

“TO EVALUATE THE FASTER ACTION OF ‘MIG-17’ NASAL DROPS IN THE MANAGEMENT OF *ARDHAVABHEDA* W.S.R. TO MIGRAINE IN COMPARISON WITH OTHER POPULAR MODERN PAINKILLERS”

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❖ Abstract:

Introduction:

Migraine is one of the common causes of recurrent headache. According to IHS, Migraine constitutes 16% of the primary headache and affects 10-20% of the general population. As we know that the attack of Migraine is mostly unbearable and unpredictable. During attack of Migraine, patients generally prefer to consume any popular modern painkillers available in the market or prescribed by the doctor. Patients know that it may cause very serious side-effects, but they are helpless. So it is the duty of Ayurveda scholars to provide better option to the patients suffering from Migraine. Migraine is *Urdhvajatrugata Vikara* and *Nasya* is the best treatment for it. *Nasya* provides quick relief without any side-effects as well as gives complete cure by breaking the pathology.

Aim and Objects:

To evaluate the faster action of ‘MIG-17’ nasal drops in the management of *Ardhavabhedaka* w.s.r. to Migraine in comparison with other popular modern painkillers.

Material and Methods:

Total 65 patients with Classical as well as modern signs and symptoms of *Ardhavabhedaka* w.s.r. to Migraine were selected randomly for the study from Ayulink Ayurveda Hospital, Ahmedabad. All patients are treated with ‘Mig-17’ Nasal drops and observed for onset of Action. Assessment was done based on objective and subjective criterions.

Results:

34.38% patients found relief in pain within 5 minutes, 48.44% patients found pain relief within 10 minutes while rest of the patients found relief within 20 minutes.

Conclusion:

Mig-17 Nasal Drops have found quick effective in Migraine than popular Modern painkiller Brands.

Key words: Migraine, *Nasya*, Mig 17, *Shirahshoola*, Nasal Drop, Quick Relief

INTRODUCTION:

Migraine is one of the common causes of recurrent headache. According to IHS, Migraine constitutes 16% of the primary headache and affects 10-20% of the general population. As we know that the attack of Migraine is mostly unbearable and unpredictable. During attack of Migraine, patients generally prefer to consume any popular modern painkillers available in the market or prescribed by the doctor. Patients know that it may cause very serious side-effects, but they are helpless. The modern drugs are not widely acceptable due to their drawbacks - drug dependence, drug withdrawal syndrome, relapse of headache within hours and chances of getting chronic headache¹. So it is the duty of Ayurveda scholars to provide better option to the patients

suffering from Migraine. Migraine is *Urdhvajatrugata Vikara* and *Nasya* is the best treatment for it. *Nasya* provides quick relief without any side-effects as well as gives complete cure by breaking the pathology.

❖ **AIM AND OBJECT:**

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❖ **MATERIALS AND METHODS:**

1. Conceptual study:-

All textual quotation & available commentaries along with their modern parallels were referred for this part.

2. Clinical Study:-

Detailed history & physical examination of the each Patient was done and were recorded in the Performa.

❖ **Methodology:**

☆ ***Purva karma* (Pre operative process) –**

- To Prepare treatment trolley and table
- To Check emergency box and refill if required
- Signing the Consent form by the patient
- Patient was asked to lie down on the bed in the supine position
- Blood pressure and Pulse were measured and noted in treatment record form
- Nasal bottle was shake well before use
- *Purvakarma* like *Mukhabhyanga* or *Sthanik Swedana* is not needed.

☆ ***Pradhana karma* (Main procedure)**

- Without tilting the patient's head much, Put 1 or 2 drops of the medicine in each nostril.
- Gently massage on the nose
- The exact time of administering medicine in nostril is noted.
- Patient was kept lying for 5 minutes

☆ ***Paschata karma* (Postoperative process)**

- Patient was observed for 45 minutes
- Check & note patient's pulse and B.P.
- All data of pre and post treatment, viz B.P. and Pulse, number of nasal drop (one or two) were noted in treatment record form.
- Patient was asked to report when he/she felt relief from pain and time is noted.

❖ **CRITERIA FOR SELECTION OF THE PATIENT:**

- A special Performa for the present study was prepared in which detail history and physical examination on the basis of principles of *Ayurveda* & modern science.
- Patients were selected from the O.P.D. of AYULINK AYURVEDA HOSPITAL, AHMEDABAD.

Inclusion Criteria:

- Patients presented with the classical as well as Modern signs and symptoms of *Ardhavabhedaka* (Migraine).
- Patients of either sex aged between 8 – 70 years were included.
- Patients who are fit for *Nasya Karma* according to *Ayurveda* text books.

Exclusion Criteria:

- Patient who are not fit for *Nasya Karma* according to *Ayurveda* text books
- Fever
- Secondary Headache
- Pregnancy
- High blood pressure
- Low blood pressure
- During menses
- Child below 8 years
- Any Critical Condition of patient

❖ PLAN OF STUDY:

The research study was designed of Single therapeutic group. Total 65 patients were registered. The selected patients who fulfilled the inclusive criteria were treated with ‘Mig-17’ Nasal Drops.

Table No. 1.1: Plan of Study

Group	No. Of Patient	Drug	Dose	Duration	Follow-Up
A	65	‘Mig-17’ Nasal Drop	1 drop in each nostril	2 times in a week, Maximum 8 times (4 week)	Every 3 Months for 1 year.

- **Duration:** The Gap between two treatments should be 3 days. (E.g. Monday – Thursday, Tuesday – Friday or Wednesday – Saturday). This nasal drop process should be performed any time between 9 am to 6 pm.

- **Drug (‘Mig-17’ Nasal Drops) Formulation:**

Each 10 ml drops contains-

Table No. 1.2: Contents of the Drug

Contents	Latin Name	Quantity
<i>Amalaki Churna</i>	<i>Emblica officinalis</i>	5 gm
<i>Sunthi Churna</i>	<i>Zingiber officinalis</i>	3 gm
<i>Aritha Churna</i>	<i>Sapindus mukorossi</i>	1 gm
<i>Yastimadhu Churna</i>	<i>Glycyrrhiza glabra</i>	1 gm
Water		Q.S.
Preservative- Sodium Benzoate		Q.S.

❖ **CRITERIA FOR ASSESMENT:**

1. Clinical improvement in sign & symptoms of disease.
2. On the basis of standard scale like pain score and improvement in quality of life.
3. Assessment of the therapy has been done by preparing clinical Performa.

Table No. 1.3: Criteria for Assessment of Onset of Action

Onset of Action	Time
Fast Action	< 25 min
Faster Action	< 20 min
Super Fast Action	< 15 min

❖ **OBSERVATION AND RESULT:**

All the patients of migraine of this series were examined in detail with respect to the special Performa. During the treatment, Time of administration of medicine in nostrils was noted. Then after treatment time of onset of pain relieving effect was noted in performa.

Table No. 1.4: Onset of Action and Analgesic Effect

No. of Patients	% of patients	Onset of Action in Minutes	Onset of Action Type
22	34.38 %	< 15 min.	Super Fast Action
31	48.44 %	< 20 min.	Faster Action
11	17.18 %	< 25 min.	Fast Action
Total 64 Patients	100%	-	-

Table No. 1.5: Comparison of Onset of Action between Mig-17 and other popular Modern brand

	MIG- 17 Nasal Drops	Popular Modern Painkillers in India		
		Saridon Tab.	Crocin Pain Relief Tab.	Dolo 650
Onset of Action Time (Minutes)	15 to 25 min.	30 to 60 min.	30 to 60 min.	30 to 60 min.

- Onset of Action is based upon the data recorded after the 1st sitting of each patient. Out of total 65 patients, only 1 patient was unimproved.
- The popular Analgesics ‘Saridon Tablet’ (Propyphenazone+Paracetamol+Caffeine combination), ‘Crocin Pain Relief Tablet’ (Acetaminophen+caffeine) and ‘Dolo 650 Tablet’ (Paracetamol 650 mg) provide relief in 30 to 60 minutes^{2 3 4} while our Mig 17 Nasal Drops gives relief within 15 to 25 minutes. The Data of the modern painkillers listed above are taken from the reliable web sources. The source of information is already listed in references.

❖ Probable Mode of Action of Mig 17 Nasal Drops:

As per Modern science⁵:

It is aqueous base medicine. When it is administered into Nasal mucosa, it is absorbed through nasal membrane and enters into the venous system. Through int. and ext. carotid artery, it reaches to the carvenous sinus and brain (cerebral part) where it stimulates autonomic and sensory nerves.

Another probable mode of Action: The maxillary nerve, nasopalatine nerve, branches of greater palatine nerves and olfactory nerves which are located in nasal cavity, are connected with the higher centers of the brain i.e., limbic system which contains amygdaloidal complex, hypothalamus, basal ganglia etc. so the drugs administered through nose stimulate the higher centers of brain which in turn effects the endocrine and nervous system functions.

As per Ayurveda science⁶:

Nasa being the entry to *shirsh* (head), the drug administered through nostril reaches *shringataka*- a *sira marma* (Junctional place of Eye, Ears, Throat and opening of the vessels) by *Nasa strotas* and spreads in the brain. There it detach the morbid *Doshas* present above supraclavicular region and expels them out.

❖ Why ‘MIG-17’ is so quick?

Migraine is caused by mainly Pitta and Vata Dosha. Some Classics describe it as *Tridoshaja*. ‘Mig-17’ Nasal Drop has been proved that it is capable for breaking the *Samprapti* (Pathogenesis) of Migraine. The drugs used in ‘Mig-17’ are indicated for *Urdhvajatrugata Vikara* in classics. *Amalaki* due to its *Sheeta* Potency lowers the aggravated *Pitta*. *Yastimadhu* removes the excessive *kapha*. *Sunthi* due to its hot property pacifies *Vata* and *Kapha* and increase penetration power of the formulation. In addition to *Sunthi* is also recognized by Modern science and they have done a research showing it effectiveness in Migraine⁷. *Aritha* is described as *Urdhva shodhana* in classics, so it has the potency to clear the blocked channels (*Strotoshodhana*).

Urdhvajatrugata Rogas (Diseases of supraclavicular region) and their management have a special place in *Ayurveda*. *Shirah* (*Head*) being the prime seat of knowledge and also the prime controller of the entire body has been termed as *Uttamanga* (superlative organ)⁸. Hence, the diseases occurring in the *Urdhvajatru* have been very clearly highlighted in the *Ayurvedic* classics along with their management. *Nasa* (nose) has been considered as the gateway of *Shirah*⁹. *Nasya karma* is indicated to uproot the deep-seated diseases of head.

❖ DISCUSSION:

Out of 65 patients, only 1 patient was unimproved. In 34.38% patients got relief within 15 minutes showing super fast action. In 48.44% patients got relief within 20 minutes showing faster action. In 17.18% patients got relief within 25 minutes showing fast action. The all other popular allopathic painkiller tablets take minimum 30 to 60 minutes for onset of action.

❖ CONCLUSION:

‘Mig-17’ Nasal Drop has shown quick and long-lasting relief in all main and associated symptoms of Migraine.

- Migraine is mostly *Tridhosha* dominant disease.
- In *Ayurveda*, *Nasya* is described as the best treatment for Supra-clavicular disease.
- Here our drug (‘Mig-17’ Nasal Drop) is proved beneficial in treating Migraine.

- It is found quick effective than widely used Allopathic Painkiller tablets.
- It has provided better relief than any other treatment available right now for the migraine.
- Very convenient and easy method to the patient.
- No side-effects are noted during study. In 2-3 patients, they experienced Mild Hypotension just after treatment which was managed easily.

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