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Role of *Varunadi Ksheera Ghrita Nasya* in the Management of *Ardhavabhedaka* w.s.r Migraine - A Single Case Study

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ABSTRACT

Migraine is an episodic attack of headache which is characterized by pain in half side of the head most of the time. *Ardhavabhedaka* is mentioned under *Shiroroga*, and the symptoms having the similarity with migraine in modern parlance. The drugs which are used for migraine in contemporary science are less acceptable because of its side effects. *Ayurveda* comprises variety of natural medications in the treatment of various types of *shiro roga*. *Nasya karma* is considered as the best Panchakarma procedure in *urdwa jatrugata vikaras*, by Acharya Charaka. *Varunadi ksheera Ghrita* is mentioned by Acharya Vagbhata in *Ashtanga hridaya Uttara tantra* in the context of *Shiroroga Chikitsa*. So, an attempt has been made to assess the efficacy of *Varunadi ksheera Ghrita Nasya* in the management of *ardhavabhedhaka* / migraine in this single case study.

KEYWORDS

Migraine, Ardhavabhedaka, Nasya karma, Varunadi ksheera ghrita



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INTRODUCTION

Migraine is highly prevalent disorder worldwide. The most sensitive criteria for migraine is headache worsening with activity¹. In India prevalence of Migraine is 16-20%². Sushruta Samhita explained about 11 types of *Shiro Rogas*³. *Ardhavabhedaka* is one among them, which is characterized by paroxysmal unilateral headache associated with vertigo and pain of varying intensity⁴. Symptoms have similarity with Migraine in modern perspective. *Shiras* has been termed as *Uttamanga*⁵. Hence, the diseases of *Urdhvajatru* have been very clearly highlighted in the *Ayurvedic* classics along with their treatment modality. *Nasyakarma* is the treatment modality mentioned in our classics in the management of *urdhva jatru gata vyadis*. *NASA* (nose) has been considered as the entryway of *Shiras*⁶. *Nasya karma* is indicated to uproot the vitiated and deep-seated *doshas* from the head.

CASE REPORT

A 56 year female patient K/C/O Hypertension and under medication, visited SDMAH OPD Udupi presented with the complaints of unilateral headache since 10 years. The headache interval was once in 15 days to month which was intense and disturbing her daily routine activities The

head ache was associated with photophobia, nausea, irritability even though not always but in majority of the occasion it was associated. Head ache gets triggered due to stress, hunger, exposure to sunlight, noisy surroundings and crowded area, whereas these symptoms relieved only through analgesics. The above said clinical features were leading to the diagnosis of classical Migraine. In Ayurvedic parlance, it is diagnosed as *Ardhavabhedaka* on the basis of clinical features like *hrillasa*, *chardi*, *bhru ativedana*, *karnakshi ativedana*, *lalate ativedana*, *pakshatkupyate masadvaa*, *swayameva shamyate*, appearing *akasmata*. After assessing the factors like *dosha dushya vaya bala* and *agni* of the patient, 7 days of *Nasyakarma* with varunadi ksheera ghrita was planned in the current study.

SYSTEMIC EXAMINATIONS

Respiratory system – Normal vesicular breathing sound heard

Cardiovascular system – S1 S2 heard

Central nervous system – Intact

Gastrointestinal system - NAD

GENERAL EXAMINATIONS:

Pallor – Absent

Icterus – Absent

Cyanosis – Absent

Lymph adenopathy – Absent

ASSESSMENT OF PAIN:



Migraine pain Assessment criteria and **Table No:1.**
observations are tabulated below in

Table 1 Assessment chart – GRADING SYSTEM

SI NO	SYMPTOMS	FEATURES	SCORE
1	Intensity of headache	No headache	0
		Mild headache which doesn't interrupt patient's daily routine	1
		Moderate headache which interrupts patient's daily activities	2
		Severe headache in which patient is unable to do her regular work	3
		Severe headache due to which patient prefers to be in bed/dark room	4
2	Frequency of headache	Nil	0
		>15 days	1
		> 7 days - < 15 days	2
		> 3 days - < 7 days	3
		3 days	4
4	Duration of headache	Nil	0
		1 – 6 hours / day	1
		7 – 12 hours / day	2
		13 – 18 hours / day	3
		18 – 24 hours / day	4
5	Nausea	No nausea	0
		Occasionally	1
		Moderate nausea but does not disturb daily routine	2
		Severe nausea disturbing routine work	3
		Severe enough, small amount of fluid regurgitating from mouth	4
6	Vomiting	No vomiting	0
		Only if headache does not subside	1
		Vomiting 1-2 times	2
		Vomiting 2-3 times	3
		Forced to take medicine to stop vomiting	4
7	Vertigo	Nil	0
		Feeling of giddiness	1
		Patient feels as if everything is revolving	2
		Revolving signs + blackouts	3
		Unconscious	4
8	Photophobia	Nil	0
		Very mild	1
		Photophobia on exposure to sunlight / bright light.	2
		Photophobia on exposure of indoor light	3
		Severe photophobia in which patient unable to open the eyes	4
9	Phono phobia	Nil	0
		Very mild	1
		Moderate phono phobia	2
		Severe phono phobia	3
		Severe phono phobia which force to take medicine	4



METHOD OF ADMINISTRATION OF NASYAKARMA:

POORVA KARMA:

✚ Advised the patient to be in empty stomach at least for two hours prior to the procedure.

✚ *Sthanika Abhyanga* and *vastra sveda* given to, forehead, face, and neck.

✚ *Abhyanga* was done with moorchita Tila Taila.

✚ Varunadi ksheeraghrita⁷ made into *sukhoshna* by keeping over hot water bath.

PRADHANA KARMA:

After *Purva Karma*, the patient was made to lie in supine position with head low and legs slightly raised and then 8 drops of *sukhoshna varunadi ksheera Ghrita* was instilled slowly by using *Gokarnika* in either of the nostrils. The other nostril was kept closed while instilling the medicine in one nostril. The patient was asked to sniff the instilled medicine followed by slow breathing. The same procedure was repeated in other nostril. After the administration of *Nasya*, the patient was advised to remain in supine position for a while, and spit out medicines which come in throat. Patient was again subjected to *sthanika swedana* on *urdwa jatru* region.

Table 2 Observation in Patient Before and After Nasyakarma

SL.NO	SYMPTOMS	Before Treatment	After Treatment
1	Intensity of headache	3	1
2	Frequency of head ache	4	2
3	Duration of headache	2	1
4	Nausea	3	1

PASHCHATH KARMA:

➤ After the procedure patient was advised to gargle with warm water to expel out the secretions from the throat.

➤ *Mridu abhyanga* done in *pani, pada* and *skanda pradesha*

➤ The patient was directed to avoid dust, smoke, sunshine, alcohol, riding, anger, excess fatty and liquid diet, *divaswapna*.

➤ Advised not to use old water for any purpose like *pana* (Drink), *snana* (Bath) etc.

RESULTS

○ After 7 days of Varunadi ksheera Ghrita Nasya improvement was observed in almost all clinical features. Intensity of headache was reduced and duration and frequency of pain was also decreased considerably. There were also improvement in symptoms like photophobia and phonophobia.

○ Assessment of symptoms before and after *nasyakarma* were mentioned in

Table No: 2

○ Observations during *Nasya karma* shown in **Table No: 3**



5	Vomiting	1	0
6	Vertigo	0	0
7	Photophobia	3	1
8	Phono phobia	2	1

DISCUSSION

Astanga sangraha explained that *NASA* is being the door way to *shiras* reaches *shringataka marma* and spreads in the

Table 3 Observation during Nasya Karma

DAY	T.O. A	DOSE	OBSERVATION
1	10 : 00 AM	5 ml /5ml	No changes in headache, more expectoration of <i>kapha</i>
2	10 : 00 AM	5ml / 5ml	Lightness in head
3	10: 00 AM	5ml /5ml	<i>Indriya prasada</i>
4	10 : 00 AM	5ml / 5ml	Slight reduction of headache, lightness
5	10 : 00 AM	5ml / 5ml	Feeling better, lightness in chest and body
6	10 : 00 AM	5ml / 5ml	Significant reduction of headache and nice sleep in night
7	10 : 00 AM	5ml / 5ml	No headache, lightness in head, feeling freshness

Which explained as *tridoshaja Vyadhi*⁸. Regarding the response of treatment on symptoms in the patient was highly significant, response in symptoms of intensity of pain, episodic interval, duration of headache and phonophobia was reduced, which may be because of the drug administered through nose reaches the *shringataka marma* and spreads throughout the *murda*, *netra*, *shrotra* etc. through their *siras*. *Nasyakarma* eliminates the morbid doshas of *urdhwa jatru* and expels them from the *uttamanga*. The nutritive part of *nasya* nourishes the *shiras* by the virtue its potency. Acharyas have mentioned that *samskarita ghrita* has *Tridosha Shamana* property. Hence, Varunadi ksheera ghrita Nasya provides relief from symptoms of

moordha , *netra*, *kantha*, *shrotra* etc and take out all the morbid doshas and eliminate it. Migraine is the burning issue symptoms having resemblance with *ardhavabhedaka*.

Ardhavabhedaka due to its *Tridosha Shamaka* property.

CONCLUSION

By this single case study it may be concluded that varunadi ksheera ghrita nasya is effective in the management of migraine - *ardhavabhedhaka*, because the combination of drugs used in the preparation Varunadi ksheera ghrita and its *tridosha shamaka* property. Better results was obtained through *nasya karma* by reaching actual site of pathogenesis. There was reduction in frequency, and symptoms of headache as reported by patient herself during follow up. "*NASA HI SHIRASO DWARAM*" - nose is considered as the gateway of *shiras*. *Nasya karma* is the treatment modality can reach brain cells by



crossing blood brain barrier as explained in
our *Samhita* long - long years back.



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