INTRODUCTION

Ardhavbheda is a condition which clinically resembles migraine as per modern science. It involves severe headache on one half of the head. Pain mainly occurs in the side of the head. The major etiological factors of Ardhavbheda are akhara, vihara and manasika vyadhi. As per Ayurveda, Vishamashana, Adhyashana, Anashana & Rooksha sevana are the main factors. Agnimandya along with Tridosha dushti also contributes in the pathogenesis of the disease. Ratri jagarana, Divaswapa, Atapadihupavasevana, Chinta, krodha and shoka also trigger migraine headache.  

Nasya Karma for Ardhavbheda

The literary study reveals clinical role of Nasya karma and Shirodhar (Panchakarma) in Ardhavbheda. Which involves administration of herbal oil/drugs/liquids into the nostrils to remove blockages of nasal pathways, reduces feeling of heaviness in upper head region and relief mental stress. These all effect of Nasya offer significant relief in diseases associated with nasal & head region such as; migraine (Ardhavbheda). The commonly used oils for Ardhavbheda are Anutanila, Shadbindu tail and Krishna tila etc.

Nasya general methodology

- **Dose:** 6-10 drops of nasya dravyas in nostril.
- **Kala:** morning empty stomach.
- **Duration:** approximately one month & 2-4 sittings with 7 days interval.
- **Route:** Nasal route alternatively.

Nasya yogas

- Bringaraj decoction with goat’s milk
- Shirisha
- Vamsha root, karpana & water
- Vacha & pippali
- Yashtimadhu & honey
- Chandana, manishila & honey
- Katphala churna
- Anu Taila
- Shadbindu Taila
Avpidan nasyam

Avpidan nasyam of Shirish mula and Phala swaras, vansh moola and kapoor along with water, vacha and pippali churna offer significant relief in Ardhavbhedaka.1-4 Avpidan nasyam offer relief in headache, nasal congestion, sinusitis, mental stress and kapha/vata vikara thus possess vital role in Ardhavbhedaka which may occur due to the above mentioned problem.

Methadology of Avpidan nasyam

Poorva Karma: Shhanika Abhyanga - Tila Taila
Pradhana Karma: Nasya Karma by Taila (matra 6-8 drops)
Kala: morning empty stomach.
Duration: 15-30 days with interval of a week after every sitting.
Consideration: pathya/apathya.

Brihata Dashamoola Taila Nasya

Brihat Dashmoola Taila possesses shothahara, vedanasthapana, deepana, puchana and tridosha shamaka karma therefore offer relief in Ardhavbhedaka.

METHODOLOGY

- Dose: 6 - 8 drops in each nostril.
- Kala: morning empty stomach.
- Duration: approximately two months.
- Protocol: four sittings at the interval of 1 week

The Snigdha & Guru Guna, Madhura Vipaka, Madhura & Lavana Rasa, Ushna Virya help to pacify the Vata Dosha. Raksha Guna, Kashaya & Madhura Rasa, Sheeta Virya pacify the Pitta Dosha while Tikshna Guna, Katu Rasa, Katu Vipaka and Ushna Virya pacify the Kapha Dosha.

Vayu and Agni Mahabhoota of Brihat Dasahmoola Taila act as a medium in Urdhavaga Pravriti and its Laghutava enhances Agni thus Deepana–Pachana achieved.4

Vacha pippali avpeedanasya

The literary review confirmed efficacy of Vacha pippali avpeedanasya in Ardhavbhedak, it’s consisted of Vacha and Pippali. Both drugs possess Vatakapha property & help to clear the channel by extracting the accumulated kapha.5,6

Shadbindu Tail Nasya

The drug possesses Doshapratyanik properties (Vatakaphashamaka), Shadbindu Tail Nasya offers Guna such as; singdha & ushna veerya with Madhuravipaka therefore help to pacify Vata & kapha dosha. The drug acts as vyadhipratyanik & relief shoola associated with migraine.7

Kumkumadi Ghrita Nasya

The literature reveals clinical efficacy of Kumkumadi Ghrita Nasya in migraine. Kumkumadi Ghrita Nasya offer relief in Ardhavabhedaka due to its Tridosha Shamaka property. It pacifies the Dosha (Vata Dosha) due to its Snehana Guna while its Sheeta Veerya property helps to pacify Pitta. Kumkuma the ingredient of Kumkumadi Ghrita acts as a Srotoshodhaka due to its Tikta and Katu Rasa thus help to expel out the morbid Doshas. Its Tikta Rasa offer Kleda Shoshana and Shleshma Prashamana properties.
**Brihat Dashamoola Taila Nasya**

- **Dose:** 4-8 drops in each nostril.
- **Duration:** 6 weeks
- **Treatment protocol:** 3 sittings for 7 days with interval of one week.

The Brihat Dashamoola Taila Nasya offer Ushna Virya, Katu and Tikta Rasa properties which possess Deepana - Pachana Karma resulting Amapachana. This improve process of metabolism by balancing Agni. These all effects of Brihat Dashamoola Taila Nasya help to relief symptoms of Ardhavbhedaka. Laghu and Tikshna Guna offer Srotoshodhaka property which helps to expel out morbid Doshas.\(^9\)\(^{10}\)

**DISCUSSION**

The nasya dravya acts on head region spreads into various srotasas and pacify vitiated doshas. The nasya helps to open srotasas and remove accumulated toxins & dosha. The nasya dravya enter into general blood circulation, after absorption through mucous membrane, into venous sinuses of brain through inferior ophthalmic veins and nasya dravya also directly absorb into the cerebrospinal fluid. The drugs possess katu, ushna and theekshna properties. These properties offer draveekaranam and chhedanam of vitiated doshas, kashaya rasa produces astringent effect while madhara rasa property of drugs offer calming and nourishment effect.

Nasya deliver irritating effect to the Shiras which results increased blood circulation to brain region. Thereafter the vitiated doshas are expelled out from the nasal discharge, tears and by salivation. The Avpidan nasyam also offer tridoshaghnata, dathus preenana and bala properties which help to reduce pain associated with Ardhavbhedaka.\(^{11}\)\(^{12}\)

**CONCLUSION**

Nasyakarma used as the gateway of Shiras for drugs administration & help to eliminates doshas which are responsible for disease of head region. The drug administered through nostrils reaches Shringataka using Netra, Shrotra, Kanta, Siramukhas etc., the nasya dravya extract out vitiate Doshas and extracts out from the Uttamanga.

- The mentioned nasya dravya possess Katu, tikta, kashaya rasa which offer deepana, pachana & shoshana karma thus providing proper metabolism and balances agni stiti which also considered responsible for migraine.

- Laghu, raksha, teekshna guna of nasya dravya possesses srotoshodhaka & urdhvabhaga doshahara properties thus offer relief in Ardhavbhedaka which may occur due to the srota avrodha & dosha vitiation.
- Drugs possess ushna veerya property which offer softening and liquefaction of vitiation of doshas which ultimately expelled out from the body.
- The vata kaphahara and rasayana properties of nasya dravya offer benefits in symptoms of Ardhavbhedaka.

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