SITHOPALA MADANA YOGA NASYA IN THE MANAGEMENT OF ARDHAVABHEDAKA – A SINGLE CASE REPORT

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ABSTRACT

Introduction: Ardhavabhedaka or migraine is the third most common disease in the world with an estimated global prevalence of 14.7%. Migraine affects three times as more in woman than men. Prevalence peaked between 35-45 years in both genders. It was ranked third highest cause of disability worldwide in both males and females under the age of 50 years. Materials and methods: This is a single case study which deals about the effectiveness of Sithopala Madana Yoga nasya in Ardhavabhedaka. A 43 years old female satisfied with the diagnostic criteria of Ardhavabhedaka was selected from the OPD of Shalakya Tantra GAMC Bengaluru. She was administered with 2 sittings of Nasya for 7 days with a gap of 14 days in between. 15 days follow up was given after the second sitting of Nasya. Result: The progress was assessed by using Numeric Pain Rating Scale before and after treatment and during follow up. The readings showed significant improvement in all aspects. Subjective improvement was notable. Discussion: According to Yogaratnakara, Sithopala Madna yoga is one of the best Nasya formulation told which is having ingredients suitable for the management of Ardhavabhedaka, which are effective and economical nature.

KEYWORDS: Ardhavabhedaka, Nasya, Sithopala Madana Yoga.

INTRODUCTION

Ardhavabhedaka[1] can be correlated with Migraine without aura. Migraine is a medical condition which usually causes pounding, throbbing head ache on one side of the headache.[2]
The pain may be very bad and hurt so much that a person may have a hard time doing anything. Migraine cause a headache and nausea and might make the person dizzy or very sensitive to bright lights or loud noises. It can last a long time. Migraine usually last between four and 72 hours.

Migraine is classified into two, based on the presence of aura. Migraine with aura is also known as classic migraine, is a recurring headache that strikes after or at the same time as sensory disturbances called aura. Migraine without aura are associated with nausea, vomiting or both and are frequently accompanied by sensitivity to light sound and movement.

The triggering factors include dietary habits like fasting, dehydration or skipping meals and eating certain food such as aged cheeses, smoked fish, some kinds of beer those that contain tyramine.

**Objectives of the study**

1. To understand the concept of migraine in the heading of Ardhavabheda.
2. To study the effect of Sithopala Madana Nasya in Ardhavabheda.

**MATERIALS AND METHODS**

**Case report: Basic information of the patient**

Age: 43 years.
Sex: Female.
Religion: Hindu.
Occupation: Housewife.

**Chief complaints:** Throbbing type of pain in right side of the head associated with photophobia, phonophobia, nausea, sour belching since 2 years.

**History of present illness:** The patient complaint of pain in the right side of the head along with photophobia, phonophobia, nausea, sour belching since 2 years. The pain was throbbing type which was unilateral and aggravated on exposure to light, sound and starving. The subject used to get severe head ache frequently. The pain get subsided slightly only after vomiting. On consulting a physician subject was diagnosed to have migraine. He took some medications prescribed by them which he got temporary relief but recurrence was there.
History of past illness: No history of systemic diseases like asthma, hypertension, diabetes

Family history: Nothing significant.

Personal history
Appetite – good.
Bowel - twice a day.
Micturition – 4-5 times /day.

Examination
Ashtasthana pareeksha
1. Nadi: 70/min.
2. Mutra: 4-5 times/day.
3. Mala: twice a day.
5. Shabda: prakrutha.

Vitals
Pulse rate: 70/min.
Respiratory rate: 20/min.

Systemic examination
All the systemic examinations revealed no abnormalities.

Eye examinations
2. IOP: normal.

PNS examinations
1. Frontal sinus: no tenderness.
Ear examination
External ear: Pinna, external auditory canal were normal, tympanic membrane was intact and cone of light was present bilaterally.
Middle ear: no discharge seen.

Diagnosis
Ardhavabhedaka (migraine without aura).

Treatment given: the treatment given is shown in table 1.
Proper Pathya was advised during treatment period and follow up period.

Assessment criteria
Numeric pain rating scale as shown in figure number 1.

OBSERVATION AND RESULTS
1. Numeric pain rating scale score before treatment was 8 out of 10.
2. After 28 days of treatment, during follow up the numeric pain rating score was reduced to Numeric pain rating scale score on different time period of treatment is shown in table no:2.
3. Numeric pain rating scale is shown in figure number 1.
4. Nausea and sour belchings were completely relieved after 21 days of treatment.
5. There was marked improvement in photophobia and phonophobia after 28 days of treatment.

Table 1: Treatment Given.

<table>
<thead>
<tr>
<th>Days/duration</th>
<th>Treatment given</th>
<th>dosage</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st - 7th day</td>
<td>nasya with sitopala madana yoga</td>
<td>6 bindu in each nostril</td>
<td>morning in empty stomach</td>
</tr>
<tr>
<td>8th - 21st day</td>
<td>pathyakshadhathryadi kashaya</td>
<td>15 ml BD Before food</td>
<td>morning and evening in empty stomach</td>
</tr>
<tr>
<td>22nd - 28th day</td>
<td>nasya with Sitopala madana yoga</td>
<td>6 bindu in each nostril</td>
<td>morning in empty stomach</td>
</tr>
</tbody>
</table>

Table 2: numeric pain rating scale score.

<table>
<thead>
<tr>
<th>Comparison</th>
<th>Rating</th>
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<tbody>
<tr>
<td>Before 1st sitting of nasya</td>
<td>8</td>
</tr>
<tr>
<td>After 1st sitting of nasya</td>
<td>8</td>
</tr>
<tr>
<td>Before 2nd sitting of nasya</td>
<td>6</td>
</tr>
<tr>
<td>After 2nd sitting of nasya</td>
<td>3</td>
</tr>
<tr>
<td>On follow up period</td>
<td>3</td>
</tr>
</tbody>
</table>
DISCUSSION

Here Ardhavabhedaka can be correlated with migraine without aura. Treatment given is based on the Doshas involved in Ardhavabhedaka. The treatment includes both Shodhana and Shamana.

When the subject approached our hospital at first time, the numeric pain rating scale score was 8, which is recorded as severe pain. The treatment started with Nasya for seven days with Sithopala madana yoga. Here drugs used are Sithopala, madanaphala and ksheera which act as Tridosha hara in conglomeration. Nasya is the prime line of treatment for urdhwa jathrugatha vyadhis and it is told that Nasa hi shiraso dwaram. By doing Shirovirechana at first, the vitiated Doshas get expelled from the head. After this the condition of subject was stable and there was no aggravation of symptoms. The numeric pain rating scale was 8 only. Then next 14 days Pathyakshadhathryadi kashaya was given orally at early morning and evening in empty stomach. Pathyakshadhathryadi kashay is specially indicated in ardhavabhedaka. Pathryakshadhathryadi kashaya contains Thriphala, and Guduchi are having Tridosha hara property, Nimba is Kapapithahara, Bhoomyamalaki is Pitha kapha shamaka and Haridra is Kaphavata shamaka. After 21 days, before the 2nd sitting of Nasya there was mild relief in pain, the numeric pain rating scale was 6 and nausea and sour belching were completely relieved.

In next stage again Nasya was done for 7 days. The drug administered with Nasya will act on limbic system through olfacto – hypothalamo pituitary pathway and thus reduces the symptoms. After the second sitting of Nasya there was marked improvement. The score on numeric pain rating scale was. [3]

During the follow up period numeric pain rating scale score was observed. [3] There was improvement in Photophobia and Phonophobia. The patient had reduced intensity of pain after the treatment, also the episode was not as frequent as before.
CONCLUSION
In present study *Ardhavahedaka* is *Sannipataja vyadhi* and treated according to *Dosha*. Since it is *Urdhwajathrugatha vyadhi*, *Nasya* was selected for expelling the *Doshas*. Later *Shamana* line of treatment was given to pacify the *Doshas*.

REFERENCES
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