	0.57	0.18	11.70	<0.001	HS
Duration	2.40	0.90	1.50	62.50%	0.71	0.22	6.71	<0.001	HS
Frequency	3.00	1.20	1.80	60.00%	0.42	0.13	13.50	<0.001	HS
Nausea	2.10	0.60	1.50	71.43%	0.85	0.27	5.58	<0.001	HS
Vomiting	1.40	0.50	0.90	64.29%	0.57	0.18	5.01	<0.001	HS
Photophobia	1.00	0.30	0.70	70.00%	0.48	0.15	4.58	<0.01	S
Aura	0.50	0.20	0.30	60.00%	0.48	0.15	1.96	>.05	NS

## DISCUSSION

While assessing the clinical improvement in the patients treated with *Gunjadi Tail Nasya*, Severity of pain was relieved by 65.63% and in duration of headache the improvement was noted by 62.50% while frequency improvement was 60.00% ,which is highly significant improvement statistically ( $P < 0.001$ ). In associated Symptoms such as Nausea & Vomiting, the improvement was noted by 71.43% & 64.29% respectively, which is also highly significant improvement statistically ( $P < 0.001$ ). The study also shows 70.00% improvement in Photophobia, which is significant improvement statistically ( $< 0.01$ ). But statistically improvement in Aura is not found significant ( $P > .05$ ).

## CONCLUSION

*Gunja* was accepted as a mono-drug therapy for various diseased conditions & also utilized as ingredient in different formulation ex- *Gunjabhedra Rasa*, *Gunjadi Taila* etc. It is advisable to use *Gunja* only after following proper *Shodhana* procedure which not only purifies the drug but also minimizes its adverse effect. In this oil preparation *Kanji* is also used in which *Shodhana* of *Gunja* occurs. It also increase the potency of this remedy. *Gunja*, being *Visha* in nature, has *Sukshma* & *Vyavayi* properties (ten properties of *Visha*) which is basically responsible for affecting all three *Doshas*, seven *Dhatus* & three *Malas*. By *Vikasi* property, it need not to undergo digestion before absorption. These properties are very helpful in therapy for quick response. *Gunja Nasya* is mentioned in all type of *Shiroroga*.

In this preparation *Seasame Oil*, *Bringraj Swarasa* (*Eclipta alba*) are used. *Seasame* oil has Antioxidant property. The physiological effect of *Seasame* oil dripped induced by Somato autonomic reflexes through thermo sensor or pressure sensors in the skin or hair follicles via the trigeminal cranial nerve. According to *Sharangdhar*, for *Shiroverachan nasya*, preferably

sharp oil or oleaginous substance cooked with sharp drugs or decoction or juice of sharp drugs can be used. Oleaginous substance should be used according to dose i.e. oil used in *Kapha & Vata*. *Bringraj Swarasa* (*Eclipta alba*) *Nasya* is specially mentioned in *Ardhavabhedaka Chiktsha*.

*Nasya Karma* is considered as foremost therapy as *Acharya Vagbhatta* explained *Nasa* as a *Shiro Dwara* and medicines instilled through nose, through *Shrungataka Marma* it spreads to *Siramukhas* of *Murdha*, *Netra*, *Shrotra*, *Kantha* etc. and extracts only *Vaikariki Doshas* from *Urdhavajatru* without causing any harm to delicate structures of brain. *Gunja Taila* is *Ushna & Shingdha*, these properties effective in the management of pain induced headache. That's why *Gunja Taila Nasya* is a perfect remedy for the treatment of *Ardhavabhedaka vis a vis* Migraine due to its good & effective medicinal properties.

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