



ijapc

E ISSN 2350 0204

www.ijapc.com

VOLUME 12 ISSUE 3

MAY 10, 2020

GREENTREE GROUP
PUBLISHERS





A Conceptual Study on Effect of *Nasya Karma* with *Ksheerbala Taila* in the Management of *Vatik Shirshool*

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ABSTRACT

Vata is dominant among all the dosha and shool has never been without involvement of the vata. Shirshoola is a chief symptom of the Urdhawajatrugata Vikara. Vatik shirshool is the most common type of primary headache. Nasya is indicated by all Acharyas for its effective management. The nose is saide to be the gateway of the head ,thus is it the best route to eliminate dosha of the head. Exclusive indication of the Ksheerbala taila Nasya in vataroga is available in Sahasrayoga.

KEYWORDS

Vatik shirshool, Nasya, Ksheerbala Taila



Greentree Group Publishers

Received 30/01/20 Accepted 15/03/2020 Published 10/05/2020



INTRODUCTION

Ayurveda is the one and only medical system which gives the way of perfect living with nature. It is a Science which is developing as a result of various discussions and researches from ancient time onwards. It gives equal importance to preventive and curative aspects of diseases. Ayurveda postulated the unique principles of Tridosha, Dhatu and Mala for the homeostasis of the body³. Good health is nothing but having - Dharma, Artha, Kama and Moksha. According to Ayurveda only physical, mental, social and spiritual well being can be considered as Arogya.

Present era human beings are running breathlessly behind their endless desires. For achieving these desires human beings change their life styles i.e. irregular and faulty dietary pattern, natural urges suppression, sleepless nights and important one is there is no time for relaxation. Shirahshoola the chief symptom of Shiroroga comes under Urdhwajatrugata Vikara. Vatika Shirashoola described in Ayurvedic texts can be compared with tension headache, as mental factors like excessive weeping, grief, fear, terror have also been attributed in its aetiopathogenesis.

Nasya is indicated by almost all the Acharyas for its effective management. A

medicine administered through the nose, goes into the head and expels out the vitiated Doshas. The nose is said to be the gateway of the head, thus it is the best route to eliminate the Doshas of the head.

Hence, Nasya therapy is of primary importance in the treatment of the Shiroroga. Sahasrayoga mentioned the efficacy of the Ksheerabala taila nasya in vatarog⁷.

Disease Review⁴

Hetu of Vatik Shirshoola :

1. Aharaja Hetu

- Guru-Amla-Harita Ahara
- Shitambu sevana
- Large interval between meals
- Excessive consumption of hot and spicy foods

2. Viharaja Hetu

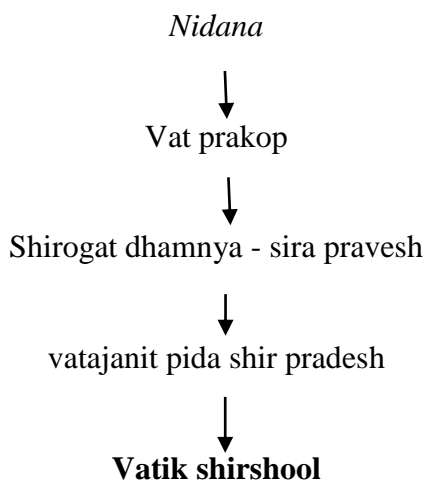
- Sleeping during the day and awaking at night.
- Talking in very high tone
- Excessive sleep
- Excessive citrus
- Atiasanam
- Excessive speech
- Ekagra drishtidarshana
- Getting wet in the rainy season
- Aatapsevanam
- Prolonged T.V., Video viewing

3. Psychological Factors



- Distress
- Mental irritation
- Anger

Samprampti of vatic shirshool:



DRUG REVIEW

1. Bala⁸.

Latin name: Sida Cordifolia.

Family: Malvaceae.

English name: Country mallow.

Gana: Charak- Balya, Bruhniya,

Prajasthapan, Madhuraskhanda.

Sushrut: Vaatshaman.

Rasa: Madhura

Virya: Sheeta

Vipaka: Madhura

Guna : Laghu,snigdha,picchila

Karma: Vatashmak,pittashamak

ii. TilaTaila⁹:

Rasa : Madhura,Kashaya

Virya: Ushna

Vipaka: Katu

Guna: Sukshma,Ushna,Vyavayi

Karma: Vataghna,Pittavardhak

iii. Godug

Rasa: Madhura

Virya: Sheeta

Vipaka: Madhura

Guna: Snigdha,Guru,AlpaAbhishyandhi

Karma: Vataghna, Pittaghna¹⁰:

- Ksheerabala Tail will be prepared as per Snehapakavidhi as mentioned in classics¹¹.

स्नेहसिद्धि लक्षण

वर्तित्वत्स्नेहकल्कः स्यात्तदांगुल्याविमर्दितः ।

शब्दहीनोऽग्निनिक्षिप्तः स्नेहसिद्धो भवेत्तदा ॥

शा. सं. म.खं. ९/१२

Nasya Review⁵⁻⁶:

Nasya is one of the important *pancha karma procedure*, in which the drug is administered through the nostriles. *Nasya* mitigate the vitiated *doshas* and also causes eradication of the vitiated *dosha* and thus the disease. It also nourishes different sites of *urdhwajatrugat* organs like *indriyas*, head, neck and shoulders as well as acts on whole body., '*Nasa hi shiraso dwaram*,' which means, nose is the closest gateway to shira this statement mentioned *Ashtang hridayum Vagbhata* .

Acharya Vagbhata also gives idea of the mode of action of *Nasya karma*.

The drugs administered through nose reaches to *Shringataka marma* and spreads to *murdha* (brain), eyes, ears, throat,



opening of vessels etc. scratches the vitiated dosha from supraclavicular region completely like discarding Munja grass from its stem.

The effect of *nasya karma* depends on the type of *nasya yoga* used. On the bases of dravya, *Nasya* is divided into three types; these are :*shodhana*, *shamana*, and *Brimhana*.

- *shamana nasya* - mitigates the *dosha* and helps in reducing vitiated *dosha*.
- *Brimhana nasya* - helps in providing nourishment to urdhwajatru pradesha (supraclavicular region) and mitigates the vitiated *Vata*.
- *Shodhana nasya* - it eliminates the vitiated *Dosha*.

Hence, it is useful in *Vatajvyadhi*.

Mode of action of the *Nasya karma* with *Ksheerbala Taila*:

The mode of action of *Nasya* with *Ksheerbala Taila* could be understood by the properties of the contents of it. *Ksheerbala taila* vataghana and brihan properties nourishes the nervous system and helps in removing the vitiated dosha. *Ksheerbala Taila* contains milk which is four times to that of *Sneha*. As it is known that milk is *Brimhan* and *Ajanma Satmya* so it has a beneficial effect of nourishing the affected site. *Bala* by its *vata pitta shamak*

properties. On administration through nasal route, it reaches upto *shirogata indriya* and by its properties causes *brimhan* as well as *vatashaman*.

To conclude, *nasya karma* by *Ksheerbala Taila* helps to treat *Vatik shirshool* by its properties like *Vatashmana* and *Brimhana*.

CONCLUSION

Ksheerbala Tail Nasya can provide significant result in *Vatik Shirshoola*.



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