

ROLE OF ARKPATRA NASYA IN THE MANAGEMENT OF ARDHAVABHEDAKA: A CASE REPORT

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ABSTRACT

Ardhavabhedaka is mentioned under *Shiropoga* (Diseases of head) which can be correlated with migraine. Migraine is an episodic headache disorder. It is usually characterized by pain involving either half of the head. According to International headache society, Migraine affects about 10-20% of the general population (About 15% women's and 6% men are the suffering from the migraine). The diagnosis of migraine mainly based on clinical history. Many medications have been advocated in modern, but these drugs are less acceptable because of the drawbacks and side effects. Ayurveda has a variety of treatment therapy and natural medications in the management of *Shiro Rogas*. *Nasya Karma* is the best therapeutic procedure in *Shiro Roga*. *Bhringraja patra Avapeedaka Nasya* is mentioned by *Acharya Yogaratnakara* in context to *Suryaavrita* and *Ardhavabhedaka*. Here in this single case study, an attempt has been made to assess the efficacy of *Arkapatra Avapeedaka Nasya* in the management of *Ardhavabhedaka* which is *Purvaanubhut* remedy are used in some areas of country. *Avipattikar Churna* was administered internally for 3days. Satisfactory result was observed after the treatment and in follow up period of 3 months.

Keywords: Migraine, *Ardhavabhedaka*, *Arkapatra*, *Avapeedaka Nasya*.

INTRODUCTION

Migraine is the most common headache of varying intensity, often accompanied by nausea and sensitivity to light and sound. It is a highly prevalent disorder worldwide; it is the 3rd most prevalent and 7th leading cause of disabling headaches¹. According to International headache society, Migraine constitutes 16% of primary headaches and affects about 10-20% of the general population². *Ardhavabhedaka* can be scientifically correlated with Migraine due to its cardinal

feature half sided headache which is also explained by commentator *Acharya Chakrapani* as *Ardha-mastaka Vedana*³. *Ardhavabhedaka* has been explained as *Vataja* and *Vata-Kaphaja* by *Acharya Charaka*⁴, *Tridoshaja* by *Acharya Sushruta*⁵ and *Vataja* by *Acharya Vagbhatta*⁶. According to *Acharya Yogaratnakara* *Ardhavabhedaka* is also *Vata-Kaphaja*⁷. The various types of pain explained by different *Acharyas* suggest the *Vishama* nature of

Vata Dosh. According to contemporary science the treatment protocol of migraine is nonpharmacological treatment such as identification of triggering factor, medication, physiotherapy etc. Tab. Aspirin, Tab. Paracetamol, Tab. Ibuprofen, Tab. Diclofenac are nonspecific abortive therapy. Ergot, 5-HT Receptor are specific abortive therapy. But these drugs are not acceptable due to the drug dependency, drawbacks and side effects. Ayurveda has a variety of effective procedures and medications i.e. *Snehapana*, *Shirovirechana*, *Kayavirechana*, *Nadisweda*, *Basti*, *Shirobasti*, *Agnikarma*,⁸ *Shirishamoola Phala Twaka Apyeedaka Nasya*. *Acharya Yogaratnakara* has mentioned *Bhringraja patra Apyeedaka Nasya*⁹ in context of *Suryaavarta* and *Ardhavabhedaka*¹⁰. Nasa (nose) has been considered as the gateway of *Shira*¹¹. *Nasya karma* is indicated to uproot the deep-seated *Doshas* of *Shira*. In India, *Arkapatra Avapeedaka Nasya* has been practiced since many years here we selected it as a drug of choice for *Nasya Karma* for further data.

Case Report:

A fully conscious, normal oriented female patient, age 27 years came to OPD of *Shalakya Tantra*, IPGT&RA, Jamnagar; with an OPD no.5266 on 02/01/202.

She presented with chief complaints of headache involving half side of head since last 8years and interval of episodic headache was 15 days to one month. Severity of headache was increased since last 3months and interval was on alternate days for one month. Associated complaints were anger, irritability and burning sensation in chest. Aggravating factors of headache was stress, hunger, sunlight, noisy surroundings whereas, relieving factors were only analgesics. There was no relevant past history of any other disease. No positive family history was found.

Personal History:

Diet: - Vegetarian, Appetite: Moderate, Bowel: Regular, Micturition: Normal, Sleep: Disturbed, Addiction - No any. All vital signs and general

physical examination were found to be within Normal limit. Occupational History: - Housewife.

Diagnosis:

It was already diagnosed case of Migraine and on the basis of sign and symptoms it was correlated with *Ardhavabhedaka*.

Investigation: Routine hematological and urine investigation-with in normal limit. CT scan brain-No Pathological finding.

Visual acuity-Distance: -6/6 B/L, Pinhole: -6/6B/L, Near vision: -N6 B/L.

Consent: Written Informed consent was taken from the patient prior to case study.

Treatment:

1. *Avipattikar Churna* 6gm BD before meal was given for 3days
2. After three days *Arkapatra Avapeedaka Nasya* was given 6-6drops in each nostril for next three days.

Method of Administration of Nasya:

Purva Karma: *Sthanika Abhyanga* with *Bala Taila* and *Ushma Sweda* (hot fomentation) of scalp, forehead, face, and neck were performed with plain water. *Arkapatra Swarasa* was prepared by squeezing the *Arkapatra Kalka* with the help of 4*4inch Size cotton cloth, for *Avapeedaka Nasya*.

Pardhana Karma: After *Purva Karma*, the patient was made to lie down in supine position and collected *Arka patra Swarasa* was instilled 6-6 drops slowly in each nostril. After the administration of *Nasya*, the patient was advised to remain in supine position till *Swarasa* comes in the throat, and then to spit it out. After this patient was advised for *Surya Darshana* (to look towards the sun).

Pashchata Karma: The patient was advised to avoid dust, smoke, alcohol, anger, excess liquid diet, day sleeping, cold water for any purpose like drink, bath etc.

Advice after Nasya: Patient was advised that not to worry about frequent sneezes and not to Hold it.

Pathya-Apathya: To avoid noisy surroundings, compulsory to take breakfast, avoid bungee eating, any food item that results into gas or abdomen trouble to be avoided.

Observation & Result: There was significant improvement in symptoms of *Ardhavabhedaka* (Migraine) with this short course therapy of 3days. On the follow up of 2months at the interval of 1month patient was not having any episode of headache.

DISCUSSION

Migraine is a challenging disease to treat because it is based on clinical symptoms which is Subjective and variable patient to patient. *Ardhavabhedaka* is the condition, which is nearer correlation to Migraine, which has been explained as *Vata-Kaphaja* by *Acharya Charaka Tridoshaja Vyadhi* by *Acharya Sushruta*, and *Vataja* by *Acharya Vagbhatta*. *Nasa* is considered as “*Nasa Hi Shirsodvarma*”. *Nasa* is therapeutic gateway of head. So, when the medicine is administered through *Nasya Karma* it affects the vitiated *Doshas* to pacify in head. *Avapeedaka Nasya* is a type of *nasya* which is used in the form of *Kalka Swarasa* as *Shamana* and *Virechanika Nasya*. Here in this case study *Arka Patra* has been selected as a drug. *Arka patra* is *Laghu*, *Ruksha*, *Tikshna* in *Guna Katu- Tikta* in *Rasa*; *Katu Vipaka* and *Ushna Virya* with *Kapha* and *Vata Dosha shamaka* property. *Avapeedaka Nasya* has been choose as a procedure as it has *Vairechnika* property which will expel out all the vitiated *Dosha* in *Shira*. In *Ardhavabhedaka kapha dosha* is dominant and *vata* is also *dushita* so *arka patra swarasa* and *Avapeedaka Nasya* works by their *tikshna* properties and *shrangataka marma* is more aggravate by *arka patra swarasa tiksna guna* and *Avapeedaka Nasya Vairechnika* property so snuggle *dosha* expel out from *shira*. *Avipattikara Churna* was administered for the purpose of *Koshtha Shuddhi* as abdomen trouble is a major aggravating factor for the disease.

CONCLUSION

This case report concludes that Ayurvedic management with *Arkapatra Avpeedaka Nasya* with strictly followed *Pathya Apathya* offers good result in the treatment of *Ardhavabhedaka* and improves patient's quality of life.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Hemant Kumar Nagar et al: Role Of Arkpatra Nasya In The Management Of Ardhavabhedaka: A Case Report. International Ayurvedic Medical Journal {online} 2020 {cited May, 2020} Available from: http://www.iamj.in/posts/images/upload/3610_3612.pdf