



Title of Article

“A clinical study to evaluate the efficacy of shadbindu tail shiro-virechan nasya in pratishyayin hemant and shishir rutu”

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ABSTRACT:

As hemantrutu is the period of kaphasanchitee, there is vitiation of kaph-vaat dosh by sheet and rukshguna, which leads to stanikkaphsanchiti in shir Pradesh. So as quoted by vagbhatacharya, "नासा हि शिरसः द्वारम्।" the best treatment for urdhwajatrugatvikar, i.e. shirovirechan is selected for the present study. According to desh, kaal, dosh, easy availability, cost effectiveness, shadbindu tail is selected for the study for dosh nirharan. Initially all the patients were given pachanchikitsa, by pachakkashay according to their vyadhiavastha.

Practically at first patients were given sthaniksnehan by til tail, mruduswed. and then shirovirechan was given in different matra according to clinical features.

KEYWORD: Hemant -shishirrutu, kaphaj and vaataj pratishyay, nasastrav, nasagat sakaphstrav, nasagourav, shirogourav and shirshool, shadbindu tail

Cite this article:

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Ayurlog: National Journal of Research in Ayurved Science-2017 ;(5)(5); 1-6

INTRODUCTION:

Hemantrutis is a period of *vaatsanchiti* by its *sheet* and *rukshgunas*. Which is seen to be aggravated in *shishirrutuso* in these both *hemantand shishirrutus* incidence of *kaphajandvaatajpratishyay* is also seen to be increased.

(शिशिरेशीतं अधिकम्...वा. सु. ऋतुचर्या)

These patients were characterized by *nasastrav*, *nasagatsakaphstrav*, *nasagourav*, *shirogouravand shirshool*.

Initially these patients were given *paachanchikitsa*(*byaampaachakkashaay*) according to *desha* (*anupadesha*), *kaal*(*kaphsanchitikaal*).

Shirovirechanupakram - *marsh nasya*-*byshadbindu tail* in *maddhyammatra*is selected for the present study keeping *sheet kaal*and *doshoytkleshin mind*.

AIM

A clinical study to evaluate the efficacy of *shirovirechannasya* in *vaat-kaphajpratishyay*

MATERIAL and METHOD

SELECTION CRITERIA

A) Inclusion criteria-

- Patients with *pratishyay*, *dushtpratishyay*, *jeernpratishyay*
- Age- 10 to 60 years of age

- *Pratishyay* with *jwar*, *nasastrav*, *shirshool*, *netrashool*, *nasashool*, *karnashool*
- *Vaatpradhan*, and *kaphpradhan* patients
- *Vaataj* and *kaphajpratishyay*

B) Exclusion criteria-

- *Garbhini*
- *Navajaatshishu*
- *Ativruddha*
- Patients with *dnyanandkarmendriyaani*
- *Pitta prakruti* patients
- *sukumaar* persons

SAMPLING METHOD and RESEARCH DESIGN-

No. of patients- For this study we selected 30 patients by randomize sampling technique.

- **MATERIAL-** *shadbindu tail*
- **ROOT OF ADMINISTRATION-** *nasya* by *shadbindu tail*
- **MATRA and KAAL**

For *vaataj* – gave *nasya* treatment for 15 days

For *kaphajpratishyay* – gave treatment for 30 days (10 days cycle for 3 times)

OBSERVATION and RESULT-

Table 1. *kaphajpratishyay*

Table 1.a मध्यम मात्रा- (6-6 drp)

1 st dose (10 days)	1 st day	3 rd day	7 th day	10 th day
नासास्त्राव	++++	++	+	-
शिरःशूल	++++	+++	+	-
शिरःगौरव	++++	+++	+	+
कर्णगौरव	++++	+++	+	-

Table 1.b हिन मात्रा- (4-4 drp)

2 nd dose (10 days)	13 th day	15 th day	17 th day	20 th day
नासास्त्राव	+	-	-	-
शिरःशूल	+	-	+	-
शिरःगौरव	+	-	-	-
कर्णगौरव	+	-	-	-

Table 1.c. प्रतिमर्श नस्य दररोज (२-२drp)

3 rd dose (10 days)	23 rd day	25 th day	27 th day	30 th day
नासास्त्राव	-	-	-	-
शिरःशूल	-	-	-	-
शिरलाघवता	+	-	-	-
कर्णलाघवता	+	+	+	+
नासाशुष्कता	+	+	+	+

Table 2. In *vatajpratishyay*-

	1 st day	5 th day	7 th day	15 th day
नासास्त्राव	++++	++	+	-
शिरःशूल	++++	++++	++	-
शिरःगौरव	+++	++	-	-
कर्णगौरव	++++	++	+	-

DISCUSSION-

a) In *kaphajpratishyay*-

In initial 10 days running nose (*nasastrav*) is completely cured by *ushna* properties of *sunthi*, *vidang*, *saindhav*, *erandmul* etc. of *shadbindu tail* in *avarmatra*. But after two days there was again recurrence of *nasastrav*. So after 10 days *shadbindu tail nasyamatra* is increased to *madhyamatra*. Due to increased *matra dosh pachan*, and *doshnirharan* is observed. After second setting of 10 days *nasashushkata* is observed, and *shirshul*, *shir-gourav*, *karna-gourav* also seen to be disappear.

In last 10 days *pratimarshnasya* of *shadbindu tail* in *heenmatra* (2 drops) in the morning on every day is introduced. And after this treatment patients were seen to be totally cured.

b) In *vatajpratishyay*-

In *vatajpratishyay* initially *shadbindu tail* is used in *madhyamatra*. *Nasastrav* is totally cured after five days. The same

matra is continued for fifteen days. After fifteen days all symptoms were cured.

Hetu

Viharajhetusevan-(observed in patients came *atarogyashala, nashik*)

- More contact with dust, fumes, wind
- Continuous *chankraman* (morning walk)
- Continuous travelling by vehicle by motorcycle, bicycle etc.
- *Sheet, ruksh, kharmarutsevan* (in *hemant – shishirrutu*)
- Persons working in sea water (*lavanrassevan*)
- Working in air conditioned area
- Frequent *Sheetambu pansevan*
- *Nisha pan*
- *Usha pan*
- *Atyambu pan* and *bhojanottaratyambu pan* (*shreshtham, udakamkledakaranam*)

Aharajhetu –

- *Paryusheetahar*
- *Kledakarakahar*
- Excess intake of milk byproducts (i.e. ice cream, paneer, yogurt, *rasgullah*, cheese, *basundi*)
- Junk food- potato chips, chines food, salty food, cold drinks, spicy

food, bread, pizza, biscuit, burger, *dabeli*, maggi, noodles etc.

- *Viruddhaahar- matraviruddha, deshviruddha, kaalviruddha, samyogviruddha, veeryaviruddha*
- *Rukshaahar- shukdhanyasevan(bhakari), nirsneh (snehaabhav)* food products.

Pathya –

sevaniyavihar in pratishyay-

- *Marutsevan* should be avoided,
- Use of *shirastran* (ear protecting cap),
- Daily use of *pratimarshnasya* before leaving home,
- Minimum use of fan,
- Use of A.C. should be avoid,
- Immediate lunch / dinner after gym/ workout should be avoid (should be done after 1- 1 ½ hours)

Sevaniyaahar-

- *Ushna- laghuahar, yavagu, pupalika, shukadhanya (nagali, bajari, jwari, maka, yav-made pupalika)*
- *Lapshi, upama*
- *Yush- krut (trikatu) sasneh, masur, mudga*
- *Koshnaja*
- *Shunthisiddha jal*

- Green vegetables- *palak, methi , palandu, bhopala, patol, karvellak, shigru, chavalai, tandulja, laja, lajasasneh*

CONCLUSION

Hemantand shishirrutu(sheetkaal) is the period of *vaatsanchiti* and *vaatprakop* due to *toruksh, sheetguna*. This *vaatprakop* could be cured by *vaatshamak* properties of *shadbindu tail* used for *nasya*, which contains *saindhav, shunthi, vidang* etc. which possess *ushna, teekshnaguna*, which cures *nasastrav* by *kled-shoshan* property. We also got good results in *nasashoth* and *araktavarneeyanasarsh*. After that we found *nasashushkata*.

So from this study we can say that *shadbindu tail* in *madhyammatra* works better in *vatajpratishyay* than *kaphajpratishyay*.

APUNARBHAV and RASAYAN CHIKITSA

In these patients 7 patients were diagnosed cases of *jeernpratishyay*. These patients were advised *pippalirasayan* after the treatment as *apunrbhavchikitsa*.

Shadbindu tail

Bhaishajyaratnaval

Each 10 ml contains-

Manjishtha 0.62 gm

Haridra 156.36 mg

Erandamul

Tagar

Jivanti

Rasna

Shatapushpa each 0.25 gm

Saindhav

Twak

Vidang

Yashtimadhu

Shunthi

Dugdh- 10 ml

Bhrungrajswaras- 40 ml

Til tail- 10 ml

Indication- *jeernkas, jeernpratishyay, navkaas (muhurmu hukas)+ pratishyay, nasashoth, shirashool*

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