



Role of Nasya in Ardhavabhedak -A Case Report.

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ABSTRACT-

Ardhavabhedak is one of the Shiroroga which can be correlated with migraine. Ardhavabhedak occurs due to vitiation of Tridosha. Migraine is one of the most common disease which affects large no. of world population and involves paroxysmal unilateral headache which is characterized by recurrent attacks of headache widely variable in intensity, frequency and duration. There are various therapies proposed by ancient science for management of this disease. The present paper summarized clinical efficacy of role of ayurvedic Panchakarma therapy -Nasya karma.

Keywords- Ardhavabhedak, Migraine, Marsha Nasya

INTRODUCTION-

Ardhavabhedaka described under shiroroga (disease of head in Ayurveda) occurs due to vitiation of Tridosha¹. In Ayurveda almost all the Acharyas have mentioned Ardhavabhedaka in shiro roga. Acharya Sushruta has mentioned 11 types of Shiroroga in Uttartantra and Ardhavabhedaka is one of them characterized by pain in half side of head². Ardhavabhedaka according to Acharya Charaka Vata either alone or in combination with Kapha, seizes the one half of head and causes Ativedana (acute neuralgic pain) in the sides of the Manya (neck), Bhroo (eyebrow), Shankha (temple), Karna (ear), Akshi (eyes) or Lalatardha (forehead of one side). If the condition becomes aggravated, it may even encompass the functions of Netra (eye) and Karna (ear).

According to Acharya Vagbhata - pain in half of the head is considered as Ardhavabhedaka³ and According to Acharya Sushruta - Severe tearing and pricking pain in one half of the head associated with giddiness. These features appear every fortnightly or ten days or thirty days.

Prevalence rate of the Migraine at about 6 to 8% in men and 12 to 15% in women. Migraine occurs 3 times more common in women than men. Migraine divided into several types, the most important of which were Migraine without aura called as common Migraine and Migraine with aura called as Classical Migraine⁴.

In Ayurveda Nasya therapy is considered as one of the most promising treatment for all the urdhwajatrugat vikaras. Nasya karma involves administration of herbal oil/drugs/liquids into the nostrils which removes the blockages of the nasal pathways, reduces feeling of heaviness in head region & relief mental stress. These effects of Nasya give significant relief in diseases associated with nose & head region such as; migraine (Ardhavabhedaka).

AIMS AND OBJECTIVES

- To assess the effect of Marsh Nasya therapy in Ardhavabhedaka.

Material and method-

- 26 years old female was selected during the opd time of department of panchakarma having chief complaints of throbbing pain over the right side of head lasting upto 5- 10hrs/day twice week since half year.
- Headache was followed by nausea and sometimes vomiting too. Also having giddiness and photosensitivity.
- Headache aggravates on walking and climbing upstairs. There was no classical focal neurological events.
- N/H/O history of any other major illness
- Patient was under treatment of modern physician from 6 months but without any significant improvement.
- CT scan of brain were done findings were not of any pathological significance
- Hb% - 12.3%
- Total leucocyte count 7200/mm³

- Differential leucocyte count : WNL
- RBS- 94mg/dl
- Urine – Sugar nil

PLANNING OF MANAGEMENT-

Only herbal medications or other topical procedures are not beneficial for sustained pain relief in this case. So, here Treatment can be planned - Marsha nasya – Pratimarsha nasya as follows-

Treatment Schedule-

Method of drug administration-

1.	Marsha nasya	9days	Marsha nasya with shadbindutail was given 8 drops in each nostrils.
2.	Gandush	5days	Marsha nasya was followed by Gandush with warm water.
3.	Pratimarsha nasya	12days	Pratimarsha nasya with Yashtimadhu taila was given – 2-2 drops in each nostril.

ASSESSMENT CRITERIA-

Symptoms	0	1	2	3	4
1. Severity of attack	No headache	Mild headache (aware only if pay attention to it)	Moderate headache (can ignore at times)	Severe headache (can't ignore but can do usual activities)	Excruciating headache (can't do any thing)
2. Frequency of headache	Nil	Once week	Twice week	Thrice week	Thrice week
3. Duration of headache	Nil	1-3hrs day	3-5hrs/ day	-5-10hrs/ day	More than 10hrs /day
4. Nausea	No Nausea	Occasional episodes of brief duration	Frequency and prolonged nausea		
5. Vomiting	No Vomiting	Present before episode	Present before and after episode	Present during and after episode	
6. Giddiness	No Giddiness	Mild (can do his/her work)	Moderate (forced to stop work)	Severe (forced to take rest)	Very severe (forced to take medicine)
7. Aura	Absent	Present	Absent	No Change	No Change
8. Associated symptoms	No Symptoms	Mild (can do his/her work)	Moderate (forced to stop work)	Severe (forced to take rest)	Excruciating (forced to take medicine)

OBSERVATION AND RESULT-

Symptoms	Before treatment Score	After treatment score
1. Severity of attack	3	1
2. Frequency of headache	2	1
3. Duration of headache	3	1
4. Nausea	2	0
5. Vomiting	1	0
6. Giddiness	2	1
7. Aura	0	0
8. Associated symptoms	1	0

DISCUSSION-

In Ardhavbhedaka, when episode of Ardhavbhedaka occurs person feels helpless and handicap. WHO has ranked Migraine among the world's most disabling medical illness, the scope for prevention of the disease in modern science is not satisfactory. So, an attempt has been made to study the complete aspect of disease and to find the best possible way for the betterment of mankind. Marsha nasya with Shadbindutaila was given in the dosage of 10 drops in each nostril for 9 days. Facial massage with Til Taila was done for 10 to 20 minutes followed by Nadi Sweda for 10 minutes prior to nasya and Gandush with warm water was given after Nasya. The procedure of Nasya karma includes cleansing the head from any morbid Doshas by way of administering the medicine through the nasal route because nose is the doorway of head⁵. This therapy is very beneficial as all the channels of head are getting clean and open through nasya karma⁶. It eliminates Aama and toxins from nose, mouth, eyes and paranasal sinuses. Ardhavbhedaka is urdhwajatrugata vikara. In urdhwajatrugata vikara, Nasya is specific line of treatment. So, drug administered by Nasya can reach to Shira and pacifies Vata. Nasya with Anutaila seems beneficial.

After Marsha nasya, Pratimarsha nasya with Yashimadhu taila in the dosage of 2 drops in each nostril for 12 days was given as it can be given daily and even in all the seasons at morning and evening. It is also beneficial in disturbed sleep⁷.

CONCLUSION -

In the present scenario, there are so many disorders which don't have permanent cure with modern remedies. Ayurveda provides many great tools to deal with these diseases. Ayurvedic Panchakarma treatment like Marsha nasya and Pratimarsha nasya found to be useful in the management of ardhavbhedak.

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