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 Jatrudvagata Roga and elaborately described by all Acharya under Shiroroga. In Vatika Shirashoola, sign and symptoms are Akshinishkasananavat 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 Urdhwajarutragata Vikara. Vatika Shirashoola is Urdhwajarutragata 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%), Bhrumadhyya Evam Lalata Tapanam (62.03%), Ghatasambheda (65.48%), Akshinishkasananavat 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 Brumhaha 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 nature. It gives equal importance to preventive as well as curative aspects of diseases. Ayurveda is the medical science which emphasized the importance of Mana (psyche) in the health of an individual. As quoted by Acharya Shrutar,

समदोषः समाश्वरतः समधातुमलितः || (Su.Su.15/47)
Asatmyendriyartha Samyoga, Prajnaparadha and Parinama are the root cause of any disease.

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-riding 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 to its etiopathogenesis.

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%. 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 Urdhvaatrugata Vikara. Nasya is indicated by almost all the Acharyas for its effective management. 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 Urdhwaatrugata Vikara is mentioned in the Bharata Bhaisajya Ratnakara.

**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 Yogya, 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 spondylisis.

**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, Bhrumadhyya Evam Lalata Tapanam, Ghatasambheda, Akshinishkasanavat Pida, Frequency of Headache/week, Duration of Headache/day.

Objective: Headache disability index

Table 1: Showing Grading for Subjective Parameter

| Nil/absent | 0 |
| Mild (discomforthing 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, Bhrumadhyya 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

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Measures</th>
<th>%</th>
<th>S.D (+)</th>
<th>S.E (+)</th>
<th>t value</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shankhanistoda</td>
<td>AT 0.90 1.90</td>
<td>67.86</td>
<td>0.712</td>
<td>0.13</td>
<td>11.56</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td></td>
<td>AF 0.90 1.90</td>
<td>67.86</td>
<td>0.803</td>
<td>0.15</td>
<td>11.56</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Bhrumadhyya Evam Lalata Tapanam</td>
<td>AT 1.03 1.60</td>
<td>60.76</td>
<td>0.621</td>
<td>0.11</td>
<td>8.10</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td></td>
<td>AF 1.00 1.63</td>
<td>62.03</td>
<td>0.718</td>
<td>0.13</td>
<td>8.39</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Ghatasambheda</td>
<td>AT 1.03 1.77</td>
<td>63.10</td>
<td>0.817</td>
<td>0.15</td>
<td>10.27</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td></td>
<td>AF 0.97 1.83</td>
<td>65.48</td>
<td>0.834</td>
<td>0.15</td>
<td>10.26</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Akshinishkasanavat Pida</td>
<td>AT 0.80 1.70</td>
<td>68.00</td>
<td>0.75</td>
<td>0.14</td>
<td>8.10</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td></td>
<td>AF 0.77 1.73</td>
<td>69.33</td>
<td>0.785</td>
<td>0.14</td>
<td>7.63</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Frequency of Headache/Week</td>
<td>AT 1.13 1.90</td>
<td>62.64</td>
<td>0.845</td>
<td>0.15</td>
<td>10.16</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td></td>
<td>AF 1.13 1.90</td>
<td>62.64</td>
<td>0.803</td>
<td>0.15</td>
<td>10.15</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Duration of Headache/Day</td>
<td>AT 0.93 1.40</td>
<td>60.00</td>
<td>0.621</td>
<td>0.11</td>
<td>9.59</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td></td>
<td>AF 0.93 1.40</td>
<td>60.00</td>
<td>0.675</td>
<td>0.12</td>
<td>9.60</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>HDI</td>
<td>AT 1.17 1.73</td>
<td>60.23</td>
<td>0.898</td>
<td>0.16</td>
<td>9.21</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td></td>
<td>AF 1.13 1.80</td>
<td>61.36</td>
<td>0.887</td>
<td>0.16</td>
<td>9.77</td>
<td>&lt;0.001</td>
</tr>
</tbody>
</table>
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 Marutasamsparsha, Vyavayadhikya, Vegamigraha, 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 Urddhva-jatragata 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 Pratiniidhi 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. Vastimidhu, 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 Tridoshahara, 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 Dosha.

As Bala contains ephedrine, which have Psycho-stimulant property and effect the CNS. It has analgesic activity and antioxidant property9 Jevevanti 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

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anti-stress.\textsuperscript{13} Yastimadhu has anti-inflammatory, anti-oxidant and memory enhancing property.\textsuperscript{14} Vidarikanda contains tuberosin, which has antioxidant activity.\textsuperscript{15} Tila Taila has antioxidant and anti-inflammatory property.\textsuperscript{16} 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 depression.\textsuperscript{17} Go-Ghrita is a rich source of Vit. E, which has antioxidant property.\textsuperscript{18} 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, Jeevantiya properties, which help to pacify the vitiated Vata, provide nourishment to Indriyas and muscles of Urdhajatruvata 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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