

# Role of Dashmool Tail Nasya and a combination of Herbo-Mineral Drugs in the management of Ardhavbhedak W.S.R. to Migraine- A Clinical Study

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**Abstract** - Headache is the most common health problem experienced by mankind in the present scenario. There is a high percentage of people suffering from migraine of individuals worldwide. Migraine is usually a moderate or severe headache felt as a throbbing pain on one side of the head and most of the time it includes nausea and vomiting along with increased sensitivity to light or sound, which resembles the classical symptoms of Ardhavbhedak which is one among the 11 types of Shirorogas as mentioned in Ayurvedic classical texts. Acharya Sushrutha has quoted Ardhavbhedak Tridoshaj, Acharya Charak has mentioned it as Vata Kaphaj and Acharya Vagbhata has considered it Vataj. The present study deals with the enrolment of 12 patients as per the inclusion criteria of migraine who were treated with Dashmool Tail Nasya along with a combination of Shira Shooladi Vajra Rasa 250 mg, Laghu Soot Shekhar Rasa 250 mg, and Godanti Bhasma 500 mg BD with honey for 30 days and were keenly assessed before treatment, after 15 days (follow-up) and after the treatment. Marked improvement was observed in most of the patients with subsidisation of associated symptoms as well.

**Keywords** - Migraine, Ardhavbhedak, Shirashooladi Vajra Rasa, Laghu Soot Shekhar Rasa, Godanti Bhasma

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## INTRODUCTION

Migraine has become the most common neuromuscular disorder these days; its triggering factors are weather, staying hungry for longer durations like fasting, mental stress, alcohol and certain types of food items like Maida items, and packed food. It has been found that women are more prone to migraine especially while suffering through menstruation. Additionally, allergic reactions, exposure to loud noises or particular odours, smoking, or long exposure to screens/televisions could lead to migraine attacks. WHO ranks migraine among the world's most disabled medical illnesses<sup>1</sup>. Migraine can be closely related to Ardhavbhedak due to the 'half-sided headache' being its cardinal feature which is also explained by commentator Chakrapani as Ardhamastakvedna and also its paroxysmal nature<sup>2</sup>. Ardhavbhedak has been considered as Tridoshaj by Acharya Sushruta<sup>3</sup>, Vata-kaphaj by Charak and Vataj by Acharya Vagbhata<sup>4</sup>. In Ayurveda, Nasya Therapy has always proved itself promising in treating Urdhwajatrugata Vikaras. Hence Dashmool Tail Nasya has been selected for the study, as a benefit of Nasya has been quoted by Acharyas

"Nasa Hi Shirso Dwaram" which means the nose is the door to the head i.e. to cure the diseases that recede in the head Nasya is the best option. Dashmool is highly beneficial in treating Vataj-Kaphaj Disorders and also Taila decreases Vata well.

**Incidence and Prevalence:** Recent studies have found that the prevalence of migraine is about 6- 8% in men and 12-15 % in women, in terms of actual numbers 3000 migraine attacks occur every day for each million of the general population approximately.

## AIMS AND OBJECTIVES

- To assess the efficacy of Dashmool Tail Nasya in the management of Ardhavbhedak.
- To explore the effect of a combination of herbo-mineral drugs in the subsidisation of symptoms of Migraine.

## INCLUSION CRITERIA

- Patients between the age group 16 – 70 years.

- Both male and female patients
- Both fresh and treated cases were selected.
- Patients having symptoms of Ardhavbhedak i.e. Migraine.
- Ardha Parshwa (Unilateral)
- Bheda, Toda, Shoola (Pulsating, throbbing type of pain)
- Pakshat, Dashahat, Akasmat (Paroxysmal)
- Prakasha Asahishnuta (Photophobia)
- Having recurrent attacks of headache (mostly unilateral, variable in intensity) with or without nausea, vomiting aura and GI tract symptoms

#### EXCLUSION CRITERIA

- Patients suffering from sinusitis, hypertension, and fever
- Secondary headache caused by meningitis, tumour, encephalitis, cervical spondylosis, and refractive errors
- Individuals suffering from immuno-compromised disease or on immunosuppressive drugs.
- Pregnancy and lactation

#### DIAGNOSTIC CRITERIA

The diagnosis was made based on the criteria of Migraine provided by the International Headache Society.

- At least 5 attacks in history.
- Headache attacks lasting 4-72 hours. Headache has at least 2 of the following:

1. Unilateral location.
2. Pulsating quality.
3. Moderate or severe pain intensity.
4. Aggravation by or causing avoidance of routine physical activity (e. g. walking or climbing stairs)

- During headache at least one of the following

1. Nausea and/or vomiting
2. Photophobia and phonophobia

- Not attributed to another disease

#### SUBJECTIVE CRITERIA

**Table 1: Symptoms with grades**

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3	Grade 4
Severity of headache	No Headache	Mild Headache, Patient is aware only if he/she pays attention to it	Moderate but does not disturb Routine work	Severe headaches, that can't ignore, but he/she can do her usual activities	Excruciating headache, Can't do anything.
Frequency of headache	Nil	>20 days	15 days	10 days	<5 days
Duration of Headache	Nil	1-3 hours/day	3-6 hours/day	6-12 hours/day	More than 12 hours/day.
Nausea	Nil	Occasionally	Moderate can ignore at times	Severe, disturbing Routine work	Severe enough, a small amount of fluid regurgitates from the mouth.
Vomiting	Nil	Only if the headache does not subside	Vomiting 1-2 times	Vomiting 3-4 times	Forced to take Medicine to stop vomiting
Vertigo	Nil	Feeling of giddiness.	The patient feels as if everything is revolving.	Revolving Signs + Blackouts	Unconsciousness
Aura	Nil	Lasts for 5 mins	Lasts for 15 minutes	Lasts for 30 mins	Lasts for 60 mins

#### MATERIAL AND METHODS

Sample size -12

Study duration – 30 days

Follow-up- 15 days

Study Centre- Ayurveda Speciality Clinic, Indore.

Type of Study- Open level randomize clinical trial

Source of data- OPD of Ayurveda Speciality Clinic, Indore

#### METHODOLOGY

Purva karma – Sthanik Snehana Swedan

Pradhan karma –Dashmool Tail in each nostril for 7 days with a gap of 7 days

#### ADMINISTRATION OF ORAL MEDICATIONS:-

A combination of

Shirashooladi Vajra Rasa- 250 mg

Laghu Soot Shekhar Rasa- 250 mg

Godanti Bhasma - 500 mg

With Honey empty stomach twice daily.

#### DISCUSSION

##### Preliminary data

The number of female patients (80 %) was higher as compared to male patients (20 %). This might be due to the highest prevalence in females as hormones produced in their body may trigger/intensify Migraine. The incidence of

Ardhavybhedak was more in homemakers and majority were between the age group of 16-40 years. This would suggest hormonal fluctuation in females and also they are more prone to stress and overthinking. Incidence was high in graduates (46.7 %), the majority being from urban areas (66.7%) and had chronicity between 4-12 years (63.3 %). This would be because of a continuous inclination towards stressful life. It was also noticed that a maximum number of patients were of Vata Pitta Prakriti (43.3 %) and Vata Kaphaja Prakriti (40 %). Probably, it has made patients more susceptible to diseases that occur due to the predominance of Vata Dosha.

### Nidanas (Triggering Factors)<sup>5</sup>

In the majority of the patients i.e., 90 %, 96.7 % and 76.7 %, Ardavybhedak is ignited by Aaharaja, Vihaaraja and Mansika Nidanas respectively. Aaharaja Nidana that was observed in patients were Vishamaasana (82.5 %), Adhyasana (76.5 %), Anashana (73.5 %), Rooksh Ahara Sevana (65 %) etc. This shows a faulty lifestyle, which is blindly followed by today's generation leading to Agnimandya and Tridosha Dushti, which contributes chiefly to the pathogenesis of the disease. Vihaaraja Nidanas include Ratri Jaagrana (30%) and Diwaswapa (42.5 %). Atapa/Dhupa sevana was observed as the maximum triggering factor i.e., 86.5 %. Bright lights and other high-intensity visual stimuli can cause headaches in patients with migraine. Mansika Nidanas include Chinta (77.5 %), Krodha (72 %) and Shoka (62.5 %) some of which were found to trigger migraine headaches. This might lead to Dhatu Kshaya and the vitiation of Vata Dosha. It was observed that there were statistically highly significant and few statistically insignificant results found among various parameters in the study.

**1) Dashmool Taila Nasya:** Dashmool is a very good ingredient for Shaman of Vataj Rogas and subsidence of pain. With the Principle "Nasa Hi Shirsodwaram" it will directly penetrate the Frontal region and open up the blocked channels.

Probable mode of action of Dashmool Taila Nasya Karma: Katu, Tikta, Kashaya Rasa has Deepana, Pachana, and Shoshana Karma thus providing proper metabolism and ultimately balances Agni Sthiti by carrying out Ama Pachana.

Laghu, Ruksha, Tikshna Guna, by its property of Strotoshodhak acts as Urdhwabhaga Doshahara and helps in expelling morbid Doshas.

All the drugs possess Ushna Veerya which does soften and liquefaction of morbid Doshas, which are ultimately expelled out through the Virechana action of the drug.

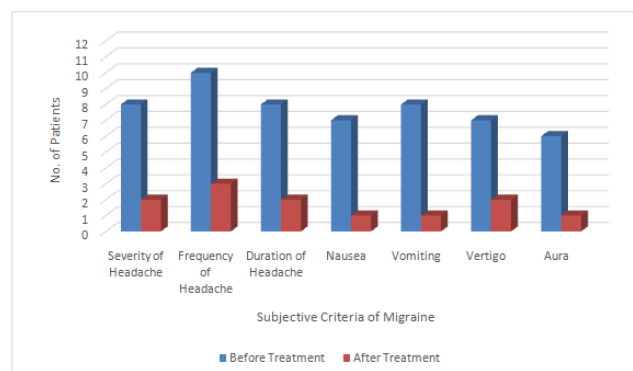
Dashmool Taila Nasya action is mainly by Vata Kaphahara, Shulagna, Shothagna, Amlapittahara, and Rasayana properties.

**2) Shir Shooladi Vajra Rasa<sup>7</sup>:** Shir Shooladi Vajra Rasa balances Tridosha. Its ingredients like Parada, Gandhak, Lauh Bhasma, Tamra Bhasma, Guggulu, and Triphala, Dashmool makes it the best combination that works on pain due to vitiated Vata and Avarodh. It clears the small channels and corrects the state of Dhatu Kshaya. Also helps in the digestion and absorption of micronutrients.

**3) Laghu Soot Shekhar Rasa<sup>8</sup>:** It contains Gairik and Shunthi and Bhavana of Betel leaf which makes it a detoxifier, antiemetic, digestive, stimulant, carminative, antacid and anti-inflammatory. Laghu Soot Shekhar Rasa has proved itself a good reliever from headaches, migraine and painful situations. It improves digestive power and relieves heartburn and constipation due to Shunthi as its content. Also helps in subsidence of Associated Symptoms of Migraine like Nausea and Vomiting.

**4) Godanti Bhasma:** It is a mineral-based Ayurvedic medicine prepared from Gypsum. Rich in calcium and Sulphur content and is advised in headaches, migraines, tension headaches, hypertension and constipation. Hence Godanti Bhasma is used to treat the cause of migraine and provides relief from its symptoms.

### RESULT AND OBSERVATION



**Graph 1: Showing Relief in Symptoms in No. of Patients before and after Treatment**

It was observed that out of 12 patients 8 were female and 4 were male. The maximum number of patients 7 patients were in the age group 31 to 40 years, 3 patients were in 21 to 30 years of age and 2 patients were in the age group 41 -50 years. It was found that exertion, lack of sleep, hunger and stress were the most aggravating reasons for migraine.

### Overall Assessment of therapy:

**Markedly Improved:-** 72% of patients got markedly improvement in overall symptoms

**Moderate Improvement:-** 15% of patients got moderate improvement in overall symptoms.

Mild improvement – 13% of patients got mild improvement in overall symptoms.

## CONCLUSION

Ardhambhedakis Vata Kapha Pradhan Shiroroga, the symptoms complex of which very well correlate to that of Migraine. Most of the Nidanas mentioned in our classical texts go in similarly with migraine triggers, which have an active part in diagnosis and in planning the first line of treatment "Nidanparivarjan". The study was a clinical study which consists of 12 patients after treatment in which 72 % of patients got markedly improvement in symptoms. The study has shown highly significant results in the management of Ardhambhedak.

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