

EVALUATION ON THE EFFECT OF BALADYAYAMAKAM NASYA IN VATIKA SHIRASHOOLA W.S.R. TO TENSION HEADACHE

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ABSTRACT

Background: *Shirashoola* is one among the *Jatrurdvagata Roga* and elaborately described by all *Acharya* under *Shiroroga*. In *Vatika Shirashoola*, sign and symptoms are *Akshinishkasanavat Pida*, *Bhrumaddhya Evam Lalata Tapanam*, *Ghatasambheda*, *Sandhimokshanavat Pida*. It can be compared with Tension Headache, as psychological factor like excessive weeping, fear, terror have been attributed in its *Samprapti*. *Nasya Karma* is indicated in all *Urdhwajatrugata Vikara*. *Vatika Shirashoola* is *Urdhwajatrugata Roga* having *Vata Dosha* predominant. Drug having *Vedanasthapana* & *Vatahara* properties used in form of *Nasya* are added choice in the management of *Vatika Shirashoola*. **Aims:** Evaluate the effect of *Baladya Yamakam Nasya* in *Vatika Shirashoola* w.s.r. Tension Headache. **Design:** This study was conducted as a prospective, Single Centre and open label trail with pre-set and post-set design with administration of *Baladya Yamakam Nasya* with Dose of 8 *Bindu* for a period of 7 days with a follow up of 14 days. **Methods and Material:** patients aged between 15 and 60 years, who were clinically diagnosed in KVG Ayurveda Medical College, Sullia were included in the study. **Analysis Used:** Student t test for sample was used to compare the baseline characteristics, for Assessment $p < 0.001$ was considered significant. **Result:** Therapy provided highly significant ($P < 0.001$), result on cardinal features like *Shankhanistoda* (67.86%), *Bhrumadhyha Evam Lalata Tapanam* (62.03%), *Ghatasambheda* (65.48%), *Akshinishkasanavat Pida* (69.33%), Duration of Headache/Day (60%), HDI 61.36%, Frequency of Headache/Week (62.64%). In Overall effect of treatment, out of 30 patients in this study, 01 patient got Mild improvement, 10 patients got Moderate improvement, 14 patients got Marked improvement and 5 patients got complete Remission. **Conclusion:** *Baladya Yamakam Nasya* is a safe and effective treatment in *Vatika Shirashoola*. The ingredients mentioned in *Baladya Yamakam* are having *Vatahara* and *Brumhana* property, which help to pacify the vitiated *Vata*.

Keywords: *Vatika Shirashoola*, Tension Headache, *Nasya*, *Baladya Yamakam*.

INTRODUCTION

Ayurveda is the medical system which gives the way of perfect living with nature¹. It gives equal importance to preventive as well as curative aspects of diseases². *Ayurveda* is the medical science which emphasized the importance of *Mana* (psyche) in the health of an individual. As quoted by *Acharya Sushruta*,

समदोषः समाग्निश्च समधातुमलक्रियः |

प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते || (Su.Su.15/47)

Asatmyendriyarthā Samyoga, Prajnaparādha and *Parinama* are the root cause of any disease³.

The man of 21st century is breathing under various adversities, stresses, strains and anxiety. Irregular and unnatural food habits, suppression of natural urges, lack of proper sleep and less time for relaxation are the inseparable parts of our routine which enervate body and finally lead to the disease. These physical factors, along with ever-rising stressful psychological conditions contribute to most of the psychosomatic diseases. Tension headache is one such psychosomatic disease which can be compared with *Vatika Shirashoola*. Mental factors like excessive weeping, grief, fear, terror have also been attributed in its etiopathogenesis⁴.

In India headache is as much as a problem as elsewhere in world with rising trend in young, which is negatively affects the quality of life. Survey show that headache has prevalence of 63.9%, which is higher in female 69.3% as compared to males 30.7%⁵. Being an alarming problem, it needs effective and safe treatment. Though, modern therapeutics has a broad spectrum of the drug for management of this disease, they are having serious side effects and habit forming nature.

Shirashoola is a chief symptom of *Shiroroga*, which comes under *Urdhwajatrugata Vikara*. *Nasya* is indicated by almost all the *Acharyas* for its effective management⁶. This is a clinical study designed for evaluates the efficacy of “Baladya Yamakam Nasya” in *Vatika Shirashoola* w.s.r. Tension Headache.

“*Baladya Yamakam*” in all *Urdhwajatrugata Vikara* is mentioned in the *Bharata Bhaisajya Ratnakara*⁷.

Materials & Methods

30 Patients aged between 15 and 60 years suffering from *Lakshanas* of *Vatika Shirashoola* were selected from OPD and IPD of *Panchakarma* departments and from mobile camp by K.V.G Ayurveda Medical College & Hospital, Sullia after fulfilling the inclusion and exclusion criteria.

Inclusion Criteria

Patients presenting with the *Lakshanas* of *Vatika Shirashoola*, patients fulfilling the diagnostic criteria, headache lasting from 30 minutes to 7 days, *Nasya Yoga*, headache which is pressing/tightening/stretching in nature.

Exclusion Criteria

Nasya Ayogya, Migraine and Cluster headache, any pathology involving in eyes, ENT infections, Secondary headache arising due to meningitis, tumour, cervical spondylosis.

Diagnostic Criteria

Diagnosis was established by clinical examination of signs and symptoms of *Vatika Shirashoola* and ICHD-II diagnostic criteria for Tension Headache.

Study Design:

This study was conducted as a prospective, single centre and open Label trial with pre-set and Post-set design. Patients diagnosed were allocated number were given; each patient was examined during the first day before starting treatment and on 7th day after treatment finished and 14 days thereafter. The subjective and objective parameters were measured before and after intervention *Baladya Yamakam Nasya* was administered in a dose of 8 *Bindu* in each nostril for 7 days with a follow up of 14 days.

Data Collection and Criteria of Analysing result

All data were collected for analysis on before intervention, after the end of intervention and follow-up. The improvement was assessed mainly based on relief in the chief symptoms of the disease.

Subjective: *Shankhanistoda, Bhrumadhya Evam Lalata Tapanam, Ghatasambheda, Akshinishka-*

sanavat Pida, Frequency of Headache/week, Duration of Headache/day.

Objective: Headache disability index⁸

Table 1: Showing Grading for Subjective Parameter

Nil/absent	0
Mild (discomforting but can do his/her work)	1
Moderate (Distressing, I can do usual activity but I can't ignore it.)	2
Severe (forced to stop work, but no need to take medicine)	3
Very severe (forced to take medicine and rest)	4

Data Analysis:

All the collected data were tabulated systematically, Student t test for sample was used to compare the baseline characteristics, for assessment criteria i.e. *Shankhanistoda, Bhrumadhya Evam Lalata Tapanam, Ghatasambheda, Akshinishkasanavat Pida*, Frequency of Headache/week, Duration of Headache/day. $P < 0.001$ was considered significant and statistically analysed data were pictorially presented in double bar diagram.

Observation & Results

All of 30 patients completed the therapy and follow up period. So, in this study result were assessed on all 30 patients.

Distribution of the Patients:

The study shows 63.33% of patients belonged to the age group 15-30, 60% were female patients, Majority of Hindu religion (96.67%), Students (56.67%), Upper Middle Class (50%), 53.33% patients had severe pain, 50% patients had Stress and Worry as aggravating factor, 50% patients had Evening time as aggravating factor (Diurnal), 73.33% patients had Stretching and pressing type of pain, 46.67% patients having *Vatapittaja Prakruti* and 63.33% patients have gradual onset.

Table 2: EFFECT OF THERAPY ON VARIOUS PARAMETERS

Symptom	Measures				%	S.D (+.)	S.E (+.)	t value	p value
	BT								
<i>Shankhanistoda</i>	2.80	AT	0.90	1.90	67.86	0.712	0.13	11.56	<0.001
		AF	0.90	1.90	67.86	0.803	0.15	11.56	<0.001
<i>Bhrumadhya Evam Lalata Tapanam</i>	2.63	AT	1.03	1.60	60.76	0.621	0.11	8.10	<0.001
		AF	1.00	1.63	62.03	0.718	0.13	8.39	<0.001
<i>Ghatasambheda</i>	2.80	AT	1.03	1.77	63.10	0.817	0.15	10.27	<0.001
		AF	0.97	1.83	65.48	0.834	0.15	10.26	<0.001
<i>Akshinishkasanavat Pida</i>	2.50	AT	0.80	1.70	68.00	0.75	0.14	8.10	<0.001
		AF	0.77	1.73	69.33	0.785	0.14	7.63	<0.001
Frequency of Headache/Week	3.03	AT	1.13	1.90	62.64	0.845	0.15	10.16	<0.001
		AF	1.13	1.90	62.64	0.803	0.15	10.51	<0.001
Duration of Headache/Day	2.33	AT	0.93	1.40	60.00	0.621	0.11	9.59	<0.001
		AF	0.93	1.40	60.00	0.675	0.12	9.60	<0.001
HDI	2.93	AT	1.17	1.73	60.23	0.898	0.16	9.21	<0.001
		AF	1.13	1.80	61.36	0.887	0.16	9.77	<0.001

OVERALL EFFECT OF TREATMENT

Out of 30 patients, 1 patient got Mild Improvement, 10 patients got Moderate improvement, 14 patients got Marked Improvement and 5 patients got Complete Remission.

DISCUSSION

In our study, *Baladya Yamakam Nasya* significantly reduced the Cardinal feature of *Vatika Shirashoola*. To the best knowledge, many studies have been carried out to identify the *Vatika Shirashoola* and *Nasya*, but very minimum studies have been carried out to evaluate the effect of *Baladya Yamakam*. *Ayurvedic* texts describe not only *Shirashoola* as a symptom of various diseases, but also as an independent disease entity among all “Shiroroga”. *Vatika Shirashoola* is most frequently seen, because causative factors like *Uchcha* and *Atibhashana*, *Prajagara*, *Shita Marutasamsparsa*, *Vyavayadhikya*, *Veganigraha*, *Atibharavahana* and *Atimargagamana* are usually adopted by all human beings due to their busy life style. The psychogenic causes are *Shoka*, *Bhaya* and *Trasana*. Modernization, development of industrial phase, business competitions, excessive uses of internet and increase in unemployment are capable to provide a man to the status of *Bhaya*, *Shoka*, *Trasana* etc., due to which *Vatika Shirashoola* caused by psychological factors is also most frequently observed. So, for correlation purpose, Tension Headache was selected in the present study. From the conceptual study, the *Nidana*, *Upashaya* and *Lakshanas* of *Vatika Shirashoola* resembles with tension headache.

Nasya Karma is explained as a best treatment for *Urdhwajatrugata Vikara*. *Vatika Shirashoola* is one among them. Root of administration always has its own importance in management of any disease. According to *Ayurvedic* classics the diseases which are occurring above the neck, *Nasya* therapy is most favourable. *Nasa* being the gateway to *Shiras*. The drug administered through nostrils, reaches *Shringataka*, spreads in the *Murdha* (brain), *Netra* (eye), *Shrotra* (ear), *Kanta* (throat), *Shiramukhas* (opening

of the vessels, etc.) and scratches morbid *Doshas* from supra clavicular region and expels them out. (As. San.).

Current study was carried out with an intention of the rejuvenating the *Vatika Shirashoola* by administering the *Baladya Yamakam Nasya* mentioned in classics.

Baladya Yamakam containing *Jeevanti*, *Bala*, *Jeevaniya gana*, *Go- Ghrita*, *Tila Taila*. Due to difficulty to get all drugs of *Jeevaniya gana*, here we used *Pratinidhi Dravyas* explain in Classics. All the ingredients of *Baladya Yamakam* are having *Madhura Rasa*, which act as *Vata Shamaka*, *Ayusha*, *Indriya Prasadana*, *Balya*, *Jeevaniya* and *Brimhaniya*. Out of Eight drugs, seven drugs, *Tila Taila* and *Go- Ghrita* are having *Snigdha Guna*, which subside *Vata*, provide tonicity to tissue and act as *Balya* and *Vrisya*. *Yastimadhu*, *Shatavari*, *Vidarikanda*, *Tila Taila*, *Go-Ghrita* and *Go-Ksheera* are having *Guru Guna*, which acts as *Vatahara*, nourishes all *Dhatu* and act as *Balya*, *Brimhaniya* and *Vrisya*.

All eight drugs, *Tila Taila*, *Go- Ghrita*, *Go-Ksheera* have *Madhura Vipaka*, which decrease *Vata-Pitta* and improves *Dathu*. Four Drugs are bearing properties of *Tridosahara*, three are bearing properties of *Vatapittahara* and one is *Vatakaphahara*. So, the selected drugs bear *Vatahara* property and by this way it pacifies the *Vata Dosh*.

As *Bala* contains ephedrine, which have Psychostimulant property and effect the CNS. It has analgesic activity and antioxidant property⁹. *Jeevanti* contains sterols, Alkaloids, flavonoids, which have anti-depressant activity and helps in vasodilatation¹⁰. *Madukaparni* have sedative, anxiolytic and anti-depressant property. It increases antioxidants status in brain¹¹. *Ashwagandha* has adaptogenic activity that means increase body ability to resist the damaging effect of stress and promote on restore normal physiological function. It also has musculotropic activity; thus, relaxes the muscles¹². *Shatavari* contains sterols, isoflavones, which act as anti-depressant, adaptogenic, analgesic, antioxidants and

anti-stress¹³. *Yastimadhu* has anti-inflammatory, antioxidant and memory enhancing property¹⁴

Vidarikanda contains tuberosin, which has antioxidant activity¹⁵. *Tila Taila* has antioxidant and anti-inflammatory property¹⁶. *Go-Ksheera* has high amount of Potassium which causes vasodilatation. It has increase amount of Vit. D level, which supports the production of serotonin, helps to relieve depression¹⁷. *Go-Ghrita* is a rich source of Vit. E, which has antioxidant property¹⁸. Thus, *Baladya Yamakam* is potent Anti-inflammatory, Analgesic, Antioxidant, Anti-depressant, Adaptogenic, muscle relaxant, which confirm its effect and action on tension headache observed in this clinical study.

There are some limitations in our study that should be considered. First, result may be limited by small number of patients. However, this is the first study to show the effect of *Baladya Yamakam* on the reduction on the cardinal features of *Vatika Shirashoola*.

CONCLUSION

In summary, *Baladya Yamakam Nasya* treatment significantly reduced all cardinal symptoms of *Vatika Shirashoola* and nourishes the *Dhatu* and *Indriyas*. The ingredients having *Vatahara* and *Brumhani Indriyaprasadaka*, *Balya*, *Jeevaniya* properties, which help to pacify the vitiated *Vata*, provide nourishment to *Indriyas* and muscles of *Urdhajatrugata* region. Some associated complains like disturb sleep and lack of concentration are found during study, which are well managed by its *Bruhmaniya* and *Indriyaprasadaka* properties.

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