

To study clinical efficacy of Medhya Ghrita nasya in Vataj Shirashool w.s.r. to Dinacharya

Dr. Aishwarya Moreshwar Dhole¹, Dr. Kalpana K. Jadhav², Dr. Milind M. Godbole³

¹PG Scholar, ² Guide & HOD, ¹⁻³Dep. of Swasthavritta and Yoga,

Yashwant Ayurvedic College PGT & RC, Kodoli, Tah. Panhala, Dist. Kolhapur, MS, India

Received : 2 December 2023

Accepted : 20 December 2023

Abstract

The great economist Adam Smith has told that the needs of human being is 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 everybody 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 compared with *Vataja Shirahshula* described in *Ayurvedic* texts. There are some drugs which possess increasing intellectual. They are called as 'medhya' drugs. So present study entitled 'To study clinical efficacy of *Medhya Ghrita nasya* in *Vataj Shirashool* w.s.r. to *Dinacharya*' has been selected.

Keywords - *Medhya, Ghrita, Vataj Shirashool.*

Introduction:

It has been stated in *Charaka Samhita* - the oldest epic of Ayurveda, that when mankind started to suffer from various diseases due to *Prajnaparadha, Asatmendriyartham, Samyoga* and *Parinama*. Acharyas were compelled to think in the direction of the search for cure of such ailments. In this manner Ayurveda came in the existence.¹ Manahsantapa is the leading factor in creating the disease Shirashool according to Charaka.² It is clearly mentioned by Charak and Harita that Shoka and Bhaya is specifically responsible for Vatika

Shirashula.³ It is estimated that 82% of headache occurs due to tension. 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. *Medhya Rasayana* being very beneficial in releasing the tension arising due to *Vata* vitiation has been selected for the present study. The selected *Medhya*

Author Correspondence

Dr. Aishwarya Dhole

Yashwant Ayurvedic College PGT & RC, Kodoli,
Tah. Panhala, Dist. Kolhapur
Email : aishwaryadhole76@gmail.com

Rasayana drugs are *Jyotishmati*, *Mandukparni* and *Shankhapushpi*. So present study contains evaluating efficacy of *Medhya ghrita* in *Vataj shirashool*.

Aim:

To evaluate the effect of *Medhya Ghrita nasya* in *Vataj Shirashool*.

Objective:

1. To study *Vataj Shirashool*.
2. To study *medhya Ghrita*
3. To evaluate the effect of *Medhya Ghrita nasya* in *Vataj Shirashool*.

Review of Literature:

Vataj Shirashool - Painful condition of the head arising due to vitiation of Vat dosha.

Nidana:⁴

1. Vegavarodha (Suppression of natural urges)
2. Divasvapa (Day sleep)
3. Ratrijagarana (Vigil during night)
4. Madya (Alcohol)
5. Uccha Bhashana (Speaking aloud)
6. Avashyaya (exposure to eastern wind)
7. Purvivata (exposure to eastern wind)
8. Atimaithuna (excess sexual indulgence)
9. Asatmya Gandha (undesirable smell)

Rupa:⁵

1. Shankhanistoda
2. Ghata Sambheda
3. Bhrumadhy Tapanam
4. Lalata Tapanam
5. Shrotranishkasanavat Pida
6. Akshinishkasanavat Pida
7. Shiroghrurnanam
8. Sandhimokshana Vat Pida

Samprapti:

The Dosha gets aggravated by the habitual use of substances having identical properties. Homologous nature of action should be determined on the basis of its empirical effects. Regarding vitiation of Doshas the etiological factors of Shirahshula and Vatika Shirahshula are mainly of Vata vitiating causes, followed by minimum to Pitta and Kapha vitiating factors. Simultaneously some of the Nidana also cause Khavaigunya in Srotas, which is necessary for Sthanasamsraya of Dosha (fourth stage of Samprapti Kriyakala).

Upashaya:

- Aahara - with Snigdha and Ushna Guna.
- Vihara – Snehana , Svedana, Mardna, , Bandhana.

Medhya Ghrita:

It contains

1. Kalka of drugs (which contains equal amount of *Jyotishmati*, *Mandukparni* and *Shankhapushpi*) – 1 part
2. Ghrita – 4 parts
3. Drava dravya – 16 parts

Method of preparation –

Medhya ghrita is prepared as per mentioned in *Sharangadhar Samhita* as follows

Jyotishmati, *Mandukparni* and *Shankhapushpi* each raw drugs were taken clean and dried. Proper authentication and Standardization is done. Each raw drug was made separately with the help of mixer grinder in yavakuta form and stored in polythene pouch to protect from moisture. Kalka was made of all these drugs. 1 part of kalka, 4 parts of ghrita and Dravya Dravya means water is taken in 16 parts and boiled together for certain duration till the evaporation of water and appearance of ghrita siddhi lakshanas.

The properties of each drug is as follows:

Dravya	Latin name	Rasa	Veerya	Vipaka	Guna	Karma
Jyotishmati ⁶	Celastrus panniculatus	Katu, Tikta	Ushna	Katu	Teekshna	Medhya, Vatahar, Vedanasthapana 1 1
Mandukparni ⁷	Centella asiatica	Tikta	Sheeta	Madhura	Laghu	Medhya, kaphavataghna
Shankhapushpi ⁸	Convolvulus pluricaulis	Tikta	Sheeta	Madhura	Snigdha, Pichchhil	Medhya, Vatapittashamak
Goghrita	-	Madhur	Sheeta	Madhur	Guru, snigdha	Vatapittakapha vinashaka

Material and Methods:

Study Design: open prospective clinical study.

Location of the study : OPD and IPD Patients of our college's hospital.

Study Population: Study will be carried out on the patients suffering from the sign and symptoms of Vataj Shirashool, those attending IPD and OPD of our college's hospital.

Selection Criteria :**Inclusion Criteria -**

The criteria of diagnosis was based on clinical parameters of Vatika Shirahshula and tension headache i.e.

1. Shankhanistoda (Bitemporal headache)
2. Ghatasambheda (Pain in occipital region)
3. Bhrumadhya Evam Lalatapanam (Pain and burning in frontal region)
4. Lack of concentration and headache increasing by evening

Exclusion Criteria:

- Secondary headaches arising due to any other pathological
- Conditions were excluded.

- Headaches arising due to meningitis, encephalitis, psychosis, neurosis, hypertension, sinusitis.
- Hypoglycaemic patients were also excluded.
- Pathological conditions occurring in eye, ear, nose and oral cavity were also excluded for this study.

Withdrawal Criteria:

The Patients will be withdrawn from the trial if

1. If Patient himself want to discontinue the treatment anytime during the study.
2. If patient have any side effect/adverse drug reaction. Treatment and management of these patients will be done accordingly in our hospital.
3. Patient who fails to report for follow up or shows irregularity in treatment.

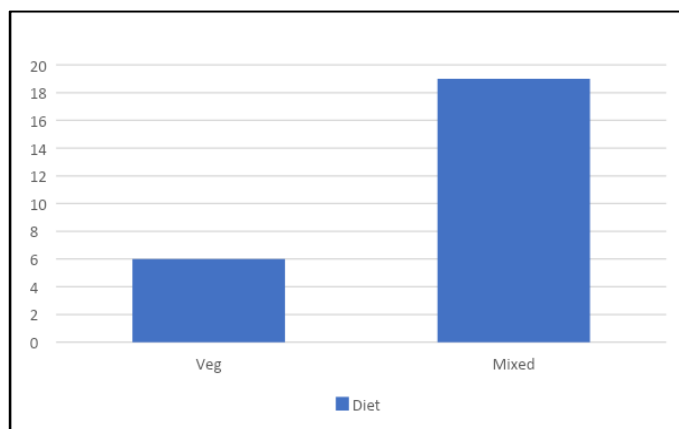
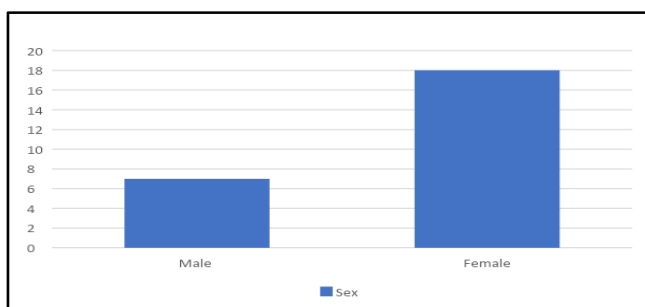
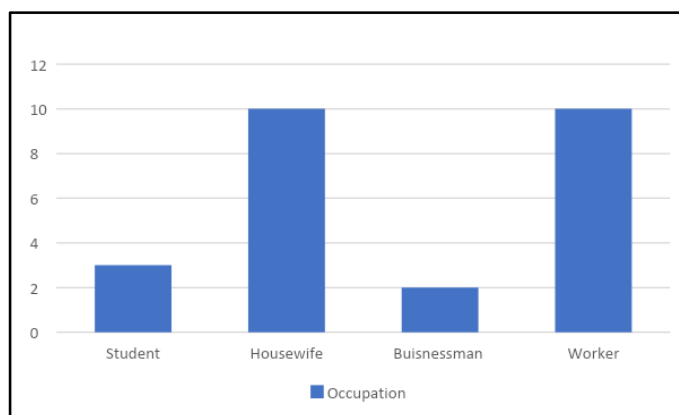
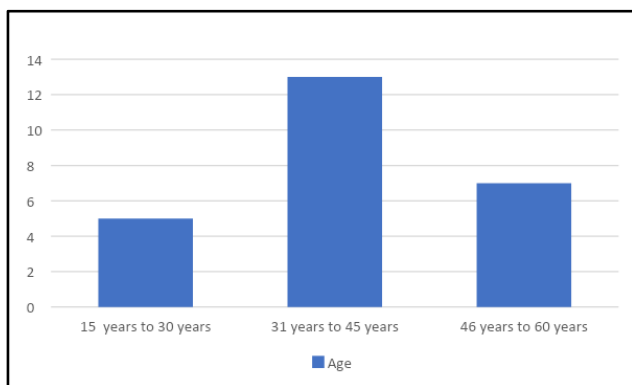
Sampling Technique: Simple Random Sampling Technique

Treatment

No. of subjects	20
Drug	Medhya Ghrita
Dose	16 to 32 drops in each nostril according to patient's tolerance
Time	Once in a day
Duration	30 days
Route of administration	Nasal
Assessment	On 0 th & 30 th Days

Sample size: 30

Observations and Result:



Result:

Sr. No.	Symptom	Improvement in percentage
1	B/L Temporal headache	79 %
2	Pain in Occipital region	81 %
3	Pain and Burning in forehead	76 %
4	Severe pain in ears	82 %
5	Giddiness	76 %

Discussion and Conclusion :

- Medhya Ghrita prepared for the present study was capable to normalize Vata dosha by its Madhura Vipaka & Snigdha, Guru, Vatahara, Vedanasthapana properties. Sukshma Guna of Ghrita helps to reach the drug in microchannels so drug easily comes into systemic circulation and break the Dosha-Dushya-Samurchchhna.
- Marked improvement in associated complaints like Shirostambha, Vertigo, neck-shoulder stiffness also gives the hint of Vatashamaka and Vedanashamaka properties of Medhya Ghrita.
- Complaints like blurring of vision, photophobia and phonophobia were also improved which was due to Indriyaprasadana quality of Medhya Ghrita.
- Lack of concentration, loss of memory and disturbed sleep were also improved significantly which was due to Medhya properties of Ghrita prepared for the study.
- Shankhpushpi and Mandukparni are having properties like Medhavardhana, Smritivardhana while Jyotishmati is known for its memory enhancing effects.
- Here Ghrita is also helpful media by its Medhya and Smritivardhana properties. So the formulated preparation is capable to

provide patent, stable and healthy mental functions which improves mental health and due to which sleep disturbance can be cured.

References :

1. Acharya Vidyadhar Shukla and Dr Ravidutta Tripathi, Charaksamhita of Agnivesa, Chaukhambha Sanskrit Pratishtan, Delhi, Reprint edition 2010, Part I, page no. 3.
2. Acharya Vidyadhar Shukla and Dr Ravidutta Tripathi, Charaksamhita of Agnivesa, Chaukhambha Sanskrit Pratishtan, Delhi, Reprint edition 2010, Part I, page no. 256.
3. Acharya Vidyadhar Shukla and Dr Ravidutta Tripathi, Charaksamhita of Agnivesa, Chaukhambha Sanskrit Pratishtan, Delhi, Reprint edition 2010, Part I, page no. 257.
4. Acharya Vidyadhar Shukla and Dr Ravidutta Tripathi, Charaksamhita of Agnivesa, Chaukhambha Sanskrit Pratishtan, Delhi, Reprint edition 2010, Part I, page no. 257.
5. Acharya Vidyadhar Shukla and Dr Ravidutta Tripathi, Charaksamhita of Agnivesa, Chaukhambha Sanskrit Pratishtan, Delhi, Reprint edition 2010, Part I, page no. 258.
6. Prof. Priyavat Sharma, Dravyaguna vigyan (2nd Volume), Chaukhambha Bharati Academy, Varanasi, 4th edition, P:11.
7. Prof. Priyavat Sharma, Dravyaguna vigyan (2nd Volume), Chaukhambha Bharati Academy, Varanasi, 4th edition, P:3.
8. Prof. Priyavat Sharma, Dravyaguna vigyan (2nd Volume), Chaukhambha Bharati Academy, Varanasi, 4th edition, P:9.