

Clinical Evaluation of Gunja Taila Nasya and Pathyadi Ghana Vati in the management of Migrane (Ardhav Abhedaka)

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Abstract

In order to evaluate the efficacy of Gunja Taila Nasya and Pathyadi Ghana Vati in the management of Migraine (Ardhavabhedaka) on various scientific parameters, a clinical trial was conducted on 31 patients of Migraine(Ardhavadbhedaka) at P.G. Department of Kayachikitsa, National Institute Of Ayurveda, Jaipur.

The cases registered for the clinical trial were randomly divided into three groups. The Ist group of 10 cases received Gunja Taila Nasya (4-6 drops in each nostril for 21 days), as Shodhana Chikitsa. IInd group of 10 patients received Pathyadi Ghana Vati (2gm/day with luke warm water for 3 days), as Shamana Chikitsa and 11 patients of IIIrd group received both Shodhana and Shamana Chikitsa simultaneously.

Based on numerical score 74.90% clinical relief was observed in patients of III rd group, 66.41% clinical relief was noticed in the patients of Ist group, while patients of IInd group witnessed 49.19% clinical improvement. On statistical analysis the effect of treatment on clinical parameters was found to be highly significant in all the three groups.

After analyzing the results it can be concluded that Gunja Taila Nasya along with Pathayadi Ghana Vati in the form of Shodhana and Shamnana thereapy respectively, is an effective, dependable, safe and good remedy for the management of Migraine (Ardhavadbhedaka).

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