

# Study of Clinical Efficacy of Panchamula Siddha Dugdha Nasya in Shirashool

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## Abstract

Ayurveda is a branch of science which deals with maintaining health and treating the diseased condition of the body. Man is only human creature in universe that has been gifted with the Power of thinking. With this power he has been successful in creating new inventions to make his life easy and to live happily. Man's ambitious nature, luxurious life, etc. made him busy all the time which gave rise to stress, strain, mental disturbances, GIT distress and at last the diseased condition of the body. It is a said fact that: "A healthy mind is the cause for a healthy body", which sounds quiet true. Our ancient sages have mentioned three vital organs of human being and prime importance is given to head. The prevalence of Headache is 15.8 %. Headache is the second most debilitating disease worldwide and it impacts all facet's of persons life, causing significant emotional and physical distress. So many people with shirashool live in fear every day because they don't know when an attack will hit. Nasya or Shirovirechana is best method to eliminate and alleviate the vitiated doshas of Urdhwanga. Acharya Sushruta has stated that the medicaments which administered through nose are called as Nasya. It does Urdhwang Shuddhi. It directly influences brain and indriyas. Acharya Charaka has mentioned vataghna dugdha nasya is best remedy in Shirshool. So present study is an attempt to study clinical efficacy of Panchamula Siddha dugdha nasya in shirshool.

**Keywords:** Shirshool, Dugdha, nasya, Shira.

## Introduction:

The great economist Adam Smith has told that the needs of human being are infinite but the availability is less to fulfil. Our life style has been drastically changed and our growing needs have no end. Speed and accuracy are the prime demands of modern era. To cope with this situation every body

have to face hectic, competitive and stressful life. People cannot pay attention to their physical and mental health. Irregular food habits, suppression of natural urges, lack of proper sleep and less time for relaxation are being part of our life, which enhances incidences of many diseases mainly having psychosomatic origin are increasing due to urbanization, high industrial growth, deforestation at a drastic speed. Tension headache is one amongst such disorders (problems), which can be

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compared with Vatika Shirahshula described in Ayurvedic texts.

Manahsantapa is the leading factor in creating the disease Shirahshula according to Charaka.<sup>1</sup> It is clearly mentioned by Charak and Harita that Shoka and Bhaya is specifically responsible for Vatika Shirahshula.<sup>2</sup> It is estimated that 82% of headache occurs due to tension. (Kaplan & Sadock, 1995) Its increasing global incidence is a cause of concern for all which has forced to initiate the research work to discover an effective medicine for the better management of this challenging ailment. Majority of the drugs employed in modern medicine for this disease are almost limited to suppress the symptoms. A repeated and long term use of such drugs is found to cause serious side effects like memory loss, gastro - intestinal disorders, weight gain etc. and tend to be habit forming. Therefore, search for a safer management is of great importance. Shirahshula is a chief symptom of Shiroroga, which comes under Urdhwajatrugata Vikara. Nasya is indicated by almost all the Acharyas for its effective management.<sup>3</sup> So present study has been carried to study the efficacy of Panchamula siddha dugdha nasya in Shirshool.

#### **Aim :**

A clinical trial study of evaluation of efficacy of Panchamula Siddha dugdha nasya in Shirshool.

#### **Objectives:**

- To study Shirashool..
- To study Panchamula siddha dugdha.
- To study nasya procedure.
- To study efficacy of Panchamula Siddha dugdha nasya in Shirshool.

#### **Review of Literature –**

Patient was selected from the Outpatient department of our college. It was diagnosed for

only Shirashool Patients with symptoms like Shankhanistoda (Bitemporal headache), Lack of concentration, Disturbed sleep and Nishakaleati vedana were included in the study.

#### **Review of literature:**

##### **Importance of Shirah (Head):**

Ayurveda has given prime importance to Shirah, considering it as one of the three principal vital organs of the body where the Prana i.e. life resides. Charaka has considered Shirah as the supreme, important and major part of the body which is known as the Uttamanga. Shirah has been compared with the Sun. Charaka explains that all the sense organs and the channels carrying the sensory and vital impulses from the Shirah are like the rays from the Sun. (Cha. Si. 9/4)

##### **Shirashula :**

The word Shirahshula is formed of two words “Shirah” and “Shula” where Shirah is derived from the root “Sri” with ‘Asun’ Pratyaya stating” “Shrayeteh Swanga, Shirah Kichcha” i.e. all the organs of the body are dependant for their functions on the Shirah. Shula has been derived from the root ‘Shul’ with ‘Ach’ Pratyaya, which means “Shulati Lakamiti” that which causes pain. (Sidhanta Kaumudi). Shula means ‘Shula Nyayam Sanghoshe Cha’ i.e. pain, disease or noise.

##### **Nidana**

Suppression of natural urges, sleep during the day time, vigil during the night, intoxication, speaking aloud, exposure to frost and easterly wind, sexual indulgence, inhalation of undesirable smell, exposure to dust, smoke, snowfall and sun, intake of heavy and sour food and rhizomes including tubers etc. in excessive quantity, excessive intake of cold water, injury to the head, vitiation of Ama (a product of improper digestion and metabolism), lamentation, suppression of tears, advent of cloud, mental stress and adopting

regimen contrary to these prescribed for the locality and season; the Dosha get aggravated resulting in the vitiation of Rakta Dhatu in the head, leading to the manifestation of Shiro Roga.<sup>4</sup>

### Preparation of drug:

#### Panchamula siddha dugdha

Shaliparni - 20 gm  
Prushniparni - 20 gm  
Bruhati - 20 gm  
Kantakri - 20 gm

Gokshur - 20 gm  
Godugdha - 400 ml  
Jala - 1600 ml

### Method of Preparation:

Kalka was made from Shaliparni, Prushniparni, Bruhati, kantakari and Gokshur. This kalka was cooked on Mandagni along with Godugdha & Jala till all water gets evaporated.. The dravyas have properties as follows<sup>5</sup>

Name of Drug	Latin name	Rasa	Guna	Virya	Vipaka	Doshakarma
Brihati	Solanum indicum	Katu Tikta	Laghu Ruksha Tikshna	Ushna	Katu	Kapha-vata Shamak
Kantakari	Solanum xantho Carpum	Tikta Katu	Laghu Ruksha Tikshna	Ushna	Katu	Kapha-vata Shamak
Shaliparni	Desmodium gangeticum	Madhur, Tikta	Guru, Snegdha	Ushna	madhur	Tridoshashamaka
Prushniparni	Uraria picta	Madhur, Tikta	Laghu, Snegdha	Ushna	madhur	Tridoshashamaka
Gokshur	Tribulus terrestris	Madhur	Guru, Snegdha	Sheeta	Madhur	Vatapittashamak

### Inclusion

#### Criteria :

- Patients in the age group 16 to 60 years, presenting with signs and symptoms of Shirshool described as per Ayurveda and modern science were included in the study.
- The diagnosis of the disease was done on the basis of clinical manifestations like recurrent attacks of headache, mostly unilateral in site, variable in intensity, frequency and duration with or without nausea, vomiting, aura and GI tract symptoms.
- Both female and male sex.
- Willing to participate as a volunteer

#### Exclusion Criteria:

- Sinusitis, hypertension, fever.
- Secondary headache caused by meningitis, tumour, encephalitis, cervical spondylitis and refractive errors.
- Patients using any other systemic drugs which may alter the results of study.

#### Withdrawal Criteria:

- Patients which not in regular follow up
- Any serious condition like malignancy
- Patients not willing for clinical trial.

#### Parameters:

Parameter	Finding	Grades
Shankhanistoda (Bitemporal)	Nil	0
	Mild	1

headache)	Moderate	2
	Severe	3
Lack of concentration	Nil	0
	Mild	1
	Moderate	2
	Severe	3
Disturbed sleep	Nil	0
	Mild	1
	Moderate	2
	Severe	3
Nishakaleati vedana	Nil	0
	Mild	1
	Moderate	2
	Severe	3

### Nasya karma:

Nasa has been considered as the gateway of Shirah. And to uproot the deep seated morbid doshas Nasya therapy has been recommended by almost all the Acharyas. Nasa has been considered as a gateway to head. For treating diseases of head, this route should be recommended for elimination of doshas.

### Nasya Matra:

Dose of Nasya is 4 drops in heena matra, 6 drops in madhyama matra and 8 drops in uttama matra.

### Procedure :

#### Purvakarma :-

- 1) Written Consent.
- 2) Before giving Nasya, prior arrangement of the material and equipment should be done.
- 3) "Nasya Bhavan" free from direct blow of air & dust ; and Lighted appropriately.
- 4) Patient should have passed natural urges like stool & urine. Patient should not feel hungry before Nasyakarma. Later patient is made to lie down on Nasya Shayya.

- 5) Sthanik Snehana is done to Shiras first & then to lalata, kapola, karna, mukha, gala.
- 6) Tapa sweda given by keeping the eyes closed with cotton.
- 7) After Samyak Swedana, the patient is made to lie down on a table with comfortably stretched slightly raised legs.

### Pradhanakarma :

- 1) The patient should be lying down in supine position with ease on Nasya Shayya with "Pravilambita Shiras" (even with a pillow under the neck, tilting the head back at 45 ° angle )
- 2) Later, should raise the tip of the patient's nose with left thumb & with right hand the panchamula siddha dugdha should be dropped in both the nostrils one after another.
- 3) The patient should remain relaxed while taking Nasya.

### Paschat Karma:

- 1) Following regimen should be followed –  
After administration of medication through nasal passage Patient should lie in supine position (Uttanashayana) for about 2 minute time interval which is consumable for counting numbers up to 100.
- 2) After administration of Nasya; paadtala, skandha, hastatala & karna should be massaged. The lalata, mukha & kantha, manya should be again subjected to sudation.
- 3) Aushadhi that had reached kanta has to spit it out.
- 4) Dhoomapana with Yashtimadhu churna, Haridra & Ghrita should be done. Gandusha with lukewarm water are given to expel out the residue mucous lodged in gullet (kanta).
- 5) Pathyakar Ahara: - A light meal (moongdal khichadi) and lukewarm water are advised. One should avoid excessive intake of fat & liquid diet.

- 6) Pathyakar Vihara: - Patient should be advised to stay in a windless place. One should avoid dust, smoke, sunshine, hot bath, anger, riding. The patient should avoid day sleep & should not use cold water for any purpose like Pana, Snana etc.

#### Precaution

- 1) Nasya performed in Nirvat room as well as non AC room, free from dust; and lighted appropriately.
- 2) Patient's head should not too much high or low, it should be "Pravilambita Shiras" (even with a pillow under the neck, tilting the head back at 45 ° angle)
- 3) The drug should be neither less nor more in the dose i.e. it should be in the proper quantity. It should also be neither very hot nor very cold i.e. it should be Luke warm.
- 4) The patient should remain relaxed while taking Nasya. He should avoid speech, anger, sneezing, laughing & head shaking during Nasyakarma.
- 5) Aushadhi that had reached in kanta should not swallow by patient.
- 6) Avoid head bath by cold water.

#### Complication and its treatment

- 1) Murccha - It can happen due to administration of Tikshna nasya. Apply Shita Jala Parishek on body.
- 2) Agnimandya, Shwasa, Pinas, Kasa – When nasya is administered to the patient just after lunch or who is suffering from indigestion. Give Kapha nashaka upachara like Ushna , Tikshna Aushadha & Kapha nashaka karma
- 3) When nasya is administered to thirsty person then vitiation of Vata dosha takes place which may produce vata- vikara. Vatanashaka treatment like snehana, swedana, brimhana should be given.

**Dose** - 8 drops in each nostril

**Time** - Once in a day

**Patient** - 30 Patients

**Drug** - Panchamula Siddha Dugdha

**Duration** - 2 sittings of 7 days with one week gap (21 days)

**Route** - Nasal

**Follow up (In between treatment)** on 10<sup>th</sup> day, 3<sup>rd</sup> week

#### Results:

Effect of panchamula Siddha dugdha on cardinal symptoms of Shirashool is as follows

Cardinal Symptoms	N	Mean BT	Mean AT	S.D.	S.E.	't'	P value	Result
Shankhanistoda (Bitemporal headache)	30	1.9	0.7	0.667	0.211	4.7393	P<0.001	H.S.
Lack of concentration	30	1.94	0.9	0.455	0.143	9.09	P<0.001	H.S.
Disturbed sleep	30	1.8	0.8	0.322	0.101	8.91	P<0.001	H.S.
Nishakaleati vedana	30	2.0	0.98	0.455	0.143	9.09	P<0.001	H.S.

(BT- Before treatment, AT- After treatment, S.D- Standard Deviation, S.E.- Standard Error of mean).

### Discussion and Conclusion

All the drugs in panchamula decreases the vitiated vata dosha. It is due to their madhur rasa, Ushna veerya and madhura vipaka. Nasya is best remedy for Shirogat vyadhis. Panchamula siddha dugdha nasya is significantly very effective in Shirashool.

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