

**EFFICACY OF PATHYAKSHADHATRYADI KWATHA NASYA IN THE
MANAGEMENT OF ARDHAVABHEDAKA W.S.R TO MIGRAINE****Libna Yudith P. S.*¹, Sanathkumar D. G.² and Soumya S. V.³**

¹P.G Scholar, Department of Panchakarma, K.V.G Ayurveda Medical College and Hospital,
Sullia, Dakshina Kannada, Karnataka.

²Professor and HOD, Department of Panchakarma, K.V.G Ayurveda Medical College and
Hospital, Sullia, Dakshina Kannada, Karnataka.

³Associate Professor, Department of Panchakarma, K.V.G Ayurveda Medical College and
Hospital, Sullia, Dakshina Kannada, Karnataka.

Article Received on
01 Sept. 2023,

Revised on 22 Sept. 2023,
Accepted on 13 Oct. 2023

DOI: 10. 20959/wjpr202318-30002

Corresponding Author*Libna Yudith P. S.**

P.G Scholar, Department of
Panchakarma, K.V.G
Ayurveda Medical College
and Hospital, Sullia,
Dakshina Kannada,
Karnataka.

ABSTRACT

Ardhavabhedaka is one among the eleven types of Shirorogas in which vitiated Vata either alone or along with Kapha, causes severe pain in one half of Shiras ie, Manyā, Bhru, Karna, Akshi, Shankā and Lalatta. It can be correlated with migraine due to its cardinal features of 'half sided headache'. Nasya Karma is a therapy in which medicines are administered through nostrils and is specifically indicated in Jatru-urdwagata Vikaras. Acharya Susruta mentioned Virechana Nasya in the treatment of Ardhavabhedaka. Pathyakshadhatryadi Kwatha is a formulation which is specially indicated in Shirorogas and it can be administered in the form of Nasya. **Aims and Objectives:** The aims and objectives of the study were to evaluate the efficacy of Pathyakshadhatryadi Kwatha Nasya in the management of

Ardhavabhedaka. **Methods:** The study is a pre and post-test clinical trial to assess the efficacy of Pathyakshadhatryadi Kwatha Nasya in Ardhavabhedaka. Thirty patients who fulfilled the diagnostic and inclusion criteria were considered for the study. The assessments of the results were done on the basis of readings of subjective and objective parameters – Unilateral headache, Giddiness, Nausea, Vomiting, Photophobia, Phonophobia and Headache Impact Test before the treatment, after the treatment and after follow up. **Results and Discussion:** In the Statistical Analysis, it is observed that except Vomiting all the other parameters- Unilateral headache, Giddiness, Nausea, Photophobia, Phonophobia and

Headache Impact Test showed statistical significance as p value was <0.001. **Conclusion:** In this clinical study of thirty patients, the null hypothesis is rejected and the alternative hypothesis ie, there is significant effect of Pathyakshadhatryadi Kwatha Nasya in Ardhavabhedaka is accepted.

KEYWORDS: Nasya Karma, Virechana Nasya, Ardhavabhedaka, Shiroroga.

INTRODUCTION

Among the various treatment modalities in Ayurveda, Panchakarma plays an inevitable role in bringing back the state of normalcy in the body. Nasya Karma is one among the Panchakarma therapy in which medicines are administered through nostrils. It is specifically indicated in Urdhwa Jatru Vikaras.

Ardhavabhedaka is one among the Jatru Urdhwagata Rogas, elaborately described under eleven types of Shiroroga mentioned by Acharya Susruta^[1], ten types of Shirorogas mentioned by Acharya Vagbhata^[2] and nine types of Shirorogas mentioned by Acharya Charaka.^[3] The vitiated Vata either alone or along with Kapha, causes severe pain in one half of Shiras ie, Manyā, Bhru, Karna, Akshi, Shankā and Lalatta is known as Ardhavabhedaka.^[4] It can be correlated with migraine due to its cardinal features of ‘half sided headache’. As per Acharya Susruta, Ardhavabhedaka occurs due to vitiation of Tridosha (Vata, Pitta and Kapha).^[5] According to Acharya Charaka vitiated Vata Kapha are involved in the manifestation of Ardhavabhedaka, while Acharya Vagbhata opines that Ardhavabhedaka occurs due to vitiated Vata.^[6]

Nasya karma is considered as an important modality of treatment for all types of Shirorogas.^[7] Vairechanika Nasya is a type of Nasya Karma which is directly indicated in the management of Ardhavabhedaka.^[8] Medications in different form likes Sneha, Kalka, Kwatha, Churna etc are used in Vairechanika Nasya. Pathyakshadhatryadi Kwatha is a formulation which is specially indicated in Shirorogas and it can be administered in the form of Nasya.^[9] Ingredients include Patya (Haritaki), Aksha (Vibitaki), Dathri (Amalaki), Rajani(Haridra), Guduchi, Bhu Nimba(Kiratha Tikta) and Nimba.

AIMS AND OBJECTIVES

The present clinical Study is intended to explore the procedure of Nasya and its efficacy in the management of Ardhavabhedaka, it is under taken with the following objectives:

1. To evaluate efficacy of Pathyakshadhatryadi Kwatha Nasya in Ardhavabhedaka.
2. To study Nasya Karma in detail.
3. To study Ardhavabhedaka in detail.

MATERIALS AND METHODS

1) Study design

The study was a pre and post-test clinical trial to assess the effectiveness of Pathyakshadhatryadi Kwatha Nasya in Ardhavabhedaka.

2) Source of data

Patients who attended the OPD and IPD of KVG Ayurveda Medical College and Hospital, Sullia, having the signs and symptoms of Ardhavabhedaka were screened. Among these, 30 patients who fulfilled the below mentioned criteria of inclusion were taken for the study. The selected patient's detailed profile was prepared as per the detailed proforma designed for the same purpose, which incorporates relevant data like symptomatology, physical signs as well as assessment criteria.

3) Selection of patients

a) DIAGNOSTIC CRITERIA

The diagnosis was made based on classical symptoms of Ardhavabhedaka and diagnostic criteria provided by International Headache Society in Migraine.

Classical Symptoms of Ardhavabhedaka

- Severe pain in one side of the head especially in Manya Bhru, Karna, Akshi, Shanka and Lalatta.
- Brama

Diagnostic criteria of Migraine

1. At least 5 headache attack lasted 4-72 hours in history.
2. Headache has at least 2 of the following
 - Unilateral location
 - Pulsating nature
 - Moderate to severe pain intensity
 - Aggravation by routine physical activity

3. During headache at least one of the following

- Nausea and/ or vomiting
- Photophobia and phonophobia

b) INCLUSION CRITERIA

1. Patients having the Classical Lakshanas of Ardhavabhedaka and symptoms of migraine.
2. Patients of both genders who are Nasya Yoga according to Ayurveda Classics irrespective of occupation and socio economic status.
3. Patients in between 18 years and 70 years of age.

c) EXCLUSION CRITERIA

1. Patients who are Nasya Ayogya according to Ayurveda Classics.
2. Patients with the association of other systemic disorders.
3. Patients below age of 18 years and above 70 years.

PROCEDURE**Preparation of Kwatha**

Here in this study, 1.5 gram of Kwatha Choorna of each drugs i.e, Haritaki, Vibhitaki, Amalaki, Bhunimba, Haridra, Nimba and Guduchi were taken and 160 ml of water was added. It was reduced to 20 ml in Mandagni. Content were filtered and a pinch of Guda was added, thus obtained Kwatha was taken for Nasya.

Poorva Karma

Abhyanga and Swedana done to Jatru Urdhwa Pradesha with Murchita Tila Taila followed by Pata Sweda.

Pradhana Karma

Patient was made to lie on his back extending his arms and legs.

The legs slightly raised and head slightly lowered.

The medicine was made warm in water bath, it is taken in Gokarna, and 8 Bindu (2 ml) instilled into each nostril alternatively, keeping the other closed.

Paschat Karma

After instilling Nasya, Mardana was done on Manya, Skanda, Karna, Lalatta, Hasta and Padatala.

Patient was made to turn to both sides and allowed to spit the Doshas with medicine.

The patient was made to lie on his back for a Vaak Shata Matra (1 Min)
After Nasya Karma, Dhoomapana and Kavala were given to the patient.

Posology

Pathyakshadhatryadi Kwata 8 Bindu (2 ml) to each nostrils.

Study duration and followup

- Nasya - 7 days
- Follow up - 14 days
- Total study duration - 21 days

Observation period

Initially on the first day before treatment.

- On 7th day after treatment.
- On 21st day for last assessment.

Assessment criteria

The assessment of the results was done on the basis of subjective and objective parameters before the treatment, after the treatment and after follow up. All the results were analyzed statistically for p value using paired student t test.

i) Subjective criteria

Unilateral headache was assessed using VAS scale and other diagnostic parameters including Giddiness, Nausea, Vomiting, Phonophobia and Photophobia were graded and numerical value was given for the assessment of the result.

ii) Objective criteria

Headache Impact test 6

The Headache Impact Test (HIT-6) is a questionnaire for measuring the impact of headache. A total of six questions are included in this questionnaire. It gives an overview of the impact of headache including pain intensity and impairments in daily activities.

OBSERVATIONS

Observation on demographic data

In this study, the maximum percentage of patients (33.3%) was observed between 21-30 age group and maximum percentage of patients were females.

Observation on disease

In this study, 53.3% patients had family history. 76.6% patients had pulsating type of pain while 23.4% patients had pricking type of pain in which 50% Patients had sudden onset of pain and 50% patients had gradual onset of pain. The frequency of attack was once in 10 days for 20% patients, once in 15 days for 56.6% patients and once in a month for 23.4% patients. 83.3% patients were in mixed diet and 16.6% were vegetarian. Regarding the Aharakrama 30% patients reported the habit of Anashana, 23.3% patients had the habit of Vishamashana. In 20% patients sleep disturbance were reported and 13.3% patients reported excessive sleep. On assessing the Agni 40% patients had Mandagni and 26.6% patients had Vishamagni. 26.6% patients had irregular bowel habits and 36.6% patients had constipation. 43.3% Patients were having Vata Kapha Prakruti, 23.3% patients were Pitta Kapha Prakruti, 16.6% patients were Vata Pitta Prakruti and 16.6% patients were Vata Prakruti.

RESULTS

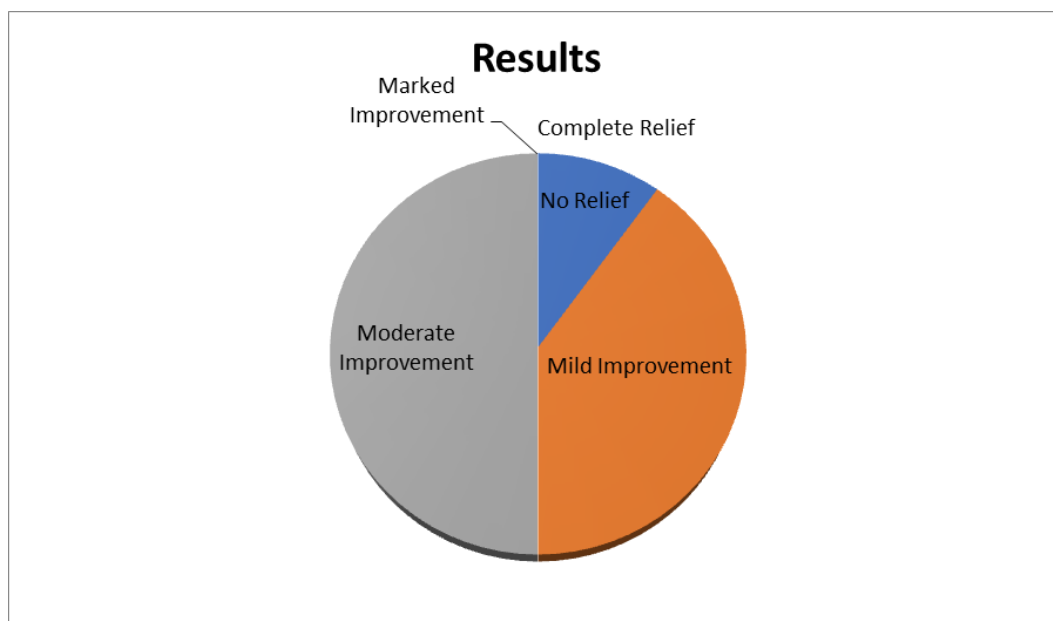
Paired t test was used for statistical analysis. According to the findings except vomiting all the other parameters such as Unilateral Headache, Giddiness, Nausea, Photophobia, Phonophobia and Headache Impact Test are statistically significant at the p value <0.001. On comparing with statistical values of other parameters, Headache Impact Test has a higher level of Significance with t value 9.58. By this it can be concluded that Pathyakshadhatryadi Kwatha Nasya is effective in reducing the burden or impact of headache in daily life.

Statistical outcome of the study is shown in Table No.1

Parameters	BT	AF	Net Mean	S.D	S.E	t value	p value	Remarks
Unilateral Headache	2.63	0.97	1.67	0.91	0.17	8.69	<0.001	HS
Giddiness	0.37	0	0.37	0.48	0.08	4.09	<0.001	HS
Nausea	1.20	0.27	0.93	0.68	0.12	6.37	<0.001	HS
Vomitting	0.23	0.07	0.17	0.45	0.08	1.61	>0.001	NS
Photophobia	0.87	0.13	0.73	0.44	0.08	8.21	<0.001	HS
Phonophobia	0.63	0.03	0.60	0.49	0.09	6.28	<0.001	HS
Headache Impact Test	67.9	43.8	24.07	10.58	1.9	9.58	<0.001	HS

OVERALL EFFECT OF THE TREATMENT

In the present study of 30 patients, 25 patients had moderate improvement, 4 patient had mild improvement and 1 patient had no relief. The overall effect of the treatment is 75.62%. Graphical representation of overall effect of treatment is given in Graph No.1.



Garph No.1: Showing overall effect of treatment.

DISCUSSION

Ardhavabhedaka was found more in patients who does the Vata Vardhaka Viharas like Ratrijagarana, Aayasa, Atichintha, Ati Vyayama etc. It was more prone to female patients and who have irregular food habits, bowel habit and sleep pattern. Vairechanika Nasya is a type of Nasya Karma which is directly indicated in the management of Ardhavabhedhaka and Pathyakshadhatryadi Kwatha is a formulation which is indicated specially in Shirorogas. Pathyakshadhatryadi Kashaya has Tikta Kashaya Rasa Pradhana, Ushna Virya and Laghu Ruksha Guna predominance. In Ardhavabhedaka Tikta Kashaya Rasa of Pathyakshadhatryadi Kwatha will pacify Pitta Dosha and Ushna Virya and Laghu Ruksha Guna balances associated Kapha Dosha.

In Ardhavabhedaka Prana Vayu is more affected because the site of Prana Vayu is Shira. Acharya Sushruta has mentioned Chardi as a symptom in Pittavruta Vata. Bhrama occurs due to the involvement of Pitta Vata Dosha. Shira is also mentioned as the site of Kapha Dosha. So the disease affecting Shira will hamper the balance of Kapha Dosha. Hence Kevala Vatikajanya, Avaranajanya ie, Pittavruta Vata and Kaphavruta Vata or Tridoshaja concept of Ardhavabhedaka is justified. Most of the drugs mentioned in Pathyakshadhatryadi Kwatha have the Tridoshahara action. Drugs like Haritaki, Vibhitaki, Haridra and Guduchi have Ushna Virya and Vata Shamaka Property, which can be beneficial in Ardhavabhedhaka as it has vitiation of Vata and Kapha Dosha. Drugs like Guduchi, Bhunimba, Vibhitaki, Haritaki and Amalaki have Pachana property which does the Srothoshodhana and helps to relieve the

Avrutavastha of the Doshas. It acts as Srothoshodaka, as it is having Tiktha and Katu Rasa, which helps in expelling out the morbid Doshas and has the properties like Kleda Shoshana and Shleshma Prashamana. In addition drugs like Guduchi, Nimba and Haridra possess Rakthaprasadaka property that may normalize vitiated Raktha Dhatu. They also possess Shoolahara property which might have helped to reduce the pain.

CONCLUSION

In this present study, Vairechanika Nasya was performed using Pathyakshadhatryadi Kwatha for duration of seven days. In the Statistical Analysis on effect of Pathyakshadhatryadi Kwatha Nasya, all the parameters- Unilateral headache, Giddiness, Nausea, Photophobia, Phonophobia and Headache Impact Test showed statistical significance as p value was <0.001 and the parameter Vomiting was observed not significant as p value was >0.001 . Among all parameters Headache Impact Test showed higher level of significance with t value of 9.58 and the percentage of overall effect of the treatment was 75.62%. By this it can be concluded that there is significant effect in Pathyakshadhatryadi Kwatha Nasya in the management of Ardhavabhedaka.

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