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# Study to evaluate the effect of *Naradiya Laxmivilas Rasa* and *Goghruta Nasya* in Vertigo (*Bhrama*)

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## ABSTRACT

Vertigo is a disturbance of sense of equilibrium and movements, where person feels that either his surroundings are going around him, or he himself is rotating. It varies from mild imbalance to severe vertigo accompanied by nausea and vomiting. In Ayurveda it can be compared to *Bhrama* which manifests as consequence of aggravation of *Vata* and *Pitta Doshas* along with *Raja Guna* resulting in spinning of head. An open randomized clinical trial was conducted to evaluate the effect of *Naradiya Laxmi Vilas Rasa* and *Goghruta Nasya* in vertigo w.s.r to *Bhrama* for duration of 2 months. 100 patients were selected and clinical evaluation was done by subjective and objective parameters. It was noted that there was significant relief in symptoms of Vertigo. So, it can be concluded that *Naradiya Laxmi Vilas Rasa* and *Goghruta Nasya* has significant effect on Vertigo (*Bhrama*).

**Key words:** Vertigo, *Bhrama*, *Naradiya Laxmivilas Rasa*, *Goghruta Nasya*.

## INTRODUCTION

Vertigo is a disturbance of sense of equilibrium and movements, where person feels that either his surroundings are going around him, or he himself is rotating. It varies from mild imbalance to severe vertigo accompanied by nausea and vomiting. Vertigo is not necessarily same as Dizziness. Severe Vertigo may be accompanied by nausea, vomiting, perspiration and gastric upset due to vagal stimulation. Vertigo can be classified as Central and Peripheral. Common causes of vertigo includes Meniere's Disease, BPPV (Benign Paroxysmal

Positional Vertigo), Labyrinthitis, Vestibular Neuronitis, Trauma, Cervical Spondylosis, Stroke or Tumor, Ototoxic drugs. Commonly seen symptoms includes spinning, tilting or swaying of head for varying intensity, duration and intervals. Nausea, vomiting, perspiration along with nystagmus can be seen.<sup>[1]</sup>

93% of Patients with vertigo have either BPPV or Meniere's Disease or Vestibular Neuronitis. Benign paroxysmal positional vertigo (BPPV) is considered the most common peripheral vestibular disorder, affecting 64 of every 100,000 Americans. Women are more often affected and symptoms typically appear in the fourth and fifth decades of life.<sup>[5]</sup>

*Bhrama* is defined as a spinning sensation experienced by a patient causing one to lose balance and fall to the ground. The *Doshas* vitiated in *Bhrama* are *Vata* and *Pitta Doshas* and *Raja Guna*. In *Vata Pradhan Bhrama* there is Subjective Vertigo and in *Pitta Pradhan Bhrama* there is Objective Vertigo.<sup>[2]</sup>

There is no specific treatment described for Vertigo in modern science. Vasodilators like Cinnarizine and Betahistine are given for longer durations which may result in side effects such as headache, nausea and gastric disorders. So there is need to establish specific

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treatment for vertigo which not only reduces its symptoms but also increases quality of life of patient.

**OBJECTIVES**

To put forth the effect of Ayurvedic management in Vertigo (*Bhrama*) in such a way that it should be convincing and acceptable to the medicos of the modern era.

**MATERIALS AND METHODS**

**Study type :** Open clinical trial

**Study centre :** Dr. D. Y. Patil Ayurvedic Hospital, Nerul, Navi Mumbai.

**Sample size :** 100 patients

**Study duration :** 2 months

**Statistical evaluation :** The statistical evaluation of study was conducted with appropriate statistical test.

**Selection of Patients**

Uncomplicated patients with characteristic symptoms and signs of Vertigo (*Bhrama*) irrespective of sex, religion, education, occupation etc. were selected.

**Inclusive Criteria**

1. Age Group - 20 to 80 years.
2. Sex - both male and female.
3. Physical examination and clinically significant abnormal laboratory investigation at the prestudy.

**Exclusive Criteria**

1. Patient below 20 years and above 80 years.
2. Congenital defects and disorders.
3. Patient having severe cardiovascular, gastrointestinal and renal disease.
4. Pregnant and Lactating women.

**Subjective Criteria**

Symptom	Imbalance ( giddiness)
No -	No imbalance or giddiness
Mild +	Mild imbalance while making movements

Moderate ++	Imbalance intermittently while making movements and also while sitting
Severe +++	Continuous feeling of imbalance or giddiness while making movements and also while sitting

Symptom	Darkness in front of eyes
No -	No darkness in front of eyes
Mild +	Mild darkness in front of eyes
Moderate ++	Intermittent darkness in front of eyes
Severe +++	Continuous darkness in front of eyes

Symptom	Nausea
No -	No nausea
Mild +	Mild nausea
Moderate ++	Intermittent nausea
Severe +++	Continuous nausea

Symptom	Headache
No -	No headache
Mild +	Mild headache
Moderate ++	Intermittent headache
Severe +++	Continuous headache

Symptom	Ringling in ears
No -	No ringling in ears
Mild +	Mild ringling in ears
Moderate ++	Intermittent ringling in ears
Severe +++	Continuous ringling in ears

Symptom	Sweating
No -	No sweating
Mild +	Mild sweating
Moderate ++	Intermittent sweating
Severe +++	Continuous sweating

### Objective Criteria

Rhombergs Test

### Laboratory Investigations

- CBC
- ESR

### Ingredients of oral medicine

SOP of Naradiya Laxmivilas Rasa

SN	Ingredients	Latin Name	Quantity
1.	Abhraka Bhasma	Purified and processed Mica	40 g.
2.	Shuddha Parada	Purified Mercury	20 g.
3.	Shuddha Gandhaka	Purified Sulphur	20 g.
4.	Karpooora	Cinnamomum camphora	20 g.
5.	Jatiphala	Myristica fragrans	20 g.
6.	Jatikosha	Nutmeg	20 g.
7.	Vridhdharu	Argyrea speciosa	10 g.
8.	Dhattura	Datura metel	10 g.
9.	Bhanga	Cannabis sativa	10 g.
10.	Vidarikanda	Pueraria tuberosa	10 g.
11.	Shatavari	Asparagus	10 g.

		racemosus	
12.	Nagabala	Grewia populifolia	10 g.
13.	Atibala	Abutilon indicum	10 g.
14.	Gokshura	Tribulus terrestris	10 g.
15.	Nichula	Strychnos nux vomica	10 g.
16.	Nagavalli	Piper betel	QS

The raw material for study was purchased from the local market certified by Dravya Guna Dept. and Rasa Shastra Dept. of Dr. D. Y. Patil School of Ayurveda.

First *Kajjali* was prepared from *Parada* and *Gandhaka* and all remaining drug components were mixed into it. Grounding them into fine powder get the compound triturated along with juice of *Nagavalli Patra* and make pills of 125mg each out of the preparation. Tablets are packed and stored in air tight containers.

**Reference :** Bhaishajya Ratnavali Jwara Chikitsa 1223-1236

**Mode of administration :** Oral

**Dose :** 250mg BD

**Anupana :** milk

**Aushada Sevana Kaala :** After breakfast

**Nasya :** Goghruata, 4 drops in each nostril in morning

### Duration of Treatment

Oral medications : 2 month

Nasya : 2 month

### Assessment of total effect of therapy

#### Criteria for assessment

Result	Criteria for Assessment
Cured	Complete relief (100%) in signs and symptom of <i>Bhrama</i> was taken as cured.

Moderate relief	Patients with improvement of more than 60% in sign and symptoms, were taken as moderately relieved.
Mild relief	Patients with improvement in between 30-60% in sign and symptoms were considered as mild relief.
Unchanged	No change or less than 30% improvement in signs and symptoms were considered as unchanged.

**OBSERVATIONS AND RESULTS**

100 patients of either sex in the age group of 20-80 years of Vertigo (*Bhrama*) were selected as per the selection criteria, underwent physical examination. *Naradiya Laxmivilas Rasa* in dose of 250mg BD daily for 2 months along with *Goghruta Nasya* was given. Patient were followed up every 15 days for 2 months.

The Symptoms Score was compared Before and After Treatment. There were 36 males and 64 females. All the patients had giddiness along with darkness in front of eyes and other associated symptoms like nausea. All the patients were examined clinically at every follow up, and analysis was carried out at end of 2<sup>nd</sup> month.

Rhombergs Test was performed before and after the treatment. It was seen that after treatment 80 patients showed negative results and in 20 patients it was positive.

**RESULTS**

Parameter	Before treatment			After treatment			P	T
	Mean	SD	SEM	Mean	SD	SEM		
Imbalance (giddiness)	1.66	0.524	0.078	0.27	0.44	0.096	<0.001	18.26
Darkness in	1.47	0.59	0.065	0.46	0.454	0.077	<0.001	13.69

front of eyes								
Nausea	1.88	0.715	0.089	0.29	0.609	0.079	<0.001	22
Headache	1.36	0.343	0.066	0.36	0.488	0.065	<0.001	16.144
Ring in ears	1.65	0.55	0.077	0.12	0.387	0.053	<0.001	15.34
Sweating	1.53	0.45	0.079	0.25	0.50	0.068	<0.001	21.148

**Pathological Investigation**

Vitals	Mean ± Std. Dev.	
	Initial 0 day (baseline)	60 <sup>th</sup> day
Hb	14.3 ± 1.79	14.45 ± 1.48
Total RBC	5.69 ± 0.79	5.72 ± 0.79
Total WBC	6437.75 ± 1890.2	6077.5 ± 1085.45
Neutrophils	62.61 ± 6.71	61.9 ± 5.97
Lymphocytes	36.07 ± 3.91	35.89 ± 3.23
Eosinophils	3.84 ± 5.44	2.89 ± 2.06
Monocytes	1.89 ± 1.77	2.45 ± 2.74
Basophils	0.08 ± 0.3	0.35 ± 0.71
ESR	14.55 ± 9.63	10439 ± 3.36

Using Paired t test : a = significant (p< 0.05) as compared to baseline, b = not significant (p> 0.05) as compared to baseline.

The Laboratory evaluations for safety (CBC,ESR) did not indicate any significant change compared to baseline.

**Variation in Symptoms severity with Drug**

Symptoms	0 day	15 day	30 day	60 day	90 day
Imbalance (giddiness)	100%	100%	70%	40%	-
Darkness in front of eyes	100%	80%	50%	10%	-
Nausea	80%	80%	50%	20%	10%
Headache	80%	50%	30%	20%	-
Ringling in ears	80%	70%	60%	20%	5%
Sweating	40%	30%	20%	10%	-

**DISCUSSION**

Vertigo (*Bhrama*) is a common health hazard and no corner of the world have unaffected in developing and undeveloping countries. The management of vertigo (*Bhrama*) in effective manner has always been a challenge to modern and Ayurvedic Physician world over *Goghruta Nasya* with *Naradiya Laxmivilas Rasa* orally is very effective and not having any toxic effect. During this study it was observed that the *Goghruta Nasya* with *Naradiya Laxmivilas Rasa* orally, produce significant symptomatic progressive relief (Imbalance or giddiness - 82.19%, Darkness in front of eyes - 80.76%, Headache - 77.60%, Nausea - 84.60%, Ringling in ears - 71.15%, Sweating - 72.88.%)

During this clinical study *Goghruta Nasya* with *Naradiya Laxmivilas Rasa* orally treatment it does not need hospitalization or any special technique and hence patients social, psychological and economic status is not disturbed. During this clinical study we have not found any significant changes in hematological analysis.

**Probable Mode of Action of Naradiya Laxmivilas Rasa**

*Naradiya Laxmivilas Rasa* has ingredients which are *Vatahara* and *Pittahara* in properties. So in *Bhrama* it

helps in allievates *Vata* and *Pitta Doshas* thus reducing the symptoms. It has narcotic and sedative properties and so helps in relaxing the brain and hence helps in reducing giddiness, headache etc. *Goghruta Nasya* alleivates *Pitta* and *Vata* and reduces symptoms.

Drug	Rasa	Virya	Vipaka	Doshag hnata	Action
<i>Abhraka Bhasma</i>	<i>Madhur</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Tridosh ahara</i>	<i>Deepan, Pachan, Ruchi Vardhak</i>
<i>Shuddha Parada</i>					
<i>Shuddha Gandhak a</i>					
<i>Karpoora</i>	<i>Tikta, Katu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pitta Kaphah ara</i>	Anti Oxidant, Narcotic
<i>Jatiphala</i>	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphav ata Shamak</i>	Anti bacterial, Induces sleep
<i>Jatikosha</i>	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphav ata Shamak</i>	Anti bacterial, Induces sleep
<i>Vridhdhad aru</i>	<i>Katu Tikta</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Kaphav ata Shamak</i>	<i>Rasayana , Balya, Agnivard haka</i>
<i>Dhattura</i>	<i>Kashay a, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vataka pha Shamak</i>	<i>Vedanast hapan, Pachan, Deepan, Vyavayi</i>
<i>Bhanga</i>	<i>Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vataka phahar a</i>	Anti Oxidant, Narcotic, Sedative, Immuno



					mudulator
<i>Vidarikanda</i>	<i>Madhur</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vatapitta Shamak</i>	Anti oxidant, Immunomodulator, Anti inflammatory
<i>Shatavari</i>	<i>Madhur</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vata Pitta Shamak</i>	Anti Oxidant, Immunomodulatory
<i>Nagabala</i>	<i>Madhur</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vata pitta shamak</i>	Anti Oxidant, Immunomodulatory
<i>Atibala</i>	<i>Madhur, Tikta, Katu</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vata Pitta Shamak</i>	Antioxidant, Anti inflammatory
<i>Gokshura</i>	<i>Madhur</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vatapitta Shamak</i>	Anti Oxidant, Diuretic.
<i>Nichula</i>	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavata Shamak</i>	Hepatoprotective, Antioxidant
<i>Nagavalli</i>	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vataphahara</i>	Anti Oxidant, Narcotic, Sedative, Immunomodulator

## CONCLUSION

*Goghruata Nasya* with *Naradiya Laxmivilas Rasa* orally is an effective treatment for Vertigo (*Bhrama*) with minimal financial burden and with no side effects, hence it can be concluded that this treatment is economical, alternative and safe.

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