

Clinical efficacy of *Pathyakshadhathree Kashaya* and *Triphala Ghritha* in the management of *Ananthavata* with special reference to tension type headache

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Abstract

According to *Acharya Charaka's Trimarmiya adhyaya*, *Shiras* is one major *marma* which seats for *Pranavata*, *Alochaka pitta* and *Tarpaka kapha*. Imbalance of *doshadhatu* and *mala* related to the *Sirasa* and *Manya pradesha* will cause *Shiro Rogas* such as *Ananthavata*. *Ananthavata* is a benign and recurrent syndrome of headache, neck pain, eye pain and other neurological dysfunction. In terms of the etio-pathogenesis of the ailment, it co-relates with Tension Type Headache. The present study shows clinical efficacy of *Pathyakshadhathree kashaya* (PDK) and *Triphala Ghritha* (TG) in the management of *Ananthavata*. Three separate groups with randomly selected samples (n=10) were studied for 21 days. Group A was prescribed with freshly prepared PDK 120 ml twice a day. Group B was prescribed with TG 30 ml twice a day. Group C was prescribed with freshly prepared PDK 120 ml and TG 30 ml twice a day. The assessment criteria were based on the symptomatic features with their frequencies and assessments were done before and after the treatments respectively. Clinical assessment of A showed significant result in headache, neck pain, lessened the frequency of headaches and sleeping disturbances, at $p < 0.001$. Group B showed significant results in eye ache with 60% relief, at $p < 0.001$ and significant result in neck pain and irritability with relief of 60% and 59.56%. Also sleeping disturbances were lessened by 80%. Group C showed significant results as compared to both the groups. Frequency and duration of headaches reduced by 80%, at $p < 0.001$. *Tridoshashamaka*, *Snayudrudakara*, *Shulahara*, *Mrudu Virechaka* and *Rasayana* properties of TG and PDK may be effective on *Srotas* which relate to the *Manokarma*, *Chakshuyindriya* and *Manya Pradesha*. Especially *Vata* pacifying property of TG may show a significant result in prognosis. All groups showed prognosis in *Ananthavata* but overall effect of combination of both the medicine in Group C showed highly significant results when compared.

Keywords: *Ananthavata*, *Pathyakshadhathree Kashaya*, *Triphala Ghritha*

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