

## A COMPARATIVE STUDY OF NASYA WITH SHADBINDU TAILA AND VARUNADI GANA SIDDHA TAILA IN MANAGEMENT OF VATIKA SHIRAHSHOOLA WSR TO TENSION HEADACHE

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### ABSTRACT

*Vatika shirahshoola* (Tension Headache), a disease which is seen very commonly in every society but till date no satisfactory treatment is available for *Vatika shirahshoola* (Tension Headache). All medical systems are presently treating this condition only to reduce pain, but not to give complete cure. Numbers of researches have been carried out in this direction; till search for complete remission is awaited. Majority of the drugs employed as modern medicine for anxiety type disorders are limited almost to suppress the symptoms. Therefore, search for a safer management from other systems of medicine is of greater interest. This forces the need to have a drug which and cure the disease without any adverse effects. *Varunadigana sidhdh oil Nasya* and *shadbindu* oil was administered for this study and result was obtained. In Group A: No patients showed complete remission, 70% patients showed marked improvement, 20% patients showed moderate improvement and 10% showed mild improvement. In Group B: 20% patients showed complete remission, 70% patients showed marked improvement, 10% patients showed moderate improvement.

**Key words:** *Vatik Shirahshool*, Tension Headache, *Nasyakarma*, *Varunadi Taila*, *Shadabindu Taila*

### INTRODUCTION

In *Vatika Shirahshoola* the dominant vitiated *dosha* is *Vata*. The vitiated *Vata* affecting the *Shirah* manifest *Shirahshoola*. Apart from *sharirika nidana* a good deal of mental factors are said to be responsible for the vitiation of *vata* they are *bhaya*, *soka*, *chinta* etc. these psychological factor apart from vitiating *manasa dosha* like *raja* has also got many somatic effects. *Panchakarma* therapy, the vital modality of Ayurveda, deals with purification by eradicating the vitiated *doshas* or toxins from the body. Among *Panchakarma*, *Nasyakarma* is considered as best therapeutic measure for the disease of *Urdhva-jatrugata pradesh* (supraclavicular region).<sup>1</sup> Ayurveda texts noted as head is root of body and nose is entrance of head.<sup>2</sup> *Nasya karma* has broad field of action and affects the *Tridosha* as well as whole body. A brief understanding of its relation with *doshas* is necessary for the pathogenesis and understanding the line of management with Ayurvedic drugs. Such an attempt is being made here, and necessary finding of the clinical study conducted in this regard are furnished.

### AIMS & OBJECTIVES

To assess the efficacy of “ VARUNADI GANA SIDDHA TAIL ” *Nasya* in the management of *Vatika shirahshoola* with comparison to “ SHAD-BINDU TAIL ” *Nasya* as control group.

### CRITERIA OF PATIENT SELECTION

20 Patients of both groups with classical signs & symptoms of the disease were selected irrespective of age, sex, religion, profession etc, from the O.P.D. & I.P.D. of Govt. Akhanda-

nand Ayurved College, hospital & Smt. Maniben Ayurved Hospital, Ahmedabad.

### CRITERIA FOR DIAGNOSIS

The criteria of diagnosis were based on clinical parameters of *Vatika Shirahshoola* and tension headache i.e.

- *Shankhanistoda* (Bitemporal headache)
- *Ghatasambheda* (Pain in occipital region)
- *Bhrumadhya Evam Lalatapanam* (Pain and burning in frontal region)
- Lack of concentration and headache increasing by evening along with other signs and symptoms mentioned in the texts.

Detailed clinical history was taken and complete physical examinations were done on the basis of a special proforma incorporating all the signs and symptoms of *Vatika Shirahshoola* vis-à-vis tension headache.

Routine urine, blood examination were conducted wherever required before and after treatment.

### EXCLUSION CRITERIA

- Traumatic Injury
- Chronic Sinusitis
- Tumors
- Hypertension
- Cerebral Hemorrhagic condition
- *Nasya ayogya* patients as per classical text will be excluded.

### PLAN OF STUDY

Total 20 patients of *Vatika Shirahshoola* (Tension headache) were studied under two groups.

## STUDY DESIGN

The sample of twenty patients presenting classical signs and symptoms of *Vatika shirahshoola* according to Ayurvedic classics, after subjection to modern parameters was

subdivided randomly into two groups for comparison of the efficacy of the two drugs. The treatment schedule decided of each group was as under:

**Table 1:** Treatment protocol table

Group	No. of Patients	Drug	Dose	Duration
A	10	<i>Varunadigana siddha Tail(kinchit parivartita)</i>	Each nostril 6 Drops	14 days
B	10	<i>Shadbindu Tail</i>	Each nostril 6 drops	14 days

The routine diet was advised to the patients of both the groups during the entire course of treatment.

### Follow up study

After completion of treatment the patients will be reviewed after every 7 days for a period of 3 weeks.

## CRITERIA FOR ASSESSMENT

It was based on relief found in the signs and symptoms of the disease. For this purpose main signs and symptoms were given suitable Score according before and after treatment to their severity before and after treatment. The details of the score adopted for the main signs and Symptoms in this study are as follows chief complaints were given score as:

### 1. *Shankhanistoda* (Bitemporal headache)

Nil/absent - 0

Mild - 1

Moderate - 2

Severe (forced to stop work) - 3

Very severe (forced to take rest) - 4

### 2. *Ghatasambheda* (Pain in occipital region)

Nil/absent - 0

Mild - 1

Moderate - 2

Severe (forced to stop work) - 3

Very severe (forced to take rest) -4

### 3. *Bhrumadhyaevam Lalatatapana* (Pain and burning in forehead)

Nil/absent - 0

Mild - 1

Moderate - 2

Severe - 3

Very severe - 4

### 4. *Shrotranishkasanvat pida* (Severe pain in ears)

Nil/absent - 0

Mild - 1

Moderate - 2

Severe - 3

Very severe - 4

### 5. *Akshinishkasanavat pida* (Pain in eyes as feeling with eyes are coming out)

Nil/absent - 0

Mild - 1

Moderate - 2

Severe - 3

Very severe - 4

### 6. *Shiroghurna* (Giddiness)

Nil/absent - 0

Mild - 1

Moderate - 2

Severe (forced to stop work) - 3

Very severe (forced to take medicine) - 4

**7. Sandhimokshanavatpida** (Pain as joint are being laxed)

Nil/absent - 0

Mild - 1

Moderate - 2

Severe - 3

Very severe - 4

**8. Lack of concentration**

Nil/absent - 0

Mild - 1

Moderate - 2

Severe - 3

Very severe - 4

**9. Disturbed sleep**

Nil/absent - 0

Mild - 1

Moderate - 2

Severe - 3

Very severe (Forced to take medicine) - 4

**10. Sirajall sfurana**

Nil/absent - 0

Mild - 1

Moderate - 2

vere - 3

Very severe (Forced to take medicine) - 4

**11. Nisha kale ati vedana**

Nil/absent - 0

Mild - 1

Moderate - 2

Severe - 3

Very severe (Forced to take medicine) - 4

**Associated complaints were given scores as**

Present before treatment /

No change 2

Improvement after treatment 1

Absent 0

**Severity frequency and duration of headache were assessed in following way:**

Severity of headache -

Nil/absent - 0

Mild - 1

Moderate - 2

Severe - 3

Very severe (forced to take medicine) - 4

**Frequency of headache / week -**

Nil / Absent - 0

Once / Week - 1

Twice / Week - 2

Thrice / Week - 3

More than 3 times - 4

**Duration of headache in hours/day**

Nil / Absent - 0

1-3 hours/day - 1

3-6 hours/day - 2

6-12 hours/day - 3

More than 12 hours / day - 4

**Method of Nasya Karma in Both Groups**

Patients were advised to attend *Pancha-Karma* hospital in the Morning hours for *NasyaKarma*. They were given following instruction. To take bath with warm water 2 to 3 hours earlier to Nasya Karma and not to take head bath daily. To avoid suppression of natural urges. The procedure of Nasya Karma was performed as per classical text.

**STATISTICAL ANALYSIS**

All the observations made on various parameters were subjected to statistical analysis in terms of – X Mean, S.D. Standard Deviation, S.E. Standard Error, 't' Paired 't' test

Paired't' test is applicable to assess the significance at,  $p < 0.1$ ,  $< 0.05$ ,  $< 0.01$ ,  $< 0.001$ .

The obtained results were interpreted

Non-significant < 0.1,

Significant p < 0.05, < 0.01

Highly significant p < 0.001

### CRITERIA FOR ASSESSMENT OF TOTAL EFFECT

1. CURED: 100% relief in the complaints of *Vatika shirahshoola*.

2. MARKED IMPROVEMENT: 76-99% relief in the complaints of *Vatika shirahshoola*

3. MODERATE IMPROVEMENT: 51-75% relief in the complaints of *Vatika shirahshoola*

4. IMPROVEMENT: 26-50% relief in the complaints of *Vatika shirahshoola*.

5. UNCHANGED: Less than 25% relief in the complaints of *Vatika shirahshoola*.

### OBSERVATION AND RESULT:

TABLE: NO.E1

Effect on *Shankhanistoda*

<i>Shankhanistoda</i>	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	3.17	1	68.42	0.75	0.30	7.05	<0.001
Group B	2.86	0.57	80	0.76	0.29	8	<0.001

TABLE: NO.E2

Effect on *Ghatasambheda*

GHATASAMBHEDA	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	2.88	0.5	82.61	0.92	0.32	7.33	<0.001
Group B	2.57	0.43	83.33	1.07	0.40	5.30	<0.001

TABLE: NO. E3

Effect on *Bhrumadhya Evam Lalat-Tapanam*

Bhrumadhya evam lalat-tapanam	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	3.13	0.63	80	0.76	0.27	9.36	<0.001
Group B	2.71	0.86	68.42	0.69	0.26	7.12	<0.001

TABLE: NO.E4

Effect on *Akshinishkasanvat Pida*

AKSHINISHKASANVAT PIDA	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	2	0.25	87.5	0.5	0.25	7	<0.001
Group B	1.5	0	100	0.58	0.29	5.20	<0.01

TABLE: NO.E5

**Effect on Shiraghruna**

SHIRAGHRUNA	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	1.83	0	100	0.75	0.31	5.97	<0.001
Group B	2	0.38	81.25	0.74	0.26	6.18	<0.001

TABLE: NO.E6

**Effect on Sirajaal Sphurana**

SIRAJAAL SPHURANA	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	2.4	0.4	83.33	0.71	0.32	6.32	<0.001
Group B	1	0	100	-	-	-	-

TABLE: NO.E7

**Effect on Nishakale Ativedana**

NISHAKALE ATIVEDANA	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	2.86	0.43	85	0.53	0.20	12.02	<0.001
Group B	2.85	0.42	85.71	0.63	0.26	7.75	<0.001

TABLE: NO.E8

**Effect on Lack of Concentration**

LACK OF CONCENTRATION	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	2.57	0.57	77.77	1	0.38	5.29	<0.001
Group B	2.17	0.43	65.93	1.38	0.53	2.70	<0.05

TABLE: NO.E9

**Effect on Disturbed Sleep**

DISTURBED SLEEP	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	2.22	0.66	70	0.73	0.24	6.42	<0.001
Group B	2.22	0.66	70	0.73	0.24	6.42	<0.001

TABLE: NO.E10

**Effect on Sandhimokshavat Pida**

Sandhimokshavat Pida	Mean Score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	-	-	-	-	-	-	-
Group B	2	0	100	-	-	-	-

TABLE: NO.E11

**Effect on Srotosvanan**

SROTOSVANAN	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	-	-	-	-	-	-	-
Group B	2	0.33	83.33	0.58	0.33	5	<0.01

TABLE: NO.E12

Effect on *Srotostambh*

SROTOSTAMBH	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	2	0	100	-	-	-	-
Group B	2	0.67	66.67	0.58	0.33	4	<0.05

TABLE: NO.E13

Effect on *Hanugraha*

HANUGRAHA	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	2	0.33	83.33	0.58	0.33	5	<0.01
Group B	-	-	-	-	-	-	-

TABLE: NO.E14

Effect on *Ghranasrava*

GHRANASRAVA	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	2	0	100	-	-	-	-
Group B	2	0	100	-	-	-	-

TABLE: NO.E15

Effect on Blurring Of Vision

BLURRING OF VISION	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	2	0.5	75	0.58	0.29	5.20	<0.01
Group B	-	-	-	-	-	-	-

TABLE: NO.E16

Effect on Photophobia

PHOTOPHOBIA	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	2	0.67	66.66	0.52	0.21	6.32	<0.001
Group B	2	0.2	90	0.45	0.2	9	<0.001

TABLE: NO.E17

Effect on Phonophobia

PHONOPHOBIA	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	2	0	100	-	-	-	-
Group B	2	0	100	-	-	-	-

TABLE: NO.E18

Effect on Loss of Memory

LOSS OF MEMORY	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	2	1	50	0	0	-	-
Group B	2	0.5	75	0.71	0.5	3	<0.1

TABLE: NO.E19

Effect on Stiffness of Neck

STIFFNESS OF NECK	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	2	0.5	75	0.53	0.19	7.93	<0.001
Group B	2	0.57	71.42	0.53	0.20	7.07	<0.001

TABLE: NO.E20

Effect on Stiffness Of Shoulder

STIFFNESS OF SHOULDER	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	2	0.17	91.66	0.41	0.17	11	<0.001
Group B	2	0	100	0	0	-	-

TABLE: NO.E21

Effect on Depression

DEPRESSION	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	2	0.5	75	0.58	0.29	5.20	<0.01
Group B	2	0.67	66.67	0.58	0.33	4	<0.05

TABLE: NO.E22

Effect on Anxious

Anxious	Mean score		% Relief	S.D.	S.E.	T	P
	B.T.	A.T.					
Group A	2	0.6	70	0.55	0.24	5.71	<0.001
Group B	2	0.5	75	0.55	0.22	6.71	<0.001

## DISCUSSION

*Vatika Shira shoola Lakshanas*, are suggestive of different types of pain like Toda,



*Bheda, Vyadha, Mokshana, Nishkasana*etc.<sup>3</sup> Which is suggestive of “*Vishama*” nature of *Vata Dosh*a producing in different places like *Shankha* (temporal region), *Ghata* (occipital region; commentator *Indu* suggest *Krikatika* means occipital region and commentator *Chandrata* suggest *Shankhasya Upari Bhaga* i.e. parietal region for it), *Shrotra* (ears), *Akshi* (eye and periorbital region), *Lalata* and *Bhrumadhy*a (frontal region)etc. Moreover *Bhrumadhy*a *Evam lalata tapanam* means burning sensation in forehead is suggestive of *Pitta* involvement (by it *Rakta Dhatu* involvement also) and *Shirogaurava* means heaviness in head is suggestive of *Kapha Dosh*a involvement also – As Acharya Charaka states, *Vata* is dominant amongst rest of *Dosh*as and *Shoola* can never be without its involvement. As vitiated *Vata Dosh*a affects the *Shirodhamanies* (nerves and blood vessels) the symptoms due to reduced blood supply to scalp muscle and other tissues.<sup>4</sup> 8 Drugs selecting from *Varunadi Gana* for this research work are mentioned above. As seen in the tables given above seven drugs are *Ushna Veerya*. Six drugs are bearing properties of *kapha vata shaman*, out of 8 one is purely *vata shamak* and remaining one, *Shatavari* is *Vata-Pitta shamak*. Selected drugs bear *Vatashamak* properties, and by this way it pacifies the *Vata Dosh*a. Tail contains Anti vata properties and moreover it is *Sukshma* (subtle) and *Yogavahi* (takes up other property without losing their own property), also by *Sanskar* (proceed) (*siddh sneha kalpana*) oil becomes more powerful. So, this combination is good to breakdown the *Samprapti* i.e. pathogenesis of *Vatika shirahshoola* (Tension Headache). As far as the context of *ShadbinduTail*.<sup>6</sup> that is taken

as control group (Group B), acharya mentioned that the application of *shadbindu* tail is good for disorders of organ above the upper clavicle i.e *udharva jatrugata*.

## CONCLUSION

Both *nasya* provide good improvement in *Vatika Shirahshoola* (T.H.), but in Group B (*Shadbindu* given with *nasya*) better improvement was found in *Shankhanistoda*, *hata-sambheda*, *Akshinishkasanavat pida*, *Sirajalaspurana*, Disturbed sleep, *Srotosavana* and *Sandhimokshavat pida* whereas in Group A better result was found in *Bhrumadhyaeve*m *lalatvedana*, *hirogruhanm*, *nishakaleati vedana*, lack of concentration and disturbed sleep In case of associated symptoms in Group A better result was found in *Srotostambh*, *Ghransrav*, Phonophobia, Stiffness of shoulder, anxious and depressive whereas in Group B better result was found in Blurring of vision, stiffness of neck and loss of memory. In this study, overall effect of *nasya* was found in

Group B that is the patients in which *nasya* was administer with using *Shadbindu Tail*. This is a study of *Vatika Shirahshoola* in reference to tension headache.

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