



SHUDDHABALA TAILA NASYA IN VISHVACHI- A CASE REPORT

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ABSTRACT:

Vishwachi is a painful condition where the patient is unable to do his routine work because of impairment of the functions of upper limbs. Pain is sometimes seen at rest also and may be very intense and sudden. In *Vishwachi*, the *Sira*, *Snayu* and *Kandara* of upper limb are affected along with *Dushti* of *Asthivaha srotas*. Due to *Vatavardhaka nidanas*, the *Vyanavayu* originating from the *Hrudaya*, gets vitiated and circulates in the upper extremities and gets *Sthanasamshraya* in the *Griva*. Here it afflicts the *Griva*, *Amsa*, *Bahu*, *Prakoshta* and *Hastatala* producing severe pain in the *Griva*, radiating to the *Amsa*, *Bahu* and *Hastatala*. In modern parlance the condition may be compared with Cervical Radiculopathy. Cervical Radiculopathy has been found to range from 83.2 to 202.9 persons per 1,000,000 with the peak incidence in the 50-54 year s of age group. *Nasya karma* is one of the Panchakarma techniques used to heal illnesses associated with the *Urdhwajatru*. In elucidating *Taila's Phalashruti*, *Acharyas* have stated that *Taila* simultaneously reduces *Vata* and does not elevate *Kapha*. Hence, in the present study *Vishvachi* which is one of the *urdhwajatrugata rogas*, *Snehana Nasya* with *Shuddhabala Taila* had been taken for the study. This case report of 41 years old female, working as a IT professional; with complaints of neck pain radiating to the left upper limb since from 2 years, with Associated complaints of heaviness in the left upper arm since 2- 3 years. *Shuddhabala Taila Nasya* was administered for 7 consecutive days. Patient was got 60% of relief from all the complaints.

Keywords: *Vishvachi*, *Shuddhabala Taila*, *Nasya*

INTRODUCTION:

Vishwachi is a disease affecting the neck and upper extremities, having the signs and symptoms like *Ruk, Stambha, Toda, karma kshaya* and *cheshtapaharana* of *bahu*^[1]. Dalhana opines that the disease resembles *Gridrasi* and is of two types, *Vataja and Vata Kaphaja*^[2]. In modern parlance the condition may be compared with Cervical Radiculopathy.

Vishwachi is a painful condition where the patient is unable to do his routine work because of impairment of the functions of upper limbs. Pain is sometimes seen at rest also and may be very intense and sudden. Being an *Urdwajatrugata vikara, Nasya Karma* has been mentioned as the prime line of treatment^[3]. *Dhatukshaya* can be considered as main factor leading to a condition like *Vishwachi*.

Nasya karma is one of the Panchakarma techniques used to heal illnesses associated with the *Urdhwajatru*. "*Nasa hi Shirasodwaram,*" which means "nose is the gateway to the Shiras" (head), is a phrase from Ashtanga Sangraha. As the home of *Prana* and the location of the five sense organs, the *Shiras* is regarded as the most significant region of the body. For this reason, it is called the *Uttamanga*. In elucidating *Taila's Phalashruti*, *Acharyas* have stated that *Taila* simultaneously reduces *Vata* and does not

elevate *Kapha*. *Snehana Nasya karma* has been selected for the study in light of this factor as well as the advantages of *Nasyakarma* in achieving a *Ghanonnata skandha* and *Griva*.

Hence, in the present study *Vishvachi* which is one of the *urdhwajatrugata rogas, Snehana Nasya* with *Shuddhabala Taila*^[4] had been taken for the study.

CASE REPORT:

Objective of case study: To evaluate the efficacy of *Shuddhabala Taila Nasya* in *Vishvachi* w.s.r to cervical radiculopathy

Type of study: Interventional single case design without control group

Study center: RGES Ayurvedic Medical College and hospital, Ron, Karnataka

Name of the patient- Not mentioned

Registration no: OPD-2267, Date of first OPD visit – 12/06/23, Age- 41 yrs, Gender- Female, Religion- Hindu, Occupation- IT professional
History of Present Illness

A female patient aged about 41 years came to OPD of panchakarma RGES Ayurvedic Medical College and Hospital, Ron, with complaints of neck pain radiating to the left upper limb since from 2 years. Associate complaints with heaviness in the left upper arm since 2- 3 years. History of present illness- The patient was normal 2 years back gradually she started

pain in the neck radiating to the left hand. She approached to our hospital.

TREATMENT PROTOCOL:

Purva karma: Patient was advised to remain relaxed. *Abhyanga* was done to face and neck with *Murchita tilataila*. *Tapa sweda (Mridu)* was given with cloth dipped in hot water.

Pradhana karma: position of the patient, supine with head end lowered. *Taila* was taken in *gokarnika* and made luke warm by keeping it in a water bath. 16 *bindu* of *nasya dravya* was instilled in each nostril in two or three doses by keeping the other nostril closed.

Table 1. Treatment Results:

Symptoms	Before Treatment	After Treatment
<i>Vama Bahu Karma Kshaya</i>	Weakness in left upper extremity	Reduced to 60%
<i>Shula from bahu prishta to anguli</i>	Frequent pain, relieved on medication	Reduced to 70%
<i>Stambha</i>	Moderate stiffness	Reduced to 50%
<i>Shunyata</i>	Present	Absent

DISCUSSION:

The *Nasa* and the *Shiras* are said to have a very tight relationship in Ayurvedic literature. According to Acharya Charaka, *Nasa* serves as the *Shiras' dwara*. Therefore, it is possible that medicine administered by nose may get to the *Shiras* and affect the exacerbated *doshas*. The similar view is expressed in Ashtanga Sangraha as well, which describes how the medication

Soles, palm, neck and ears were massaged. Nasal secretions were advised to be spat out.

Paschat Karma: *Kavala with ushnajala*. Special advise was given to patient to avoid exposure to wind, dust, smoke and direct sunlight. She was advised to use warm water for drinking and bathing along with intake of *laghu ahara*.

Duration: 7 consecutive days.

OUTCOME AND FOLLOW UP: After 7 days of treatments, the patient has got about 60% of relief from stiffness and dragging pain in the left upper arm.

that is supplied by *Nasa* arrives at *Shringataka Marma*, a *Sira Marma* made up of a union of *Siras* that supply *Nasa*, *Karna*, *Akshi*, and *Jihwa*. According to Acharya Indu, it is situated in *Shiraso Antarmadhyam*, which is regarded as the middle cephalic fossa. There is an area called the middle cephalic fossa that is attached to the ethmoidal and sphenoidal sinuses. The sphenoidal sinus is inferiorly

connected with the naso-pharynx and posterior with the brain stem. Route of administration of drug has its own importance in the management of any disease.

Based on these examples, one might conclude that for illnesses similar to *Vishwachi*, *Nasya karma* is the most beneficial therapy. Because of its *Dhatuposhaka* quality, *Snehana Nasya* gives vigor to all *Dhatu*s and causes the *Snehana* effect. It strengthens the neck, shoulders, and chest and enhances vision. *Vishwachi* is a *Vatavikara* that develops when the *Greevakasherukasandhi* (intervertebral discs and cervical vertebrae) undergo *Dhatukshaya* (degeneration). The greatest way to achieve *Dhatuposhana* in this situation is to infuse *Vatashamaka oushadha* through the nose. *Snehana Nasya* used *Shuddhabala Taila* to do this. The purpose of *Purvakarma* in *Nasya karma* is to aid in the absorption of drugs through the paranasal sinuses and nasal mucosa.

The blood circulation to the head is improved by the *Abhyanga* and *Swedana* applied to the face and neck. When the medication enters the upper nasal cavity, it excites the olfactory neurons, increasing the likelihood that it will be absorbed.

Probable Mode of Action: In addition to reducing *Vata*, *taila* also does not raise *kapha*. *Vatavyadhi* is an indicator of *Shuddhabala*

Taila, which is referenced in *Sahasrayoga Taila Prakarana*. *Tikta rasa pradhana* and *madhura* are the constituents of the *taila*. They have *Ushnavirya*, *Madhuravipaka*, *Laghu*, and *Snigdha*guna. *Madhura Vipaka*, *Ushnavirya*, and *Snigdha*guna operate on *Vatadosha* by virtue of their *Madhura rasa*, and their *Vedanashamaka* qualities lessen discomfort. The *dravyas Tikta rasa* and *Ushnavirya* are *Kaphashamaka*.

These medicines' *Balya* and *Brumhana* qualities result in *Mamsadhatuposhana*, which enhances the *Bahu's* capacity for function. Furthermore, the *Asthidhatu* receives *bala* from *Madhura* and *Tikta rasa dravyas*. In this motion, *tila taila* is crucial. Because of these characteristics, they function as *Vatakaphashamaka*, alleviating the symptoms of *Vishvachi*.

CONCLUSION:

Shuddhabala talia Nasyakarma was administered in a case of *Vishvachi*, for 7 consecutive days. Patient was got 60%, 70%, and 50% relief from complaints Weakness in left upper extremity, Frequent pain and stiffness respectively. Hence it can be concluded that, *Shuddhabala talia Nasyakarma* is very beneficial in the management of *Vishvachi*.

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