

A comparative clinical study on the efficacy of oral *Sarasvata Ghrita* and *Sarasvata Ghrita Nasya* in the management of *Vataja Shirah Shoola* (tension headache)

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Abstract

Acharya Charaka considered *Shiro-ruk* as a separate disease in eighty types of *Nanatmaja Vata-Vyadhi*. He has mentioned five types of *Shiroroga* (05) including *Vataja Shiroroga*. Considering the line of treatment, *Caraka* recommended specific ghee preparations for *Vatika Shiroroga*. *Vataja Shirah Shoola* (VSS) can be correlated with tension headache which is the most common type of headache. The prevalence of tension headache is about 3% of the general population. The present study is a comparative clinical study on the efficacy of oral *Sarasvata Grita* (SG) and *Sarasvata Ghrita Nasya* (SGN) on *Vataja Shirah Shoola*. Thirty patients (30) were selected from the OPD of Ayurveda Hospital, Meegoda and were randomly divided into two groups: group A and group B. Group A was treated with oral SG, 10 ml orally twice a day before meals for a period of thirty (30) days while group B was treated with SGN at the dose of 8 drops daily at 9.00 am after a light meal for same duration. Patients were evaluated before and after treatment. Data were analyzed by using SPSS statistical software. The result revealed that the 36 – 45 age group (76.7%), female (56.7%) and *Vata-pitta prakriti* (56%) are more vulnerable to VSS. Oral SG improved subjective parameters and blood pressure in a highly significant manner ($p > 0.001$) whereas Oral SG improved bi-temporal headache and disturbed sleep in a significant manner ($p < 0.05$). Collectively, the ingredients of SG have *tridosha shamaka* effect, especially *Vata shamaka* effect. Due to synergistic effect of SG, most of the parameters have shown significant improvement. SGN improved subjective parameter in significant manner ($p < 0.05$) whereas the improvement of blood pressure is highly significant ($p < 0.001$). When comparing the effect of two treatments on VSS, it is reported that the difference of mean of most of the subjective parameters between group A and B is highly significant ($p < 0.001$). Hence, it is concluded that oral *Sarasvata Ghrita* has higher degree of efficacy on *Vataja Shirahshoola* over *Sarasvata Ghrita Nasya*.

Keywords: *Sarasvata Ghrita*, *Nasya*, *Vataja Shirahshoola*, tension headache

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