

AYURVEDIC PAIN MANAGEMENT BY NASYA KARMA W.S.R TO MIGRAINE

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ABSTRACT

Nasya which means medication through nostrils is one among the five procedures mentioned in Ayurveda for eradication of diseases. The word *Nasya* is derived from "*Nasa*" Dhatu, which conveys meaning of '*Gati*'. Here the *Gati* is towards the internal structures mainly to head through nose. It is also called as *Shirovirechana* that implies removal of toxins from the head region. Unlike the other detoxification therapies which are focusing on the pacification of particular *Doshas*, this therapy is quite unique as it aims at pacification of any disorder in the head and neck region. Migraine headache is one of most sever type

of headaches. Ayurveda treats the root cause of imbalances by addressing each patient's unique constitution. Migraine is mostly a vata-pitta dosha, tridoshic condition but it also be triggered by any one of the individual doshas. Therefore, treatments focus on balancing vitiated doshas in nervous system by avoiding triggers and prescribing doshic-specific diet, stress management, panchakarma. In Ayurveda *Nasya* is effective karma to treat migraine. In *nasya* karma head is kept in lower position for retention of medicine in nasopharynx and providing sufficient time for local drug absorption. When the *nasya dravya* administered through the nasal cavity, the drug gets absorbed by passive process across the cell wall directly through the cell membrane. Then its carried through capillaries and veins which stimulates Olfactory nerve which connected with the higher centers of the brain like Limbic, Basic ganglia, Hypothalamus which inturn stimulates endocrine and nervous system. Impulse are transmited to the CNS this result in screping ofmorbid doshas of head ad extracts them out, normalized the tridoshas, diminishes the PAIN.

KEYWORD'S: Migraine, *Nasya*, *Tridoshas*.

Article Received on
30 Jan. 2019,

Revised on 20 Feb. 2019,
Accepted on 13 March 2019

DOI: 10.20959/wjpr20194-14538

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BACKGROUND: initiation of migraine(*Arddhavabhedaka*) Vagbhata's statement regarding *arddhavabhedaka*: 'Arddhe tu moorddhanahsosarddhavabhedaka'. *Vedana* in half of the portion of the head is called *arddhavabhedaka*. A paroxysmal disorder characterised by visual, sensory phenomena in an aura associated with by unilateral headache and vomiting. *Nasya* karma benefits in that kind of pain.

INTRODUCTION

Migraine headache is one of most severe type of headaches. Ayurveda treats the root cause of imbalances by addressing each patient's unique constitution. Migraine is mostly a vata-pitta dosha, *tridoshic* condition but it also be triggered by any one of the individual doshas. Therefore, treatments focus on balancing vitiated doshas in nervous system by avoiding triggers and prescribing doshic-specific diet, stress management, panchakarma.

AIM'S AND OBJECTIVE: Pain management by *Nasyakarma* in Migraine.

Material: *Anu tailam*.

Aacharya Charaka: (Charak Sutrasthan.2/3,4,5,6)

in *shirovire-chana*: Apaamaargabeeja, pippali, mareecha, vidanga, shigru, sarshapa, tumburu, ajaaji, ajagandha, peelu, ela, harenuka, prutweeka, surasa, shweta, kutheraka, phaninjaka, shireeshabeeja, lashuna, haridra, lavanadwaya, jyotishmati, naagaraare used for the *shirovirechana* or *nasyakarma*. Their indications: These drugs are used for *shirovirechana* in conditions like heavy ness of the head *shirogaurava*, headache *shirashoola*, rhinitis *peenasa*, hemicrania *ardhaavabhedaka*.

Method

Abhyanga with lukewarm *Taila* done

- Patients lie down *Nasya* table comfortably for *Snehan* and *Swedan* purpose .

METHOD OF TREATMENT NASYA

A) **Poorvakarma:-** over forehead, shoulder, hand, cervical region *Mrudu Swedan* given after covering• eyes with cotton swab till the *Swedotpatti* on forehead. After completion of *Poorvakarma* patients head lowered in 45 degree angle.

B) Pradhankarma

Selected Marsh Nasya dose i.e.6 bindu• Patients advised to relax with the closing eyes •from edge of table. Mashadi Taila Nasya administered to the Patients. After Pradhankarma patient advised to.

C) Pashchyatkarma

1. Forehead, frontal, maxillary and temporal areas massage.
2. lie in supine position for 100 Matrakala.

Mode of Action: *Nasya dravya* administered through nasal cavity

Drug absorbed by passive process across the cell wall through the cell membrane.

Its carried through plasma membrane of nasal mucosa olfactory receptor cell Stimulates- Olfactory nerve which connected with the higher centers of the brain like Limbic, Basic ganglia, Hypothalamus, olfactory bulb in turn stimulates endocrine and nervous system.

Impulse are transmitted to the CNS in scraping of morbid doshas of head extracts them out normalized the tridoshas Diminishes the PAIN

Nasal route is easily accessible, convenient, and reliable with a porous endothelial membrane and a highly vascularized epithelium that provides a rapid absorption of compounds into the systemic circulation, avoiding the hepatic first pass elimination. In addition, intranasal drug delivery enables dose reduction, rapid attainment of therapeutic blood levels, quicker onset of pharmacological activity, and fewer side effects. The nasal delivery seems to be a favorable way to bypass the obstacles for blood-brain barrier (BBB) allowing the direct drug delivery in the biophase of central nervous system (CNS) active compounds. It has also been considered to the administration of vaccines.

RESULT: Pain relief by *NASYA Karma* in Migraine.

CONCLUSION

Migraine headache is one of most sever type of headaches. Ayurveda treats the root cause of imbalances by addressing each patient's unique constitution. Migraine is mostly a *vata-pitta dosha*, *tridoshic* condition but it also be triggered by any one of the individual doshas. Therefore, treatments focus on balancing vitiated doshas in nervous system by avoiding triggers and prescribing doshic-specific diet, stress management, panchakarma.

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