

**CLINICAL EVALUATION OF SUVARNASOOTSEKHAR RASA AND
PATHYADHI KASHAYA IN THE MANAGEMENT OF
ARDHAVABHEDAKA W.S.R. TO MIGRANE**

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ABSTRACT

Shiras, hriday and basti are the important marma as quoted in trimarmiya adhyaya. Shiras has been given the synonym as Uttamanga means the superior. It is the seat for Pranavata, Allochaka pitta and Tarpaka kapha. Acharyas have mentioned some diseases affecting the shiras among which Ardhavabhedaka is one. Here derangement of these humours are seen causing severe half sided headache associated with nausea, vomiting etc. It can be well co related with Migraine. Migraine^[1] is a benign and recurrent syndrome of headache, nausea,

vomiting and other neurological dysfunction. Headache ranges from moderate to severe. Typically, the headaches affect one half of the head, are pulsating and throbbing in nature. Associated symptoms may include sensitivity to light, sound or smell. The present study with Suvarna sootshekhar rasa^[2] and Pathyadi Kashaya^[3] shows significant results in reducing the symptoms of Ardhavabhedaka.

KEYWORDS: Ardhavabhedaka, Migraine, Suvarna sootshekhar rasa, Pathyadi Kashaya.

INTRODUCTION

Acharyas have mentioned 11 types of shiroroga. According to Acharya Charaka ardhavabhedaka is vata kapha dominant afflicting half side of the head with throbbing pain in

the temporal, cervical, forehead, eyes and ears.^[4] Acharya Sushruta opines it as tridosha afflicting half side of the head with throbbing or cutting like pain along with vertigo.^[5] These symptoms are well correlated with migraine. Such patients are very commonly seen in general practice. The aggravating factors seen are improper and irregular diet habits leading to indigestion with different types of bakery products, spicy, fermented and fast foods. Changes in daily lifestyle with watching television, working on computers for long hours, overnight working hours or irregular sleeping patterns, avoiding natural urges etc. These all lead to aggravation of vata and pitta in the shiras and therefore causing Ardhavabhedaka. The present study was undertaken to study the conceptual and curative aspect of Suvarna sootshekhar rasa and Pathyadi kashaya in Ardhavabhedaka w.r.t Migraine. The principle of treatment was shamana, brimhana and rasayana.

MATERIALS AND METHODS

Aim

1. To evaluate the effect of Suvarna Sootshekhar Rasa and Pathyadi kashaya in Ardhavabhedaka.
2. To compare and analyse both the drugs individually and in combination in different groups.

Source of data: The patients who attended the OPD and IPD of Dr D. Y Patil college of Ayurveda and Research centre, Pimpri – Pune having the signs and symptoms of Ardhavabhedaka were screened. Among them 30 patients fulfilling the criteria of the present study were selected randomly and was placed in three groups A, B and C.

Statistical Estimation of Results: The obtained data were analyzed statistically and the values were expressed as percentage of relief. The data were analyzed by paired ‘t’ test and unpaired ‘t’ test was applied for comparative study.

Inclusion criteria

1. Patients having the pratyatma lakshana of Ardhavabhedaka.
2. Patients between the age group of 16-60 yrs.

Exclusion criteria

1. Age below 16 yrs and above 60 yrs
2. Referred pain from eyes, nose, throat and ear was excluded.

3. Headache with secondary pathology were excluded eg meningitis, encephalitis, cervical spondylitis, tumours etc

4. Other types of shirashool eg anantavata, suryavarta etc were excluded.

Drug and Dose Schedule

Duration of Study – 21 days

Group A was prescribed with Suvarna sootshhekhar ras 125 mg Od with water.

Group B was prescribed with freshly prepared Pathyadi Kashaya 50 ml twice a day.

Group C was prescribed with Suvarna Sootshekhar rasa 125 mg Od and freshly prepared pathyadi kashaya 50 ml bds.

Assessment Criteria

Sign & Symptoms	Scoring				
	1	2	3	4	5
Severity of Headache	No Headache	Mild (doesn't interrupt regular activities of patient)	Moderate (Affects patients concentration in regular activities)	Severe (Unable to perform regular work)	Very Severe (Patient prefers to be in bed/ dark room)
Frequency of Headache	Nil	Once in 30 days	Once in 15 days	Once in 10 days	Once in 3 days
Duration of Headache	Nil	1-6 hours per day	7-12 hours per day	13-24 hours per day	More than 24 hours
Nausea and vomiting	No nausea / vomiting	Only nausea	Only vomiting	Nausea and vomiting	Nausea and vomiting relieved only with medicine
Vertigo	No vertigo	Feeling of giddiness	Vertigo relived by rest	Vertigo relived immediately by medication	Vertigo relived after some hours of medication
Aura	Nil	Lasts for 5 mins	Lasts for 15 mins	Lasts for 30mins	Lasts for 60 mins
Photophobia	No Photophobia	Photophobia on exposure to sunlight/ bright light	Photophobia on exposure to indoor light	Photophobia in which patient avoids to open eye	Severe Photophobia in which patient unable to open eye
Eye ache	No eye pain	Mild	Moderate	Severe	Very severe

Distribution of patient.

Group	Male	Female	Total
Group A	4	6	10
Group B	2	8	10
Group C	5	5	10
Total	11	19	30

Effect of Suvarna Sootshekhar rasa on Group A

Symptoms	Mean B.T.	Mean A.T.	Mean Diff.	% of relief	p value	Remarks
Shirashool	3.00	0.90	2.10	70.00%	< 0.001	H.S.
Frequency	2.80	1.00	1.80	64.28%	< 0.001	H.S
Duration	2.40	0.90	1.50	62.50%	< 0.001	H.S
Nausea & vomiting	2.70	0.60	1.50	55.55%	< 0.001	H.S
Vertigo	0.50	0.30	0.20	40.00%	>0.01	N.S
Aura	0.50	0.40	0.10	20.00%	> 0.05	N.S
Photophobia	1.20	0.50	0.70	58.00%	< 0.01	S
Eye ache	1.40	0.60	0.90	64.28%	< 0.001	H.S

Effect of Pathyadi Kashaya on Group B

Symptoms	Mean B.T.	Mean A.T.	Mean Diff.	% of relief	p value	Remarks
Shirashool	2.50	1.00	1.50	60.00%	< 0.001	H.S.
Frequency	2.30	1.00	1.30	56.52%	< 0.001	H.S
Duration	2.20	1.10	1.10	50.00%	< 0.001	H.S
Nausea & vomiting	2.00	0.80	1.20	60.00%	< 0.001	H.S
Vertigo	0.20	0.10	0.10	50.00%	>0.10	N.S
Aura	0.70	0.30	0.40	57.14%	>0.01	N.S
Photophobia	1.00	0.50	0.50	50.00%	>0.01	N.S
Eye ache	1.60	0.60	1.00	62.50%	< 0.01	S

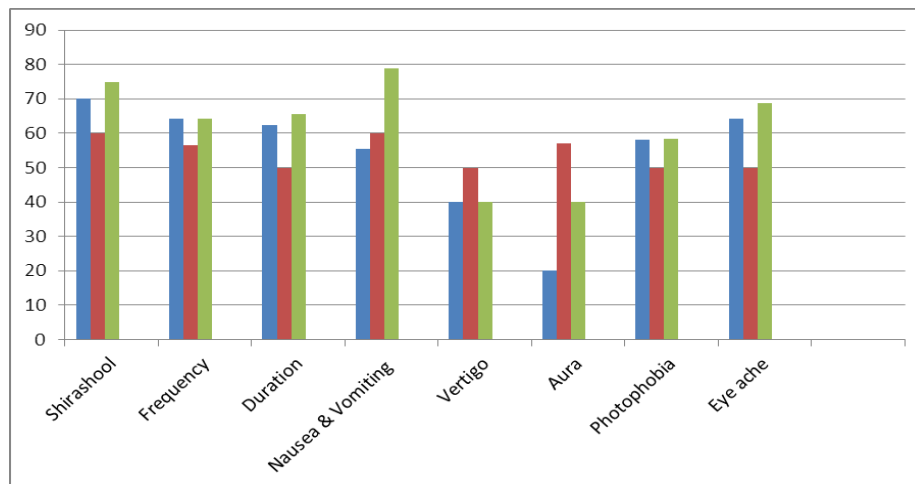
Effect of Suvarna Sootshekhar rasa and Pathyadi Kashaya on Group C

Symptoms	Mean B.T.	Mean A.T.	Mean Diff.	% of relief	p value	Remarks
Shirashool	3.20	0.80	2.40	75.00%	< 0.001	H.S.
Frequency	2.80	1.00	1.80	64.29%	< 0.001	H.S
Duration	2.90	1.00	1.90	65.51%	< 0.001	H.S
Nausea & vomiting	1.90	0.40	1.50	78.95%	< 0.001	H.S
Vertigo	0.50	0.30	0.20	40.00%	> 0.05	N.S
Aura	0.50	0.30	0.20	40.00%	> 0.05	N.S
Photophobia	1.20	0.50	0.70	58.33%	< 0.01	S
Eye ache	1.60	0.50	1.10	68.75%	< 0.01	S

Summary of Results between Groups.

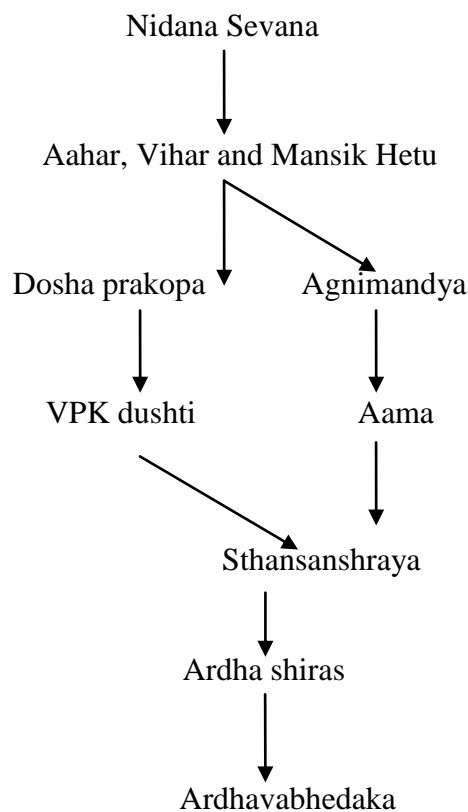
Groups	Mean B.T.	Mean A.T.	Mean Diff.	Percentage of relief
Group A	1.81	0.65	1.16	64.08%
Group B	1.56	0.67	0.89	57.05%
Group C	1.82	0.60	1.22	67.03%

Comparative Diagrammatic Results in all groups A, B & C



Samprapti

Mithya aahar vihar and mansik hetu causes doshaprakopa, which affects the agni causing agnimandya and aama. This further leads to rasa rakta dushti and sthansansraya occurs in half of shiras causing ardhavabhedaka.



Probable mode of Action

Suvarna sootshekhar rasa is having rasa as katu tikta, snigdha, laghu tikshna guna , veerya ushna and katu vipaka. It acts as vata pitta shamaka.

Katu tikta and usna veerya does dipana pachana karma which does aamapachana further leading to proper metabolism of the dhatus and balances the agni.

Snigdha and madhur guna pacifies vata and pitta, does vatanulomana and relieves constipation. It also provides nourishment to the dhatus thus working as rasayana. It also relives the amlata and tikshnata of pitta.

Pathyadi Kashaya is a polyherbal decoction containing pathya (hareetaki) and other medicinal herbs like bibhitaki, amalaki, kiratatikta, nimba, nisha along with guda (jaggery) etc. Triphala acts as tridoshashamaka, nervine tonic, analgesic and purgative. Kiratatikta, nisha, nimba, guduchi also acts as good aamapachaka. Pathyadi kashaya is having usna veerya, tridosahara mainly kaphapitta shamaka and having properties of shulahara, malanulomaka and chakshushya.

DISCUSSION

Group A: Clinical assessment of Group A showed significant results in shirashool with 70% relief and lessened the frequency and duration of the attack by 64.28% and 55.55%. Eyeache was also significantly relieved during the treatment to 64.28% with $p < 0.001$.

Group B: Clinical assessment of Group B showed significant results in Shirashool with 60% relief with $p < 0.001$ and significant relief in controlling nausea vomiting and aura with relief of 60% and 57.14%.

Group C: The clinical assessment of Group C treated with combination of both medicine ie Suvarna sootshekhar rasa 125mg OD and Pathyadi Kashaya 50 ml BD showed significant results as compared to both the groups. Shirashool with 75% relief with $p < 0.001$. Frequency and duration of the attack was also significantly reduced. Nausea and vomiting showed 78.95% relief with $p < 0.001$. Eyeache was also reduced with 68.75% relief.

CONCLUSION

All the groups have shown good results in Ardhavabhedaka but overall the effect of combination of both the medicine in Group C showed Significant results when compared.

No adverse or toxic effects were seen during the trial study in all the groups.

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