

**A COMPARATIVE STUDY ON THE EFFICACY OF *KUMKUMA NASYA*  
AND *GO-GHRITA NASYA* IN THE MANAGEMENT OF *ARDHAVABHEDA*  
WITH SPECIAL REFERENCE TO MIGRAINE.**



Dissertation submitted as partial fulfillment for the degree of

**AYURVEDA DHANVANTARI**

[Master of Surgery – Ayurveda]

Specialty – Shalaky Tantra

Scholar

**DR. MIRAL DHARMENDRAKUMAR PATEL**

Under the supervision of

Guide

**Dr. Rajeev G. Dole**

M.S. (Ayu)

Professor

Department of Shalaky Tantra

**DEPARTMENT OF SHALAKYA TANTRA  
PARUL INSTITUTE OF AYURVEDA  
PARUL UNIVERSITY, LIMDA, VADODARA,  
GUJARAT-391760 (INDIA).**

April- 2019

Enrollment No: 160202212006

# A COMPARATIVE STUDY ON THE EFFICACY OF *KUMKUMA NASYA* AND *GO-GHRITA NASYA* IN THE MANAGEMENT OF *ARDHAVABHEDAKA* WITH SPECIAL REFERENCE TO MIGRAINE.

## Abstract

### Introduction:

*Ardhavabhedaka* have predominance of *vata* and *vatakaphaja*, *Tridoshaja*, *vataja* according to *Acharya Charaka*, *Acharya Sushruta*, and *Acharya Vagbhatta* respectively. The causes of *ardhavabhedaka* are excessive intake of *rooksha padartha*, *Adhyashana*, *Purva-vata-sevana*, *Atimaitihuna*, *Vegadharana*, *Ativyayama*. Due to *nidana-sevana vata-dosha* get aggravated and pain is appreciable in *Manya*, *Bhru*, *Shankha*, *Karna*, *Akshi* and half of the *Shirah*. The attacks of *ardhavabhedaka* repeat every 10days, 15days, 30days or suddenly as per classical texts. As per modern view migraine is episodic headache. So, *ardhavabhedaka* can be correlated with migraine.

*Nasya* is described as the best procedure in all *Urdhwajatrugata rogas*. In *Chakradatta*, *Bhaishajyaratnavali* had mentioned *Go-ghrita nasya* in the management of *ardhavabhedaka*. Also in *Yogaratnakar*, *Chakradatta*, *Gadanigraha* had described *Kumkuma ghrita nasya* in the management of *ardhavabhedaka*.

### Material and Methods:

30 cases of migraine diagnosed based on IHS Criteria were 15 patients were treated with *kumkuma nasya* and 15 patients were treated with *go-ghrita nasya*. The outcomes were assessed by standard scoring methods according to the symptoms of disease.

Ethical clearance was obtained (PU/PIA/IECHR/2017/60) and this study is registered in Clinical Trial Registry of India (CTRI/2019/01/017208).

**Result:**

Effect of *kumkuma nasya* after treatment was highly significant in duration, frequency, severity of headache and vertigo. Also significant result was obtained in nausea, vomiting, photophobia, phonophobia. And non significant result was found in tinnitus and confusional state. Effect of *go-ghrita nasya* was highly significant in frequency of headache, severity of headache. Significant result was found in duration of headache, photophobia, vertigo, phonophobia. And non significant result was obtained in nausea, vomiting, tinnitus, confusional state.

**Discussion:**

The effect of *Kumkuma nasya* is better than effect of *Go-ghrita nasya* because *kumkuma* having a property of *Vedanasthapana*, *Chardinigraha*. *Ghrita* and *Sharkara* having property of *Brimhana*. And all drug having *Tridoshashamaka* property where *Ardhavabhedaka* have predominance of *tridosha*.

**Conclusion:**

According to statistical study, alternative hypothesis is accepted with percentage difference of 30.26% it can be concluded that the effect of *kumkuma nasya* is better than *go-ghrita nasya* in the management of *ardhavabhedaka*.

**Keyword:**

*Uttamanga, Ardhavabhedaka, Migraine, Kumkuma nasya, Go-ghrita nasya.*