**Title of Article**

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

**Authors**

Anagha Unavekar¹, P. D. Ingale*², Amol Ashokrao Deshmukh³

1. Associate Professor, Samhita Dept., unavekarar@gmail.com, 9422259436
2. Associate Professor, Shalakya Tantra,
3. Asst. Professor, Shalakya Tantra Dept., Email: dramoldeshmukh007@gmail.com, 9860865140

A.S.S. Ayurved Mahavidyalay, Panchvati, Nashik, Maharashtra,

*Corresponding Author: E-mail: pdingaledr@gmail.com, 8983595169

**ABSTRACT:**

As hemant rutu is the period of kaphasanchitee, there is vitiation of kaph-vaat dosh by sheet and rukshguna, which leads to stanikkapshanchiti in shir Pradesh. So as quoted by vagbhatacharya, “नासा हि शिरस: द्वारम” 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:**

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

Anagha Unavekar, P. D. Ingale, Amol Ashokrao Deshmukh

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

Hemantrutu 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.

(शििीरेिीतं अधिकमं ...ा. सु. ऋतुचर्ाा)

These patients were characterized by nasastrav, nasagatsakaphstrav, nasagourav, shirogourav and shirshool.

Initially these patients were given paachanchikitsa( byampaachakkashaay) according to dessh (anupdesh), kaal(kaphsanchitikaal).

Shirovirechanapakram - marsh nasya-byshadbindu tail inmaddhyammatrais selected for the present study keeping sheet kaaland 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 withjwar, nasatraav, shirshool, netrashool, nasashool, karnashool
- Vaatpradhana, and kaphpradhana 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>
<thead>
<tr>
<th></th>
<th>1&lt;sup&gt;st&lt;/sup&gt; day</th>
<th>3&lt;sup&gt;rd&lt;/sup&gt; day</th>
<th>7&lt;sup&gt;th&lt;/sup&gt; day</th>
<th>10&lt;sup&gt;th&lt;/sup&gt; day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; dose (10 days)</td>
<td>नासास्त्राव</td>
<td>+++++</td>
<td>++</td>
<td>+</td>
</tr>
<tr>
<td></td>
<td>शिर:शुल</td>
<td>+++</td>
<td>+</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>शिर:गौरव</td>
<td>+++</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td></td>
<td>कर्ण:गौरव</td>
<td>+++</td>
<td>+</td>
<td>-</td>
</tr>
</tbody>
</table>

### Table 1.a मध्यम मात्रा- (6-6 drp)

<table>
<thead>
<tr>
<th></th>
<th>1&lt;sup&gt;st&lt;/sup&gt; day</th>
<th>3&lt;sup&gt;rd&lt;/sup&gt; day</th>
<th>7&lt;sup&gt;th&lt;/sup&gt; day</th>
<th>10&lt;sup&gt;th&lt;/sup&gt; day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; dose (10 days)</td>
<td>नासास्त्राव</td>
<td>+++++</td>
<td>++</td>
<td>+</td>
</tr>
<tr>
<td></td>
<td>शिर:शुल</td>
<td>+++</td>
<td>+</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>शिर:गौरव</td>
<td>+++</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td></td>
<td>कर्ण:गौरव</td>
<td>+++</td>
<td>+</td>
<td>-</td>
</tr>
</tbody>
</table>

### Table 1.b हिन मात्रा- (4-4 drp)

<table>
<thead>
<tr>
<th></th>
<th>13&lt;sup&gt;th&lt;/sup&gt; day</th>
<th>15&lt;sup&gt;th&lt;/sup&gt; day</th>
<th>17&lt;sup&gt;th&lt;/sup&gt; day</th>
<th>20&lt;sup&gt;th&lt;/sup&gt; day</th>
</tr>
</thead>
<tbody>
<tr>
<td>2&lt;sup&gt;nd&lt;/sup&gt; dose (10 days)</td>
<td>नासास्त्राव</td>
<td>+</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>शिर:शुल</td>
<td>+</td>
<td>-</td>
<td>+</td>
</tr>
<tr>
<td></td>
<td>शिर:गौरव</td>
<td>+</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>कर्ण:गौरव</td>
<td>+</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

### Table 1.c प्रतिमर्श नस्य दररोज (2-2drp)

<table>
<thead>
<tr>
<th></th>
<th>23&lt;sup&gt;rd&lt;/sup&gt; day</th>
<th>25&lt;sup&gt;th&lt;/sup&gt; day</th>
<th>27&lt;sup&gt;th&lt;/sup&gt; day</th>
<th>30&lt;sup&gt;th&lt;/sup&gt; day</th>
</tr>
</thead>
<tbody>
<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt; dose (10 days)</td>
<td>नासास्त्राव</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>शिर:शुल</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>शिरलाघवता</td>
<td>+</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>कर्णलाघवता</td>
<td>+</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td></td>
<td>नासाशुष्कता</td>
<td>+</td>
<td>+</td>
<td>+</td>
</tr>
</tbody>
</table>

### Table 2.In vatajpratishyay-

<table>
<thead>
<tr>
<th></th>
<th>1&lt;sup&gt;st&lt;/sup&gt; day</th>
<th>5&lt;sup&gt;th&lt;/sup&gt; day</th>
<th>7&lt;sup&gt;th&lt;/sup&gt; day</th>
<th>15&lt;sup&gt;th&lt;/sup&gt; day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; dose (10 days)</td>
<td>नासास्त्राव</td>
<td>++++</td>
<td>++</td>
<td>+</td>
</tr>
<tr>
<td></td>
<td>शिर:शुल</td>
<td>++++</td>
<td>+++</td>
<td>++</td>
</tr>
<tr>
<td></td>
<td>शिर:गौरव</td>
<td>+++</td>
<td>++</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>कर्ण:गौरव</td>
<td>+++</td>
<td>++</td>
<td>+</td>
</tr>
</tbody>
</table>

### 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 madhyammatra. 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 madhyammatra. Nasatrav 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 atarogavyasha, nashik)

- More contact with dust, fumes, wind
- Continuous *chankraman* (morning walk)
- Continuous travelling by vehicle by motorcycle, bicycle etc.
- *Sheet, rukh, 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*

**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)

**Sevaniyaaahar**-

- *Ushna* - *laghuahar, yavagu, pupalika, shukdhanya* (*nagali, bajari, jwari, maka, yav-madepupalika*)
- *Lapshi, upama*
- *Yush* - *krut* (*trikatu* *sasneh, masur, mudga*
- *Koshnajal*
- *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 toruksh, sheetguna. Thisvaatprakop could be cured by vaatshamak properties of shadbindu tailused for nasya, which contains saindhav, shunthi,vidang etc. which possessesusha, teekshnaguna, which cures nasastrav by kled-shoshan property. We also got good results in nasa soth 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-
Manjishtha0.62 gm

Haridra156.36 mg
Erandamul
Tagar
Jivanti
Rasna
Shatapurusha each 0.25 gm
Saindhav
Twak
Vidang
Yashtimadhu
Shunthi
Dugdh- 10 ml
Bhrungrajswaras- 40 ml
Til tail- 10 ml

Indication- jeernkas, jeernpratishyay, navkaas (muhrmuhukas)+ pratishyay, nasashoth, shirashool

REFERENCES:

1. Charak purvardh, (Ch. Su. 5/26) Bramhanand Tripathi, Choukamba Subharati, 5th, 1999
2. Ashtang hruday, (su. 20/36-38) Bramhanand Tripathi, Choukamba Subharati, Reprint, 2007
4. Ashtang hriday, (su. 20/7) Sarvangsundar – Hemadri tika, Choukhamba Subharati, Reprint, 2002