

**ROLE OF SHADBINDU TAILA NASYA IN ARDHAVABHEDAKA
(MIGRAINE) WITH PANCHKARMA****Dr. Prabhat Kumar Dwivedi*¹ and Dr. Rakhi Singh²**

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Article Received on
21 Jan. 2024,

Revised on 11 Feb. 2024,
Accepted on 01 March 2024

DOI: 10.20959/wjpr20245-31698



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ABSTRACT

Migraine is one of the *Ardhavabhedaka roga* in which there is vitiation of *Vata & Kapha dosha*. Currently, conventional medicine has no effective treatment for *Ardhavabhedaka*. Because of the facts, particularly considering the side effects in the existing methods of treatment, there is the need to develop a treatment protocol. *Vairechanika Nasya* is the line of treatment as per *Acharya Sharangadhara*. In Ayurveda nasya is consider as the main treatment to solve the problems related to nervous system and as said by acharya charak "*Nasa hi siraso dwaram tena taddapyahanthi tana*". The nose is the gateway of the head; hence it acts as an inlet for the *Nasya Karma*. It helps in eradicating the diseases related to nervous system.

KEYWORDS: *Nervous, Nose, Migraine, Ayurveda.*

INTRODUCTION

Panchakarma is a unique method of Ayurveda specially designed with five events of cleansing through the neisst likely route. That comprises Vamana, Virechana, Niruha & Anuvasana Basti, Nasya. In the Uttara tantra, Acharya Sushruta has dedicate done separate chapter to *Ardhavabhedaka* after illumination *Shirogataroga*.^[1] The disease *Ardhavabhedaka* considerably involved the ancient physicians, which is obvious from there, thorough description classification, symptomatology, complications & organization written in *Samhita*. Though it has been said that the illness *Ardhavabhedaka* in the initial phase, is a treatable unit but if it takes a chronic course English hawthorn led to many associated difficulties. This fact itself shows that *Ardhavabhedaka* has been a main problematic for the

physicians since long back. In Ayurveda, three categories of conduct are described for each & every ailment Viz. Samshodhana, Samshamana, Nidana parivarjana.^[2] Here key rank is given to Shodana followed by further conducts. Ardhavabhedaka is well known for reappearance & chronicity. Return of the ailment occurs when the vitiated Dosha have not been banished completely. Migraines recurring normally attaining the Jeerna avastha. Migraines first & foremost among the Ardhavabhedakaroga in which there is vitiation of Vata and Kapha dosha ensuing in profuse sneezing, blocking of the nose, watery discharge, dryness of the gullet & lips, continuous pain in the temple & alteration of voice. Migraine can be co-related with Ardhavabhedaka, most encountered in day-to-day practice often due to allergens. It is a very shisd ailment touching roughly 20% of the population. Bestowing to Acharya Sharangadhara vairechanik. Nasya is the line of conduct. Therefore, Nasya has been designated as a conduct modality for the present study. "Nasa hi sirasodwaram tena taddapya hanthi tana". The nose is the gateway of head hence it acts as an inlet for the Nasya Karma. It abolishes the disease of the head. Nasya is one of the Panchakarma therapy. The widely held of the drugs mentioned in Vairechanik Nasya will be having Tikshna, Ushna guna, these medications exasperate the mucous membrane of the nose, increase the nasal discharge & removes the morbid Dosha from the Nasal cavity & head. Shadbindu Taila drugs is having Ushna, Tikshna guna, Vata Kapha hara property & having anti-inflammatory action does Shothahara, Vedana sthapana, Lalatardha vedana here analgesic action on Migrain (Ardhavabhedaka). Here Anu Taila drugs is also Ushna, Tikshna property & Vata-Kapha hara property. Both the Taila is mentioned for in general Shirogata rogas, so to know the efficacy of both drugs particularly in Ardhavabhedaka, this study is to be taken up with Nasya Karma with Shadbindu Taila & Anu Taila. Popular of the drugs mentioned in Vairechanik Nasya will be having Tikshna, Ushna guna, these drugs irritate the mucous membrane of the nose, increase the nasal secretion & eradicates dosha from nasal cavity.

SADBINDU OIL

Sr. no.	Ingredients	19gm each
1.	Eranda (Ricinus communis L.)	
2.	Tagara (Valeriana wallichii DC.)	
3.	Shatahva (Anethum sowa	
4.	Jivanti (Leptadenia reticulata [Retz.] Wight and Arn.)	
5.	Rasna (Alpinia galanga (L.) Swartz)	
6.	Bhringa (Eclipta alba (L.) Hassk.)	
7.	Vidanga (Embelia ribes Burm.f.)	
8.	Yashti (Glycyrrhiza glabra L.)	
9.	Shunthi (Zingiber officinale Roscoe.)	

10.	Saindhav lavana	QS
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COLLECTION OF DRUGS

All the required raw materials should be collected from good quality pharma.

PREPARATION OF OIL

The reference from Ayurvedic Formulary of India is to be followed for Murcchana of Krishna Tila Taila.

PREPARATION OF BHRINGA RASA

Fresh juice obtained from macerated whole plant of *E. alba* is to be considered as Bhringa Rasa. Preparation of Kalka: Each Kalka Dravya (19.0g powder) is to be taken in a vessel and mixed, followed by addition of sufficient amount of water until a uniform paste is to be obtained preparation of Shadbindu Taila: Krishna Tila Taila (0.768 ltr) is to be indirectly heated on a mild flame (by placing a pan between burner and vessel to avoid direct heating) with Bhringa Rasa (3.072 ltr), Saindhava Lavana (19.0g powder) and Kalka obtained from Kalka Dravya. Mixture is to be stirred intermittently till it became slimy. The heating is to be stopped and Aja Paya (3.072 ltr) is to be added. The mixture is to be kept standing overnight. Next day, the heating is to be continued till the mixture attained Sneha Siddhi Lakshana (completion test for chief desired characteristics) like Gandha-Varna Rasotpatti (desired smell, colour and taste), Shabdahinata (no cracking sound), Phenodgama (appearance of froth) and Vartivat Kalka (rolling of paste of herbal drugs between fingers). Finally, the mixture is to be filtered when hot through muslin cloth and stored in amber coloured bottle until use.

PROCEDURE

1. Patients should have passed natural urges.
2. Patient should be empty stomach before Nasya Karma.
3. Nasya procedure should be explained to the patients in detail & they were mentally prepared by giving assurance & consent should be obtained for the treatment.

PURVAKARMA NASYA

It should be performed in the 'Nasya room' located in Panchakarma theatre, the place is having sufficient daylight & is devoid of direct atmospheric influences like dust, wind, etc. Blood pressure & pulse were recorded before the Nasya Karma for observation purpose.^[3-5]

1. Snehana

Abhyanga with Luke warm Tila Taila should be done on face, scalp, temporal & neck region for about 10-15 minutes.

2. Swedana

Swedana should be done by a clean cotton Napkin dipped in bowl of hot water. Holding both the ends of a napkin, it should be twisted to squeeze properly so that water is completely removed.

3. Pradhana Karma

1. After completion of Purvakarma, the position of patients should be changed i.e., bending the head at about 45° angles from the edge of the table.
2. Patients were instructed to be in a relaxed posture.
3. Limbs were placed apart & on both sides.
4. Patients were asked to shut their eyes.
5. Gokarnika should be held in right hand & with the help of the left index fingertip of the nose is pushed up.
6. With the assistance of Nasya Pali (Gokarnika)
7. Bindu of taila should be instilled in individual nostril in a non-stop stream.

PASCHAT KARMA

1. After performing the Nasya karma, patient's were asked to remain in the same position till 100 Matra.
2. Abhyanga & Swedana were done in the regions specified formerly. Here time duration should be changed to 3-5 minutes only.
3. Simultaneously rub both the hands (palm sole) vigorously raising them slightly, for 1 to 2 minutes, at the same time foot soles are also rubbed.
4. The patient should be advised to spit out the nasal secretions reaching the throat & to do gargle with warm water.

DISCUSSION

In Ardhavabhedaka symptoms like Manya vedana, Karnakshi vedana, Lalatardha vedana, Bhru-shankha vedana, Shastra-Arani nibha vedana etc. is more related to symptoms of Migraine. So, Migraine can be correlated with Migraine mentioned in allopathic science. Probable mode of Action Shadbindu Taila: The most of the ingredients of Shadbindu Taila i.e., Eranda (*Ricinus communis* L.), Tagara (*Valeriana wallichii* DC.), Shatahva (*Anethum sowa* Roxb.), Jivanti (*Leptadenia reticulata* [Retz.] Wight and Arn.), Rasna (*Alpinia galanga* (L.) Swartz), Bhringa (*Eclipta alba* (L.) Hassk.), Vidanga (*Embelia ribes* Burm.f.), Yashti (*Glycyrrhiza glabra* L.), Shunthi (*Zingiber officinale* Roscoe.), Saindhava Lavana (Rock salt) etc. have Katu, Tikta rasa, Ushna virya, Ruksha, Tikshna laghu guna & Doshaghnata is Vata kapha hara, which in turn helps in relieving the symptoms of Ardhavabhedaka. Eranda is having Katu, Tikta rasa, Laghu, Ruksha, Tikshna guna, Ushna virya, Katu vipaka all are antagonists with Kapha dosha, Vata kapha shaman property & Migraine is a Vata kapha dominant Vyadhi. Tikta rasa & its Agni pradeepaka karma correct status of Agni so by that relieve Agnimandya and thus help in Sampapti vigatana. Drug Shunthi is Krimirogahara, so by this relieves intestinal helminthiasis, as it is one of the causative factors for Ardhavabhedaka. Shunthi is having volatile oil. These are rich in lipids & proteins that stimulate the brain & there relieves headache & also having anti-inflammatory act. Tagara having anti-inflammatory action. Jivanti is having Rasayana, immuno-stimulant, nervine tonic action & effective in diseases of Majjavaha srotas as Migraine is a Majjavaha sroto vyadhi. Shatahva is having anti-inflammatory, analgesic, immune regulatory action, anti-histaminic action thus helps in relieving the disease. Saindhava is having Vatahara property, increases the secretions of mouth. It liquefies the mucous secretions by this eliminates Dusta dosha, clarifies the passage, and so by that relieves Nasavarodha. Vidanga is having analgesic, antimicrobial & antifungal action. Thus, helps in reducing headache & prevents secondary infections. Tila Taila -Sesame contains large quantities of the essential polyunsaturated fatty acid (PUFA), linoleic acid in the form of triglycerides. Taila alleviates Vata, at the same time does not aggravate Kapha. It has Ushna, Tikshna, and Vyavayi Gunas. So, it has a good capacity to penetrate through small channels in the body so that it will open the obstructed path like sinus, ostia and facilitate the drainage of collected discharge. From the therapeutic point of view, another quality of Taila is when treated with other drugs, it also takes the property of those drugs. Judged from this angle, Taila is the best Snehadravya in the sense that it does not only assimilate the substance added to it but also it foregoes its properties.^[6-7]

CONCLUSION

Sad bindu tail have antioxidant, also a source of Vit-E, which is an antioxidant & it is very much effective in the treatment of headaches & also has anti-bacterial effects. Hence this medicine is useful in treating migraine which is called ardhavibhedaka in Ayurveda.

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