RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES  
KARNATAKA, BANGALORE  

PROFORMA FOR REGISTRATION OF SUBJECT (PANCHAKARMA) FOR  
DISSERTATION IN M.D. (AYURVEDA)  

“A CLINICAL STUDY TO EVALUATE THE EFFICACY OF  
KSHEERABALA TAILA NASYA IN VATIKA SHIRASHOOLA  
W.S.R TO CHRONIC TENSION HEADACHE”  

By  
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2009-2010  
Alva’s Ayurveda Medical College,  
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From,

Dr. JEAN GEORGE
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To,

The Registrar,
Rajiv Gandhi University of Health Sciences
Bangalore, Karnataka.

Through:

The Principal and Head of Department of P.G. Studies in Panchakarma
Alva’s Ayurveda Medical College-Moodbidiri, Karnataka

Subject: Submission of Completed Proforma for Registration of Synopsis of Dissertation in M.D. (Ay).

Respected Sir,

I request you to kindly register the below mentioned subject against my name for the submission of the dissertation to the Rajiv Gandhi University of Health Sciences, Bangalore, for partial fulfillment of M.D. (Ayurveda) in Panchakarma.

THE TITLE OF DISSERTATION:

“A CLINICAL STUDY TO EVALUATE THE EFFICACY OF KSHEERABALA TAILA NASYA IN VATIKA SHIRASHOOLA W.S.R TO CHRONIC TENSION HEADACHE”

Herewith I am enclosing completed Proforma for Registration of Subject of dissertation.

Thanking You,

Yours faithfully,

Date: 25/11/2009
Place: Moodbidiri

Dr. JEAN GEORGE
RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES
KARNATAKA, BANGALORE

PROFORMA FOR REGISTRATION OF SUBJECT
DISSERTATION IN M.D (AYURVEDA) PANCHAKARMA

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3. COURSE OF STUDY & SUBJECT : M.D. (AYURVEDA) – PANCHAKARMA

4. DATE OF ADMISSION TO THE COURSE : 8th June 2009

5. TITLE OF THE TOPIC :

   “A CLINICAL STUDY TO EVALUATE THE EFFICACY OF KSHEERABALA TAILA NASYA IN VATIKA SHIRASHOOLA W.S.R TOCHRONIC TENSION HEADACHE”
6. Brief Resume of Intended Work

6.1 Need for the Study

The human being of the present era is running breathlessly behind his endless desires. To meet these desires, change of lifestyles has taken place which includes irregular, faulty dietary pattern, suppression of natural urges, sleepless nights, no entertainment and inadequate time for relaxation. Consequently the man has become victim of challenging diseases like tension headache, hypertension etc.

Kaplan & Sadock (1995) have reported that amongst all types of headaches 82% patients are suffering from tension headache\(^3\). Thus it needs effective and safe treatment. Though, modern therapeutics have broad spectrum of pharmacological managements they contribute to serious side effects. Nowadays population is looking towards natural and safest remedy from Ayurveda.

Shirahshoola, the chief symptom of Shiroroga comes under Urdhwajatrugata Vikara. Vatika Shirashoola described in Ayurvedic texts can be compared with Tension headache, as mental factors like excessive weeping, grief, fear, terror have also been attributed in its aetiopathogenesis\(^1\).

Nasya is effective in treatment of Shirorogas, where the medicine administered through the nose goes into the Shirah and expels out the vitiated Doshas since Nasika being doorway to Shirah\(^7\).

Exclusive indication of Ksheerabala Taila Nasya in Vatarogas is available in Sahasrayoga\(^4\). All ingredients are easily available and having Vatahara action\(^5\). So far, no studies have been carried out using this Taila in Vatika Shirashoola.

Hence the present study is intended to evaluate the efficacy of Ksheerabala Taila Nasya in the management of Vatika Shirashoola.
6.2 Review of literature:

All the Ayurvedic and contemporary information including the internet sources, mentioning the disease, procedures and the drug along with the proposed clinical study will be thoroughly reviewed.

Previous works done

1. A clinical study of Nasya karma and Shamana yoga in the management of Vatika Shirahsoola w.s.r. to Tension Headache. - Dr. Mann Raj. (J.M.-994) 2005.

6.3 Objectives of the Study

- To study and compare the disease Vatika Shirashoola and Chronic Tension Type Headache.
- To evaluate the efficacy of Ksheerabala Taila Nasya in Vatika Shirahshoola (Chronic Tension Type Headache)

Hypothesis

- \( H_0 \) -There is no effect of Ksheerabala Taila Nasya in the management of Vatika Shirashshoola (Chronic Tension Type Headache).
- \( H_1 \) -There is significant effect of Ksheerabala Taila Nasya in the management of Vatika Shirashshoola (Chronic Tension Type Headache).
7. Materials and Methods

7.1 Source of Data

**Literary source:**

All the classical, modern literatures and contemporary texts including the websites about the disease, drug and procedure will be reviewed and documented for the intended study.

**Sample Source:**

Patients will be randomly selected from OP and IP of Dept of Panchakarma and Kayachikitsa, Alva’s Ayurveda medical college hospital. Patients from other referrals and camps with complaints of Vatika Shirashoola (chronic tension-type headache).

**Drug review:**

1. The ingredients will be properly identified and collected from the market.
2. Ksheerabala Taila will be prepared as mentioned in Sahasrayoga.

7.2 Method of Collection of Data

A single blind clinical study with minimum of 30 patients excluding dropouts, fulfilling diagnostic and inclusion criteria belonging to either sex will be randomly selected.

**Diagnostic Criteria:**

The criteria of diagnosis will be based on clinical parameters of Vatika Shirashoola\(^2\) and Chronic Tension Type Headache\(^6\) i.e.

- Animitha Shiroruja.
- Teevram nishichatimaatram.
- Bandhopatapacha prashamanam.
- Average headache frequency of more than 15 days per month for more than 6 months fulfilling the following criteria. (At least 2 of the following )
  - Pressing/tightening (nonpulsating) quality
  - Mild or moderate intensity (may inhibit but does not prohibit activities)
  - Bilateral location
  - No aggravation from climbing stairs or similar routine physical activity
Inclusion Criteria:

• Signs and Symptoms as mentioned in Diagnostic criteria.
• Age group between 16 to 60 years.
• Patients irrespective of sex, religion and socio-economic status and locality.

Exclusion Criteria:

• Other Primary and secondary headaches like episodic tension headache, migraine, cluster headache, chronic daily headache etc.
• Patients with any other systemic disorders
• Patients contraindicated for Nasya Karma

Procedure of administration of the drug:

Poorva Karma : Sthanika Abhyanga - Tila Taila

Sthanika Bashpa Sweda

Pradhana Karma : Nasya Karma by Khsreerabala Taila.

(matra is 8 drops)

Paschat Karma : Haridra Dhoomapana

Ushna jala Kavalagraha.

Duration Of Treatment: 7 days

Plan of study:

The procedure will be administered for a period of 07 days and the patients will be assessed before and during the treatment.

Follow up:

After the completion of therapy the patients will be asked to come on 15th & 30th days for a follow-up.

Total study duration: 37 days
Assessment criteria:

Assessment of the condition will be done based on detailed proforma adopting standard scoring methods of different parameters and will be analyzed statistically based on obtained data.

7.3 Does the study require any investigations or interventions to be conducted on patients or other humans or animals? If so please describe briefly.

- This study will be conducted clinically. No animal experimentation will be carried out.

Laboratory Investigations

- Blood routine and urine routine.
- Other investigations if necessary.

7.4 Has the ethical clearance have been obtained from your institution in case of 7.3?

- The ethical clearance has been obtained by the ethical committee formulated in this institution.

8. List of References:


4. Dr. Ramnivas Sharma. Dr. Surendra Sharma, editor. Sahasra yoga: moola sanskrit evam malayalam tatha hindi anuvada samhitha. Delhi: Chaukamba Sanskrit Publication; p.75 (Under Taila Prakarana)


9. Signature of the Candidate:

10. Remarks of Guide:
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11.4 Signature & Seal :

12. Remarks of Principal :

12.1 Signature & Seal: