

ROLE OF NASYA AND KSHEERADHOOMA IN THE MANAGEMENT OF ARDITHA- A SINGLE CASE STUDY

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INTRODUCTION :

Arditha is a vatika disorder and included among the 80 nanatmaja vataja disorder by Acharya charaka. Acharya sushrutha mentions the involvement of face where as Acharya charaka the whole of sharirardha. Both Acharya charaka and sushrutha described navana and Nadi sweda as the prime treatment modalities. Sneha is considered to be best vata shamaka and also the lipid soluble substance have greater affinity for passive absorption through Nasal mucosa and crossing blood brain barrier hence navana nasya is considered to be the best. Ksheera dhuma in the form of Nadi sweda not only serves the purpose of swedana, also helps in better absorption of the drugs administered through nasya also acts as snidgha sweda which in turn helps to reduce the symptoms.

MATERIALS AND METHODS :

It is an open observational single case study, patient was taken from OPD and IPD of TGAMC & H Ballari, incidentally based on inclusive criteria which shows symptoms of arditha and excluded systemic serious illnesses.

INTERVENTION :

Nasya with karpasahasthyadibtaila and ksheeradhooma was given for 7 days.

RESULTS AND DISCUSSION :

Arditha primarily is a vata disorder so the treatment should mainly be emphasized on balya, brumhana drugs which alleviates vata. Navana nasya is described to be the best remedy to pacify vata present in uttamanga. Nadi sweda in the form of kshreeradhooma stimulates nerve endings and opens the micro channels below skin level due to which the nasya dravya is better absorbed. Thus navana nasya followed by kshreeradhooma has shown significant result in treating arditha.

The Complete details will be presented in the full paper.