



Clinical Evaluation of Nasya With Nirgundyadi Ghrit on Ardhavabhedaka

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ABSTRACT

In modern days, life style of the people has become fast. They have busy schedules, different types of physical and emotional stress, fasting and eating fast foods etc. Because of these reasons, many people are suffering from ardhavabhedaka. Severe pain is main symptom in ardhavabhedaka. In modern science, Migraine disease which is similar to Ardhavabhedaka roga, which affects and causes pain to the half of the head. Migraine headache is a neurological disease. A Positive family history is obtained in 70% of individuals affected by migraine. It is a wide spread in the population with varying severity. The aim of the study is to give consolation to the Ardhavabhedaka patients and helps to avoid further complication by giving nasya. Nasya is one of the Panchkarma, which is important in Urdhwa-jatrugata roga. Nirgundyadi ghrit is explained in treatment of Ardhavabhedaka, in Ashtang Sangrah, Uttarsthan. Nirgundi is vatashleshmghna, Vedanasthapan, its Tikta- Katu Rasa and Ushna Veerya, it subsides kapha dosha. So, the combine action of Nirgundi swaras, Ghritmand and Saindhav subside vata and kapha dosh, which is useful in Ardhvabhedaka. 60 patients selected randomly after detailed examination diagnosed as Ardhavabhedaka, from Panchakarma OPD. History was recorded in a specially designed Performa. Proper plan of treatment was made and after taking written consent from the patient, single blind trial was conducted. Dose- 4 bindu, route- Nasal, duration- 13 days (every alternate day) Statistical Analysis done by using 'z' test. It has been seen that there is significant result in the lakshanas of Manyashool, Karnashool and Akshishool. Also highly significant result in the lakshanas of Bhrushool, Shankhashool and Ardhalalatshool. In this study, it has observed that Nirgundyadi Ghrit Nasya is more significant than Goghrit in Ardhavabhedaka.

Key words – Ardhavabhedaka - Nirgundyadi Ghrit - Nasya.

INTRODUCTION-

In modern days, life style of the people has become fast. They have busy schedules, different types of physical and emotional stress, fasting and eating fast foods etc. Because of these reasons, many people are suffering from Ardhavabhedaka. Severe pain is main symptom in Ardhavabhedaka. In modern science, Migraine disease which is similar to Ardhavabhedaka roga, which affects and causes pain to the half of the head. Migraine headache is a neurological disease.

A Positive family history is obtained in 70% of individuals affected by migraine. It is a wide spread in the population with varying severity. The aim of the study is to give consolation to the Ardhavabhedaka patients and helps to avoid further complication by giving nasya. Nasya is one of the Panchkarma, which is important in Urdhwa-jatrugata roga. Nirgundyadi ghrit is explained in treatment of Ardhavabhedaka, in Ashtang Sangrah, Uttarsthan. Nirgundi is vatashleshmghna, vedanasthapan, its Tikta- Katu Rasa and Ushna Veerya, it subsides kapha dosha. So, the combine action of Nirgundi swaras, Ghritmand and Saindhav subside vata and kapha dosh, which is useful in Ardhvabhedaka.

AIM AND OBJECTIVES-

Aim- To Assess the efficacy of *Nirgundyadi Ghrita Nasya* in *Ardhavabhedaka*

Objectives -

- To study in details about *Ardhavabhedaka*.
- To study in details about *Nirgundi,ghritamand, saindhav*.
- To obtain thorough knowledge of *Nasya* .

MATERIALS AND METHODOLOGY-

Materials-

Drug used – **For Purvakarma-** 1.Sthanik Abhyang-Tila tail 2. Sthanik Sweadana- Mrudu tapa sewda

For Pradhankarma- 1. Nasya with Nirgundyadi Ghrit- Group A

2. Nasya with Goghrit – Group B

- Ingredients of Nirgundyadi Ghrit- Fresh Nirgundi patra, Ghritmanda, saindhava
- Authentication of drug and Standardisation of Nirgundyadi ghrit was done.

Method of Preparation of Drug-

- One part *Saindhava* and four part *Ghritmanda* was taken.
- Sixteen part *Nirgundi patra swaras* was prepared and added to it.
- Then further *sneha paka vidhi* was carried out according to *sneha kalpana vidhi* till *snehasiddhi lakshana*.
- Finally *Nirgundyadi ghrit* was prepared, filtered and collected in fresh airtight bottle.
- According to *Acharya Charak*, *mrudu sneapaka* is used for *Nasya karma*. Here, *mrudu snehapaka* of *Nirgundyadi Ghrit* was used for *Nasya* in *Ardhavabhedaka*.

For Paschatkarma- *Kawal- Ushna jala*

Methodology-

Clinical study –

- As per the inclusion criteria, 60 patients were selected for the study of *Ardhavabhedaka* with irrespective of their sex , caste, race etc.
- Patients were divided into two groups randomly. Each group consisting of 30 patients, Group A (Trial) and Group B (Control)
- Group A (Trial) was treated with *Nirgundyadi ghrit* and Group B (Control) was treated with *Goghrit*. Only *Nasya karma* was given in both the groups.
- A/C *Sushrut* The *hina matra* of *Shodhan Nasya* i.e. 4 *bindu* was taken for clinical trials.
- (Su.Chi.40/36) and *Nasya* was given every alternate day for 13 days (Su. Chi. 40/42)
- 4 bindu = 0.25 ml (et. al. 2007 –PhD research work of Prof. Dr. Surendra Vedpathak)
- History was recorded in specially designed Case paper. Proper plan of treatment was made and after taking written consent from the patient, single blind trial was conducted.
- Proper *pathyapathya* was advised to the patient.
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SELECTION CRITERIA-

Inclusion Criteria-

- The patients suffering from *lakshana* of *Ardhavabhedaka* described in *Charak samhita*.
- Age group- 8 to 80 years.
- Patients of both sex having *Ardhavabhedaka*.

- *Nasyarha* patients as per *Ayurvedic* text.

Exclusion Criteria-

- Age group - below 8 years and above 80 years.
- Patients who were taking any other treatment for *Ardhavabhedaka*.
- *Nasya Anaarha* patients as per *Ayurvedic* text.

DRUG ADMINISTRATION SCHEDULE-

Particulars	Group-A (Trial group)	Group – B (Control Group)
Number of Patients	30	30
Medicine Given	Nirgundyadi Ghrit –Nasya	Goghrit – Nasya
Dose	4 bindu (0.25ml) in each nostril	4 bindu (0.25ml) in each nostril
Time	Once in a day at evening between 4pm to 6 pm	Once in a day at evening between 4pm to 6 pm
Duration	13 days (every alternate day)	13 days (every alternate day)
Particulars	Group-A (Trial group)	Group – B (Control Group)
Route of administration	Nasal	Nasal
Assessment	Day 1 st , 14 th (before treatment after treatment)	Day 1 st , 14 th (before treatment after treatment)
Follow up	Day 30 th , 60 th , 90 th	Day 30 th , 60 th , 90 th
Pathya	Excessive take ghrit, milk with sugar, coconut water, Meditation	Advised as per group - A
Apathya	Sheetal jalasevan, Divaswap, upwas, Atap-vayu sevan, Junk foods, to avoid causative factors	Advised as per group -A

OBSERVATIONS ABOUT LAKSHANA OF ARDHAVABHEDAKA VYADHI-

1.Comparison of *lakshana* of *Manyashool* between Group A(Trial) and Group B (Control)

Group A

Grades	B.T.	A. T.	A. F.
0	17	30	30
1	2	0	0
2	10	0	0
3	1	0	0

Group B

Grades	B.T.	A.T.	A. F.
0	13	13	15
1	1	11	9
2	16	6	6
3	0	0	0

Manyashool	Mean score	Sd	Mann-Whitney test Z	P value
B.T.				
Group A	2.43	2.956	0.94	0.348NS
Group B	3.20	2.929		
A.T.				
Group A	0.17	0.379	3.82	<0.001HS
Group B	2.40	2.268		
A.F.				
Group A	0.20	0.407	3.13	0.002Sig.
Group B	2.13	2.300		

2.Comparison of *lakshana* of *Bhrushool* between Group A (Trial) and Group B (Control)

Group A

Grades	B.T.	A.T.	A.F.
0	4	16	18
1	0	14	12
2	21	0	0
3	5	0	0

Group B

Grades	B.T.	A.T.	A.F.
0	6	6	7
1	0	0	16
2	19	23	7
3	5	1	0

Bhrushool	Mean score	Sd	Mann-Whitney test Z	P value
B.T.				
Group A	6.07	2.599	0.94	o.345NS
GroupB	5.47	2.862		
A.T.				
Group A	1.20	0.847	4.43	<0.001HS
GroupB	4.80	2.538		
A.F.				
GroupA	1.10	0.845	3.87	<0.001HS
Group B	3.03	2.025		

3.Comparison of *lakshana* of *Shankhshool* between Group A (Trial) and Group B (Control)

Group A

Group B

Grades	B.T.	A.T.	A.F.
0	0	9	10
1	0	21	20
2	16	0	0
3	14	0	0

Grades	B.T.	A.T.	A.F.
0	2	2	2
1	0	1	27
2	24	27	1
3	4	0	0

Shankhshool	Mean score	Sd	Mann- Whitney test Z	P value
B.T.				
Group A	7.40	1.192	3.12	0.002Sig.
Group B	6.07	1.874		
A.T.				
Group A	1.93	0.944	5.87	<0.001HS
Group B	5.33	1.647		
A.F.				
Group A	1.80	1.031	3.51	<0.001HS
GroupB	2.77	1.073		

4. Comparison of *lakshana* of *Karnashool* between Group A (Trial) and Group B (Control)

Group A

Grades	B.T.	A.T.	A. F.
0	26	30	30
1	1	0	0
2	3	0	0
3	0	0	0

Group B

Grades	B.T.	A.T.	A.F.
0	23	23	23
1	1	5	7
2	5	2	0
3	1	0	0

Karnashool	Mean score	Sd	Mann-Whitney test Z	P value
B.T.				
Group A	0.70	1.841	1.0	0.319NS
Group B	1.30	2.480		
A.T.				
Group A	0.07	0.254	1.95	0.051NS
Group B	0.97	1.921		
A. F.				
Group A	0.03	0.183	2.34	0.019Sig.
Group B	0.60	1.163		

5. Comparison of *lakshana* of *Akshishool* between Group A (Trial) and Group B (Control)

Group A

Grades	B.T.	A.T.	A.F.
0	23	30	30
1	2	0	0
2	4	0	0
3	1	0	0

Group B

Grades	B.T.	A.T.	A.F.
0	20	21	25
1	1	8	5
2	9	1	0
3	0	0	0

Akshishool	Mean score	Sd	Mann- Whitney test Z	P value
B.T.				
Group A	1.33	2.551	0.65	0.514NS
Group B	1.67	2.412		
A.T.				
Group A	0.03	0.183	2.84	0.005Sig.
Group B	1.17	1.840		
A. F.				
Group A	0.00	0.00	3.42	0.001Sig.
Group B	0.50	0.777		

6. Comparison of *lakshana* of *Ardhalalat shool* between Group A (Trial) and Group B(Control)

Group A

Group B

Grades	B.T.	A.T.	A.F.
0	0	25	26
1	0	5	4
2	11	0	0
3	19	0	0

Grades	B.T.	A.T.	A.F.
0	0	0	6
1	0	11	24
2	16	19	0
3	14	0	0

Ardhalalat shool	Mean score	Sd	Mann-Whitney test Z	P value
B.T.				
Group A	7.77	1.104	1.79	0.073NS
Group B	7.30	0.988		
A. T.				
Group A	0.80	0.805	6.78	<0.001HS
Group B	4.73	0.907		
A. F.				
Group A	0.73	0.785	5.35	<0.001HS
Group B	2.20	0.805		

It has been seen that there is significant result in the *Lakshanas* of *Manyashool*, *Karnashool* and *Akshishool*. Also highly significant result in the *Lakshanas* of *Bhrushool*, *Shankhashool* and *ardhalalat shool*.

DISCUSSION-

Hetu-

It was observed that maximum patients were age group of 20-30 years. The maximum *nidanas* (etiological factors) observed in patients were *Rukshashana* (83.33%), *Chinta* and *Pragvata*(56.66%), *Vishamashan* and *Adhyashana*(23%), *Vegadharan*(33.33%), *Ratrijagaran* (86.66%) and other *hetus* also seen in *alpa praman*.

Lakshana-

Ardhalalatshool, Bhrushool, Manyashool were found in more patient. While Karnashool and Akshishool was found in less patients. Nirgundyadi ghrīt acts on mainly vata and kapha dosha. Nirgundi is vatashleshmaghna, vedanasthapan, its tikta, katu rasa and ushna veerya removes obstruction of kapha dosha which helps to reduce the lakshana of shool.

- *Manyashool*- This symptoms was found in 43.33% patients of Group A and 56.66% of Group B. After treatment, significant result of Group A was observed than Group B.
- *Bhrushool*- This symptoms was found in 86.66% patients of Group A and 80% of Group B. After treatment, Highly significant result of Group A was observed than Group B.
- *Shankhashool*- This symptoms was found in 100% patients of Group A and 93.33% of Group B. After treatment, Highly significant result of Group A was observed than Group B.
- *Karnashool*- This symptoms was found in 13.33% patients of Group A and 23.33% of Group B. After treatment, significant result of Group A was observed than Group B.
- *Akshishool*- This symptoms was found in 23.33% patients of Group A and 33.33% of Group B. After treatment, significant result of Group A was observed than Group B.
- *Ardhalalat shool*- This symptoms was found in 100% patients of Group A and 100% of Group B. After treatment, Highly significant result of Group A was observed than Group B.

The alleviation of the symptoms such as *Ardhalalatshool*, *Bhrushool* was the primary end point. Along with the *Ardhalalatshool* and *Bhrushool*, if *Shankhashool*, *Manyashool*, *Karnashool* and *Akshishool* get pacified, considered as secondary end point.

Samprapti-

Shira is the site of *vata dosha*. *Majja dhatu* is present in the *shira*.

Due to causative factors, *vata* get aggravated either alone or in combination with *kapha* and resulting in the vitiation of *rasa*, *rakta* and *majja dhatu* in *shirapradesha* that seizes the one half of head and causes acute neuralgic pain in the sides of neck, eyebrow, temple, ear, eyes or forehead of one side. This pain is very agonizing like that of churning rod, produce *Ardhavabhedaka*. It was *vatapradhan*, *vatakaphanubandhi* or *vatapittanubandhi*.

According to dosha parikshana, it was observed that *vatakaphanubandhi* doshadushti was present in more number of the patients.

- Due to various *hetus*, *vatadi doshas* get aggravated and leads to constriction and obstruction in the *siras*. The *vataprapakopa* causes weakness in the wall and leads in constriction of *siras* (*sirasankocha*).
- In *vatapradhan pittanubandhi* condition, innerline inflammation leads to constriction of *sira* and it leads in obstruction in *sira* (*siranta aavarana shleshmal kala shoth*).
- *Vatapradhan kaphanubandhi* condition leads to innerline *upalepa* of constricted *sira* and leads in obstruction in *sira* (*siranta aavarana kapha limpana*).
- Constriction and obstruction of the *sira* leads in *rasa rakta sanchaya* and creates the *sanga* that produces pressure and leads to spasmodic pain.
- In this pathology, it reduces the circulation and stops nourishment of the nerve tissue and results in *majjadhatu kshaya*, which increases pain in mild, moderate or severe type. Description of Migraine explained in modern science is similar to *Ardhavabhedaka vyadhi*.

Upashaya-Anupashaya-

According to *upashaya* and *anupashaya parikshana*, it was observed that patient get *upashaya* from *ushna upakrama* and *anupashaya* from *sheeta upakrama*,

CONCLUSION-

- Nasya of Nirgundyadi Ghrīt is more effective than Goghrit in *Ardhavabhedaka*.
- No adverse effects are found in any group.

- There is no relapse of symptoms found at the end of trial.
- Quality of life of patient positively improves during attack.

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