

**MANAGEMENT OF VATAJA SHIRASHOOL BY SHAMANA NASYA  
KARMA – A CASE STUDY****Dr. Twinkal Rajkumar Rathod<sup>1\*</sup> and Dr. Anjali V. Damle<sup>2</sup>**<sup>1</sup>PG Scholar, Panchakarma Department, Tilak Ayurved Mahavidyalaya, Pune 11.<sup>2</sup>Assistant Professor, Panchakarma Department, Tilak Ayurved Mahavidyalaya Pune 11.Article Received on  
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Today is the era of modernization and fast life. Everybody is busy and living stressful life. Changing of life style of modern human being has created several hormonal imbalance in his biological system. Advancement of busy, professional and social life, people indulge in faulty food and faulty daily regimens which includes Consumption of junk food, Working day night on computers, Studying in inadequate light, Exposure to flashy lights, Increased mental pressure (stress) etc. contributes to developing Vataja Shirashool.

It is most common disorder today. It is commonly seen in day to day medical practices. Many people suffer from Vataja Shirashool

nowadays. As per Ayurveda, the major cause of Vataja Shirashool are Atiuccha Bhashanat, Atibhashanat, Atisheeta annapana sevanat, Diwaswapa, Ratraujagaranat, Atihima sevanat, Vega avarodhat (suppression of natural urges of the body ) like mala, mutra vegas etc. Abhighata, Upawasa, Atiyog of Vaman and Virechan karma being afflicted by Krodha, Bhaya, Chinta and Shoka etc.(Cha.Su.17/6,7).

As Vataja Shirashool being Urdhavajatrugata Vyadhi So, Nasya karma is selected. As Nasya karma is Considered as a prime line of treatment in Urdhavajatrugata Vikaras. From Vangasena Samhita, Madhukadi Tail is Selected for “Vataja Shirashool”.

So, an attempt has been made to assess the effect of MADHUKADI TAIL NASYA KARMA in management of VATAJA SHIRASHOOL.

**KEYWORDS:** Vataja Shirashool, Tension Headache, Nasya karma, Madhukadi Tail.

## INTRODUCTION

“Shirah” is the important organ of the entire body. It has most valuable place in the “Trimarma”. “Shirah” is the controlling authority of the entire body because of its vital power (marma sthana). No any channel connects directly to “Mashtishka” but it is connected through Sira, Prana vayu & Marma.

Life time prevalence of Vataja Shirashool is between 30% to 78%. It is most common in Young adults with about 60% occurring in people over 20 years of Age. Considering the incidence of Vataja Shirashool, it becomes very important to find a cure & tackle remedy for this condition which would not only help to minimize the Shoola (Pain) but also help to avoid its recurrence in future. Shirashool being the Urdhavajatrugata Vikara, the Nasya Upakrama is best suited for the same (Vataja Shirashool).

“Nasya” is one of the important procedure of “Panchakarma” and it is very useful in “Urdhavajatrugata Rogas”. Acharyas has given tremendous importance to “Nasya karma”. It is a treatment of various “Nasagata” and “Shirogata Vyadhis”. When any sneha dravya is given through the Nasya karma it is going to act on the root level to nullify the „Dosha dushti” which are above the „Urdhavajatrugata Pradesh”.

This Nasya karma is not only used for the “Shodhana” but also for “Shamana” Chikitsa. According to Ayurveda “Nasa” is the gate way of “Shira”.

Drugs having Vedanasthapana and Vatahara properties are ideal choice in management of Vataja Shirashool. Madhukadi tail consists of Yashtimadhu, Narikel shira & Tila taila. These ingredients are known to cause Vata Allievation (Shamana). Yashtimadhu being Madhur Rasatmak, Madhur Vipaki helps in alleviating Vata dosha. Narikel kshira has same Gunas. Tail is best „, Vata shamaka”.

Vataja Shirashool can be compared with TENSION HEADACHE and it is related to Stress, Depression and Anxiety.

Being an alarming problem it needs effective and safe treatment. Modern medicine has a broad spectrum of drugs for the management of TENSION HEADACHE. They are having serious side effects like loss of memory, gastro intestinal disorders, weight gain, habit forming nature. There is a wide scope of research to find out a safest remedy from Ayurveda for the management of Vataja Shirashool.

Nasya karma removes dosha dushti by its Ashukaritva guna and gives Nourishment to all dhatu's & at the same time taila acts as Snehana in condition of Vata aggravation. In the present Case Study, an attempt will be made to formulate an effective, easily available and affordable formulation for management of Vataja Shirashool.

## CASE REPORT

A 23 years old female patient visited OPD of Kayachikitsa - Panchakarma of our Ayurved Hospital. She has Chief complaints like Todavat vedana in Shankha, Bhrumadhya, Manya and Lalata Pradesh, bhrama, prakash asahayata, Nishi ch atimatram vedana and Karna aswanan since 4-5 years. She is not known case of any major illness. She is diagnosed as a case of Vataja Shirashoola and effectively treated with Madhukadi Tail Nasya Karma of Panchakarma. Shamana Nasya was done in 8-8 drops of Madhukadi Taila.

### General Examination

Nadi:- 76/min, B.P.:- 110/70 mm of Hg, R.R.- 24/min, CVS:- S1 : S2 – N R. S. :- AE=BS, Stool:- Intermittent Constipation. Urine- N. Detail History and Physical Examination of the patient will be done.

**Hetu:-** Ratraujagaranat, Viruddha ahara (Excessive intake junk foods like wafers, noodles), Vega avarodha, Ruksha, Sheeta padartha atisevana, guru and amla padartha atisevana, Ati chinta and Bhaya.

**Lakshanas:-** Todavat vedana in Shankha, Bhrumadhya, Manya and Lalata Pradesh, Bhrama, Prakash Asahayata, Karna Aswanan, Nishi ch Atimatram vedana.

**Samprapti:-** Due to Hetu Sevana Vata prakopa occurs which leads to Vataja Shirashool.

**Vyadhi Vinishchay:-** Vataja Shirashool.

## CHIKITSA

- 1). Godanti Bhasma – 250 mg TDS.
- 2). Tab.Kamdudha - 1 Tab. TDS.
- 3). Tab.Sanshamani – 1 Tab. TDS. With kosha jala For 14 Days.

Patient was advised to take Pathya ahara during treatment and avoid all the hetu sevana. After 14 days of treatment patient experiences relief upto 25-30%. After that she was suggested to

take Madhukadi Tail Nasya karma For 7 days. Due to Nasya karma with Madhukadi Tail, considerable improvement was seen in lakshanas of Vataja Shirashool. Follow Up of patient was taken on 7<sup>th</sup> and 14<sup>th</sup> day.

## MATERIALS AND METHOD

**Preparation of Nasya dravya:-** From Vangasena Samhita, Madhukadi Tail is Selected for “Vataja Shirashool”. Madhukadi Tail contains Yashtimadhu bharad, Narikel kshira and Tila tail. In which Yashtimadhu was used for Kwatha and kalka preparation. Madhukadi Tail was prepared by Standard method mentioned in Sharangadhar Samhita.

Process of Nasya Karma:- Nasya karma is mainly divided into 3 Stages. 1). Purva karma 2). Pradhana karma 3). Paschat karma

### 1. Purva Karma:- (Pre nasya management)

#### 2. This comprises of 3 stages –

- a). Collection of material for Nasya karma
- b). Prepartion of the medicine
- c). Preparation of the patient

#### a). Collection of Materials

The materials needed for the nasya is collected as follows

- Steel bowls to heat required oil for abhyang and for nasya
- Heating flat pan, gauze piece.
- Dropper to put oil in the nose
- Kidney tray to collect spitting material
- Sukhoshna Jala (warm water) for Gandoosh.

#### b). Preparation of Medicine

As we were using the already prepared nasya dravya (madhukadi tail) so, there was no much preparation is required.

Only luke warm the nasya dravya before administration.

#### C). Preparation of Patient

- Patient was asked to attend his/her natural urges prior to enter Panchakarma room.
- Patient to be administered for Nasya Karma has to stay in nirvata Pradesh.
- Patient was asked to lie down comfortably on the Nasya table in supine position, hands

and legs stretched straight.

- Eyes was covered with a cotton or gauze piece to avoid any spilling of medicine.
- Whole body upto shoulder was covered with Cloth.
- Sthanik Snehana – Warm tila tail was used for abhyanga on shira, mukha, greeva and manya Pradesh of patient.(for 10 min.)
- Sthanik Swedana – Sthanik Tapa sweda was given to the patient where abhyanga was done.(Urdhva jatrugata Pradesh).Swedan was contraindicated to Shira Pradesh as it is a Marma Sthana. So, mrudu swedana was performed over shira, manya, nasa and greeva Pradesh.

### 3. Pradhana karma:- (Process of Nasya)

- Patient was asked to lie down in a comfortable supine position on Nasya table after Sthanik Snehana Swedana.
- The head of the patient should be lowered i.e. tilted back down (Pravilambita) and neck lifted in upward position with the help of pillow placed below Shoulder.
- Cover the eyes with clean cotton or Gauze piece.
- The proper administration of the medicine in drop by drop manner was to be done in Expected dose i.e.8 drops.
- Oil was warmed, Exact measure quantity of sneha was taken in dropper or gokarna then nose tip was raised with index finger of left hand and left nose was closed with another finger, nasya dravya was administered or instilled into the right nostril in drop by drop manner in continous flow.
- After administration of 8 drops of nasya dravya patient was asked to take dirgha swasana(deep breath).
- Then same procedure was done for instillation of nasya dravya into left nostril and patient was asked to take dirgha swasana(deep breath).
- In this manner nasya dravya was administered into both nostril and patient was asked to lie down in supine position.
- Also patient was asked to avoid speech, laughing & shaking his head as this prevents the nasya dravya to reached upto Shringataka Marma and causes Kasa, Pratishaya, Shiro akshi rogas.

### 4. Paschat Karma :- (Post Nasya Management)

- After administration of Nasya dravya, Patient was kept in lying position for 100

matrakala.

- Alpa snehan was done by palm on shira, mukha, grivha and manya Pradesh(urdhavajatrugata pradesh).
- After snehan followed by Tapa sweda on Urdhavajatrugata Pradesh.
- The patient was asked to expel out the drug or medicated oil and Doshas which comes into throat.
- Gandoosh with Sukhoshana jala (warm water) was done to remove the dosha which is left behind into the throat for Kantha shuddhi
- Patients was asked to kept cotton in ears and should away from direct Vayu and Atapa.

## ASSESSMENT CRITERIA

### 1). Gradation for Todavat Vedana in Shankha, Bhrumadhya, Manya and Lalata Pradesh

Grades	Score	Symptoms
+++	3	Severe Pain & forced to take rest
++	2	Moderate Pain & Forced to stop work
+	1	Bearable Pain
0	0	No Pain

### 2. Bhram

Grades	Score	Symptoms
+++	3	Very often
++	2	Several times
+	1	Few times
0	0	None

### 3. Prakash Asahatva:-(Photophobia)(Discomfort of eyes due to Light exposure)

Grades	Score	Symptoms
+++	3	Severe
++	2	Moderate
+	1	Mild
0	0	Absent

### 4. Karna Aswanan:-(Unable to hear loud sound)

Grades	Score	Symptoms
+++	3	Severe
++	2	Moderate
+	1	Mild
0	0	None

### 5. Nishi ch atimatram (Nishi kale ativedana)

Grades	Score	Symptoms
+++	3	Severe & Forced to take Medicine
++	2	Moderate & take rest
+	1	Mild Pain
0	0	No pain

### Observations

After Shamana Nasya karma done for 7 days with Madhukadi Tail following observations were obtained.

Symptoms	Before treatment	After treatment	After follow Up
1. Todavat Vedana in Shankha, Bhramadhy, Many and Lalata pradesh	3	1	0
2. Bhram	2	1	0
3. Prakash Asahayata	3	2	1
4. Karna Aswanan	3	1	0
5. Nishi ch Atimatram	3	2	1

### RESULTS

There was Significant Relief in lakshanas of Vataja Shirashool after Madhukadi Tail Nasya Karma 8-8 drops For 7 Days. There was more than 80% relief after 14 days.

### DISCUSSION

In Vataja Shirashool, due to hetu sevana Vata Prakopa occurs and leads to lakshanas like Todavat Vedana, Bhram, Prakash Asahayata, Karna Aswanan and Nishi ch Atimatram. Nasya Karma is considered as a prime Line of treatment for “Urdhavajatrugata Vyadhi”s”. So, Madhukadi Tail Nasya Karma was selected in Shamana Matra.

Drugs having Vedanasthapana and Vatahara properties are ideal choice in Management of Vataja Shirashool. Madhukadi Tail contains Yashtimadhu, Narikel Kshira and Tila tail, in which Yashtimadhu is used for both kwath and kalka preparation. The combine effect of this madhukadi tail is Snigdha, Balya, ushna and Vata shamaka and decreases the Shiroruja and lakshanas of Vataj shirashool. It helps in Samprapti bhanga of Vataja shirashool.

### Action of Yashtimadhu

Yashtimadhu bharad being Madhur rasatmak, Madhur vipaki, Snigdha and Guru gunatmaka. Due to it's snigdha guna which acts as a snehana and it is Vedana sthapaka, Vatashamaka and

Balya. Yashtimadhu's snigdha, guru guna decreases Vata dosha's ruksha, laghu guna. So, it works as ruja shamaka by alleviating Vata dosha.

### **Action of Narikel Kshira**

Narikel kshira is also same gunas like yashtimadhu i.e. guru and snigdha gunas. It is Madhur rasatmak, Madhur vipaki and Sheeta virya. Due to its properties it acts as a Shoolaprashmana and brumhana and dahashamaka. This property of Narikel kshira in Madhukadi Tail helps in relieving the lakshanas of Vataja Shirashool without side effects.

### **Action of Tila tail**

Tila tail is Madhur, kashaya and Tikta rasatmaka, Madhur vipaki and Ushna viryatmak, balya and rasayana in Karma. It nourishes and strengthens all dhatu's, clears Dhatukshaya. Also tila tail has Ushna, Vyavayi, Vikasi guna which actions upto the Sukshma srotas. Its guru and snigdha guna which act's opposite to Vata dosha's laghu and ruksha guna decreases Vata prakopa and relieves lakshanas of Vataja Shirashool.

### **Action of Madhukadi Tail Nasya karma**

Sthanik Snehana and Swedana are purva karma of Nasya karma, by these the srotas becomes soft and doshas in them get decreased results into Vata Shamana. During Nasya karma, medicated sneha is instilled into nasa. Prana vayu acts as a important element which promotes or help the nasya dravya to reach into shirah Pradesh by sukshma srotas and enters upto Shringataka Marma.

Nasya dravya acts upto Shukma atishukma srotas by its Ashukari guna and nasya dravya's having Vyavayi and Vikasi guna, due to this property of nasya Karma results into Vata Shamana. Administration of Nasya karma easily alleviates the Urdhavajatrugata Vyadhi by alleviating the aggravated vata doshas and dosha dushti present in murdha Pradesh by its,, Ashukaritva guna". After Nasya karma gandoosh with kosha jala was done. So, Vataja Shirashool was treated with Nasya karma which decreases Vataprakopa.

After Nasya karma Dhumapana with Vatahara dravya is also effective in kantha shuddhi and Vata shamana. Madhukadi Tail Nasya works as a Balya, Indriya and Srotas Tarpaka, Snehana, Vikara upashama, Bruhana, Shirolaghav and helps in relieving lakshanas of Vataja Shirashool. Madhukadi tail due to its Contents it is a drug of choice for Vataja Shirashool as Vedanasthapaka, Dhatupushtikar and Vatahamaka. The appropriate treatment has been



given in this case which gives the complete cure from Vataja Shirashool.

Pathya apanya is necessary to overcome Vataja Shirashool.

## CONCLUSION

Vataja Shirashool is a common disorder, many people suffered due to this Nowadays. We can Conclude that Madhukadi tail nasya was found more effective in Vataja Shirashool, due to Yashtimadhu, Narikel kshira and Tila tail. Action of Madhukadi Tail Nasya is Vata Shamaka, Vedana Sthanapana, Snehana and Dhatupushtikar. Madhukadi tail nasya was found to be good in alleviating Vata dosha and balya in Vataja shirashool.

In this study, No adverse effects were observed during or after treatment. Vataja shirashool closely resembles to Tension type Headache according to the symptoms found in both the diseases.

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