

**ROLE OF GUDASUNTHI GHRITA NASYA AND SHAMAN CHIKITSA IN ACUTE EPISODE OF MIGRAINE (ARDHAVBHEDAKA) - A SINGLE CASE REPORT**Preeti Patel<sup>1</sup>, Sejal Gamit<sup>2</sup>

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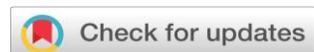
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**ABSTRACT**

The lifestyle of the people has changed and work expectations for a better lifestyle, stress is causing an increased incidence of acute and chronic disorders. Migraine is a chronic illness, characterized by recurrent headaches of varying severity. Headache affects half of the head, is pulsating in nature, and last for a few hours to one or more days. Migraine is associated with nausea, vomiting, and sensitivity to light, sound, or smell. The pain is worsening with physical activity.<sup>1</sup> *Ardhavybhedaka* is mentioned under *Shiroroga* (Diseases of the head) which can be correlated with migraine. The diagnosis of migraine is mainly based on clinical history. *Ayurveda* has a variety of treatments for various types of *Shiroroga* including *Sodhana* and *Samana Chikitsa*. So, an attempt has been made to assess the efficacy of *Gudashunti Ghrita Nasya* along with *Pathyadi Kwatha* and *Godanti Bhasma*. *Guda* is *Guru*, *Singdha*, *Vata nashaka*. *Sunthi* pacifies *Vata* and *Kapha Dosha* while *Ghritha* pacifies the *Vata* and *Pitta Dosha*, so this combination pacifies all *Tridosha* which is responsible for migraine episodes. The nose is the gateway of *Shira* that's why the medicines given to this route easily reach the head region and eliminate *Dosha* and get quick relief.

**Keywords:** *Gudashunti Ghrita Nasya*, *Ardhavybhedaka*, Migraine

## INTRODUCTION

*Shira* is one of the three *Marma* explained in our classics where all the unique senses of the organ's eyes, ear, nose, and tongue are located in. Migraine is one of the most common neurological disorders characterized by recurring attacks of headache associated with sensitivity to light and sound, nausea, and vomiting. Globally, around 15% of people are affected by migraine.<sup>2</sup> It most often starts at puberty and is worst during middle age. Now a day's many people are suffering from migraine due to lifestyle changes like eating fast foods, packed and preserved food, not taking meals on time, watching television and mobile while eating, changes in sleeping time like *Diwaswapna* and *Ratrijagarana* causes a vitiation of three *Doshas* and create an episode of migraine. In *Ayurvedic* text, all the *Acharyas* have referenced *Ardhavybedaka* in *Shiroroga*. All the Tri-Dosha are involved in the pathogenesis of the *Ardhavybedaka* with the dominancy of *Vata* or *Vatakapha*. The disease is not fatal but if not treated properly then it may destroy eyesight or hearing. Coming to the management, other systems of medicines have lots of limita-

tions. Modern medicine clearly states that there is no proper standardized treatment for migraine. *Ayurveda* emphasizes various treatment modalities for *Ardhavybedaka* which includes both *Samana* and *Sodhana* in the management of *Ardhavybedaka*. The nose is the getaway of *Shira*, so *Nasya* is very effective in treating *Ardhavybedaka* (migraine).

### Case Report

25 years old female patient visited OPD of Shalakyatantra, PSAM hospital, kalol with complaints of right and left side alternatively headache associated with nausea, vomiting, burning sensation of eye, watery discharge from the eye, and radiating pain in the neck to shoulder region. The headache is generally worse by physical activity, during longtime work on a computer screen, stress, fasting, etc. she had complained of migraine for the last 7 years. Progressively increased intensity and frequency of headache for last 3 years. Frequency of headache every week and remaining for 2-3 days more than 12hrs/day. The symptoms subside after vomiting and taking medications like aspirin or dolo-650mg.

**Table 1:** Physical examination

Bodyweight: 46 kg	Respiration rate: 18/minute
Heart rate: 80/ minute	Blood pressure:110/80 mmHg

**Table 2:** Systemic examination

CVS: s1, s2 normal	R.S: chest clear, air entry clear
CNS: bilateral oriented and conscious	P/A: soft, non-tender

**Table 3:** *Astavidha pariksha*

<i>Nadi:</i> VP	<i>Druka:</i> Shweta
<i>Mala:</i> Samyaka	<i>Shabda:</i> Spashta
<i>Mutra:</i> Samyaka	<i>Sparsha:</i> Ruksha
<i>Jihva:</i> Prakruta	<i>Akruti:</i> Madhyama

**Aim and Objective:** To assess the efficacy of *Gudashunti Ghrita Nasya* along with *Samana Chikitsa* in an acute episode of migraine.

**Criteria of Diagnosis:** The patient was diagnosed based on signs and symptoms of migraine in modern classics and *Ardhavybedaka* in *Ayurvedic* classics.

## Materials and Methods

1. **Nasya with Gudashunti Ghrita<sup>3</sup>:** Dose: 6-8 drops in each nostril, Duration: 4 sittings, each sitting for 7 days at the interval of 7 days.
2. **Godanti bhasma<sup>4</sup>:** Dose: 250mg OD for 60 days with water before a meal.
3. **Pathyadi kwatha<sup>5</sup>:** Dose: 20 ml BD for 60 days with an equal amount of Lukewarm water after food.

**Duration of treatment: 60 days**

## Subjective criteria

1. Headache
2. Nausea
3. Vomiting
4. Photophobia
5. Giddiness
6. Frequency of headache
7. Duration of headache

## Criteria of Assessment

### A. Table 4: Severity of headache

0	No headache
1	Mild headache, aware only pay attention to it.
2	Moderate headache can ignore at the time
3	Severe headache, cannot ignore but can-do usual activities
4	An excruciating headache can't do anything.

### B. Table 5: Nausea

0	Nil
1	occasionally
2	Moderate but does not disturb the routine work
3	Severe, disturbing routine work
4	Severe enough, a small amount of fluid regurgitates from the mouth.

### C. Table 6: Vomiting

0	Nil
1	Only if the headache does not subside
2	Vomiting 1-2 times
3	Vomiting 2 -3 times
4	Forced to take medicine to stop vomiting

### D. Table 7: Photophobia

0	Nil
1	Lasts for 5 minutes
2	Lasts for 15 minutes
3	Lasts for 30 minutes
4	Lasts for 60 minutes

### E. Table 8: Giddiness

0	Nil
1	Feeling of giddiness
2	The patient feels as if everything is revolving
3	Revolving signs and blackouts
4	Unconscious

F. **Table 9:** Frequency of headache (frequency in days)

0	Nil
1	> 20 days
2	15 days
3	10 days
4	< 5 days

G. **Table 10:** Duration of headache

0	Nil
1	1 to 3 hours/day
2	3 to 6 hours/day
3	6 to 12 hours/day
4	More than 12 hours/day

**Table 11:** Effect of treatment on signs and symptoms of patient with migraine

Sr. no	Sign/symptoms	Symptoms score	
		BT	AT
1	Headache	4	2
2	Nausea	3	1
3	Vomiting	4	1
4	Photophobia	0	0
5	Giddiness	0	0
6	Frequency of headache episode	4	1
7	Duration of headache	4	2

**Observations:** For this study before starting the treatment, symptoms present in patients were graded and their values were noted as before treatment (BT). And after completion of treatment, they were noted as after treatment. (AT)

**Results:** Significant changes in signs and symptoms were noticed during the treatment period. There was a reduction in headache, nausea, vomiting, and a decrease in the frequency of episodes. No need to take medicine to stop the vomiting. There is no burning sensation and watery discharge from the eye. No adverse effects were found throughout the treatment period as well as after the completion of treatment.

## DISCUSSION

*Ardhambhedaka* can be correlated with migraine due to its cardinal feature 'half side headache'. The sign and symptoms of *Ardhambhedaka*. By vitiating the *Tridoshas*, *Tridosha* produces the symptoms like nausea, vomiting, giddiness, photophobia, etc.

*Nasya* is mainly indicated in the management of *Urdhwajatrugata Roga*. The *Sirovirechana* type of *Nasya Karma* alleviates the symptoms such as *Gaurava* (heaviness), *Supti* (numbness), *Stambha* (stiffness), *Shirashoola* (headache). *Godanti Bhasma* is *Deepan* (appetizer), *Pachana* (digestive), *Shoolaghna* (analgesic), and *Jwaraghna* (antipyretic). There are very scattered references in *Samhita* about the use of *Guda* in *Chikitsa* of *Urdhwajatrugata Roga*, *Grahani Roga*, *Arsha*, skin diseases, etc. *Bhavaprakasha Samhita* was written by *Acharya Bhava Mishra*. *Guda* is described at *Nighantu* part of *samhita* in *Ikshu varga*. *Naveen Guda* properties are mentioned as *Vrushya*, *Guru*, *Snigdha*, *Vaatnashak*, *Mutrashodhan*, *Na-ati-pittakara* *Medakara*, *Kaphakara*, *Krimikara*, *Balakara*, *Swasakara* and *Puran Guda* is *Laghu*, *Pathya*, *Anbhislandi*, *Agnijanaka*, *Pusthikruta*, *Pittaghna*, *Madhur*, *Vrushya*, *Vataghna*, *Raktaprasadaka*. *Bhavprakasha* has mentioned specific *Guna* with particular *Anupan* like *Guda* with *Ar-*

*draka*- quickly reduces the enhanced *kapha*, with *Haritaki* it acts on *Pitta* and when used with *Sunthi* it acts as *Vatahara*. *Sunthi* is unctuous, promotes digestion, is hot in potency, and balances *vata* and *kapha* *Dosha*. Ghee alleviates the *Vata* and *Pitta* *Dosha*.

## CONCLUSION

The present study indicates the role of *Gudashunti Ghrita Nasya* in the treatment of an acute episode of migraine with a positive outcome. This effective treatment can make significant gains for the patient in symptoms within a short period. It is a single case study. Multiple clinical trials should be conducted for broad statistical analysis for further assessment.

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