

Ayurveda Treatment Protocol in the Management of *Ardhavabhedaka* (Migraine) - A Case Report

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Abstract:

Migraine is common brain disorder and it can be defined as benign, recurring syndrome of headache, nausea, vomiting and other symptoms of neurological dysfunction in varying admixtures. W.H.O. International Headache Society stated that, episodic migraine is characterized by Migraine has ranked number 19 among all diseases worldwide which causing disability. Symptoms of Migraine were having similarities with *Ardhavabhedaka* which is a one of the types of the 11 *Shiro roga*. Modern management to treat this condition has various side-effects like drug dependency, drug resistance and gastric irritation etc. A 30 years old married female patient visited the *Kayachikitsa* department of *Dhanwantari Ayurvedic Medical College and hospital Ujjain*, on 30/11/2019 with complaints of unilateral severe headaches on and off once and sometimes twice since 15 days. Patient is having the similar complaints intermittently for last 6 years. Patient was treated with *Sadhyovirechana*, *Nasya Karma* and *Shaman chikitsa*. Encouraging results were noted without recurrence of symptoms and adverse effects.

Key words: *Ardhavabhedaka*, Migraine, *Nasya*, *Sadhyovirechana*, *Shaman chikitsa*.

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Introduction:

Headache in general is one of the commonest health problems. All of us sometimes are spared the experience of a headache. It is also a major cause of non-appearance from work and of avoidance of social and personal activities. It is a benign symptom, which may be of primary idiopathic type or may be a manifestation of a wide range of organic diseases such as brain tumor, subarachnoid hemorrhage, meningitis or giant cell arteritis. Severe headaches are described as throbbing pain and its associated symptoms are vomiting and scalp tenderness^[1]. Mild headaches are non-descriptive tight band, like discomfort often involving the entire head, the profile of tension type headache.

Migraine is a periodic attacked of headaches on one or both sides of the head. According to W.H.O. Migraine is the third most common disease in the world with on estimated global prevalence of 14.7%(Around 1in 7 people) , as one of the diseases where cause is not exactly known and the second most common reason for cerebral pain, afflicts around 15% of women and 6% of men^[2]. A useful definition of migraine is a benign and recurrent syndrome of headache, nausea, vomiting and other sign and symptoms of neurological dysfunctions in various admixtures Migraine can often be recognized by its activators like stress, Lack of Sleep, Worries, Red wine, caffeine, hormonal changes in women etc. and by its deactivators like sleep, relaxation, meditation, pregnancy, and exhilaration. Mainly two Types of migraine that are Migraine with aura (classic migraine) and

Migraine without aura (common migraine) and mentioned in classic. Apart from this other types also described viz. Chronic migraine - on over 15 days of the month, Menstrual migraine - connect to the menstrual cycle, Hemiplegic migraine - this causes weakness and Abdominal migraine.

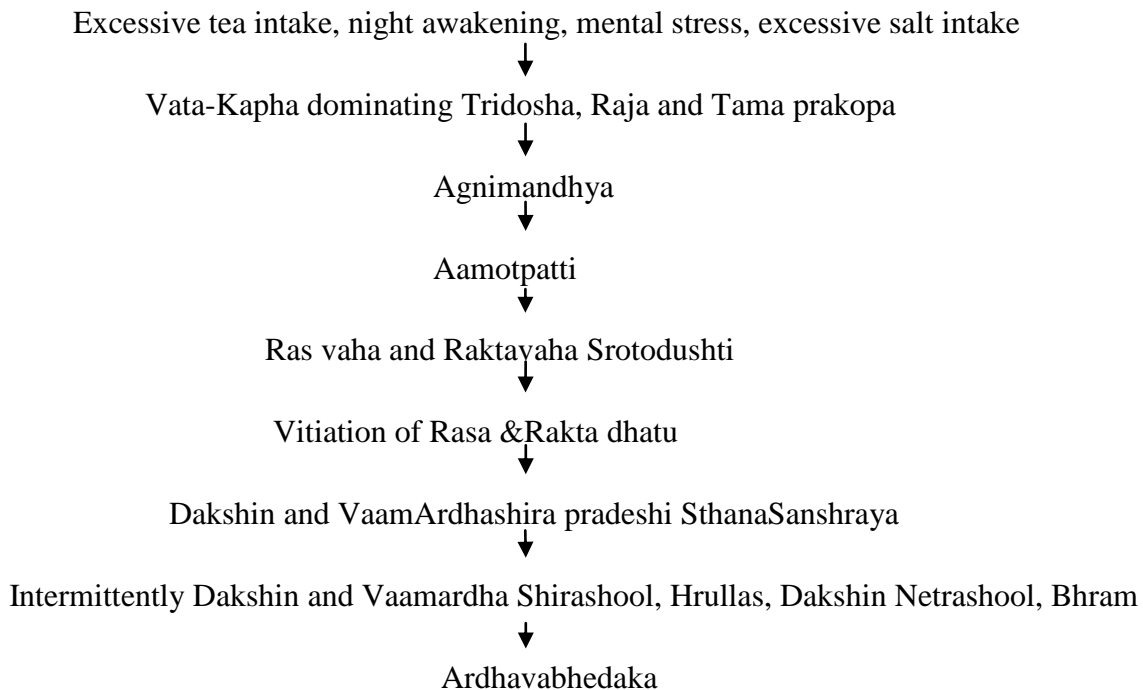
In modern medicinal text books are clearly state that there is no proper standardized treatment for migraine. The acute condition of migraine is being dealt with 'over-the-counter' medicine and minimum percentages of patients of this category are able to consult a physician. But the chronic stage of migraine is more prevalent and difficult to treat. In chronic stage migraine various treatment modules comprises of non-pharmacological treatment such as identification of triggers, meditation, relaxation training, psychotherapy etc and pharmacotherapy as abortive and preventive therapy. Aspirin, Paracetamol, Ibuprofen, and Diclofenac etc. are non-specific abortive therapy, whereas Ergot, 5-HT₁ receptor agonists are specific abortive therapy.^[3]

Almost all the *Ayurvedic Acharyas* have referenced *Ardhavabhedaka* in *Shiro rog*. In *Uttar Tantra Sushruta* has mentioned 11 types of *Shirorog* one of them is *Ardhavabhedaka*^[4]. *Shiras* is the seat of *Prana Vayu*, *Buddhi vaisheshika Aalochaka Pitta* and *Tarpaka kapha*. It impendence of 37 marmas mainly *Sringatakamarma*, Sense organs and central nervous system. As indicated by *Acharya Sushruta*, it is a *Tridoshaj* disease and according to *Acharya Charaka* it is *Vataja* or *Vata-Kaphaja*^[5] while *Acharya Vagbhatta* believed

that *Ardhavabhedaka* occurs due to vitiated *Vata*.^[6]

According to clinical features of the patient, the headache was migraine without aura i.e. common migraine. This type of migraine is very common. Migraine can be clinically correlated with *Ardhavabhedaka* in Ayurveda explained by commentator

Chakrapani as *ArdhaMastaka Venda* due to its cardinal feature 'half sided headache.' *Shodhana* and *Shamana* both therapies were given to the patient for the treatment. *Samprapti* of *Ardhavabhedaka* is hypothetically mentioned in following flow chart.^[7]



All the three *doshas* are involved in the pathogenesis of the *Ardhavabhedaka* with the predominance of *Vata* or *Vata*kapha. The disease may not be fatal but if not managed properly then it may damage eyesight or hearing^[8]. In *Ayurvedic* literature are various treatments for *Ardhavabhedaka* both *Shamans*, *Shodhana*. But firstly avoidance of cause then shiro abhyanga (head massage), *Sneha pana* (oleation), *upanahasweda* (hot poultice) are useful.

Shodhana - *Vamana* (emesis), *Virechana* (purgation), *Asthapana*, *Anuvasanabasti* (enema) and *Shiro basti*, *Nasya* (nasal drops), *Lepa* (local application), *Raktamokshana* (bloodletting), *Agni karma* (cauterization).

Shaman – *Vata*kapha hara *chikitsa* (*vata*kapha mitigating treatments), practice of *pranayama*, *yoga*, physical and mental rest, treatment modalities of the disorders *Suryavartha*, *Pratishyaya* can also be advocated.^[9]

Case Report:

A 30 years old married female patient visited the *Kayachikitsa* department of *Dhanwantari Ayurvedic Medical College* and hospital Ujjain, on 30/11/2019 with complaints of unilateral severe headaches on and off once and twice since 15 days. Patient is having the similar complaints intermittently for last 6 years. Headache was followed by nausea, and sometimes vomiting, too. Headache was alternating means sometime in right side and sometime in left side. Patient is complaining of severe headache since 2 days, occupationally she was a housewife, which disturbs his routine work.

On examination patient was Afebrile, Pulse 76 per minute, Blood pressure was 120/80 mmHg, there was no pallor, icterus, clubbing of nails, oedema or lymphadenopathy noted. No CNS abnormalities noted and all other systemic examination was done which found to be normal. The body weight was 56 kgs. There was no history of diabetes mellitus or hypertension. Patients have 4-5 episodes of headache in a week. No significant family history and personal history identified. He consulted many allopathic physicians but got symptomatic relief only. Personal history revealed her bowel habits are normal with normal appetite. No difficulty in micturition was reported. She had reduced sleep. No allergies or addictions were reported. Routine haematological and urine investigations as well as CT scan of brain were carried out and findings were not of any pathological significance.

Therapeutic intervention:

Tab Abhayadi Modaka1 (250 mg) once for SadhyaVirechana with Laghu Ahara was given and then following treatment was prescribed from day second.

1. Chitrakadi vati 250 mg two times a day before food with luke warm water for 30 days
2. Godanti Bhasma-250mg + SutashekharRas-125mg+ Shirshuladivajra Ras - 250mg + Kamdudha Ras - 250 mg two times a day before food with plain warm water for 30 days
3. Pathyadi kwath 20ml two times a day after food with equal amount of normal water after food for 15 days.

1st Follow up: After 15th day patient came to Kayachikitsa OPD with 1 attacks of migraine. She was advised to continue the same shaman chikitsa for 1 month with Cephagrain nasal drop - 2 Drop two times in each nostrils daily for 7 days.

2nd Follow up: After one month from the date of 1st follow up, she came to Kayachikitsa OPD with no attacks of migraine. She was advised to continue tab. Cephagrain 2 BD and Pathyadi kwath 20ml BD with equal amount of normal water after food for one month more and follow up next month.

3rd follow up: After one month from the date of 2st follow up, she came to Kayachikitsa OPD with no attacks of migraine. She was advised to continue tab. Cephagrain 2 BD for 10 days more and follow up next 10 days. But patient did not come for 4th follow up.

Result and Discussion:

Significant changes in signs and symptoms were noticed before treatment and after treatment with short course duration of 15 days. On first day, patient had severe headache with nausea which reduced on 4th day. On 6th, she had no headache and was feeling happy. On 1st follow up there was 1 attacks of migraine. On 2nd and 3rd follow up there was no attacks of migraine in between the course of duration.

Sadhyovirechana with *Abhayadi Modaka* detoxifies the body and removes the vitiated *Pitta Doshas* from the *Koshta*^[10]. *Chitrakadi Vati* was selected for its effect in enhancing the *Agni* or the physiological action of *Pitta*. It is one of those medicines which possess a number of efficient *Deepana, Pachana* and *Agnivardhaka drugs*^[11].

Chitrakadivati being a *kaphapittaghna* prominently with *anulomana* in action will help in bringing the *vimargagata* (misdirected) *vatadosha* to its normal *gati* (movement), also when looked upon the concept of *Sanga* (clog) in the *srotas* (channels) which is the main reason for *Vimargamana* (misdirection) of *vatadosha*, *Chitrakadivati* possessing the quality of *Saratva* (liquifying), helps to remove the *Sanga* (clog) thereby restoring back the normal pathway of *apanavata*.

Shirshuladi vajrarasa is very good medicine for Headache, even severe headache.^[12] The ingredient of *Sutashekhar Rasa* like *swarnabhasma*, *Shankhbhasma*, *Ela* etc are useful in headache due to vitiation of *Pitta*. It reduces *Pittastrava* (secretion of peptic juice) from stomach and removes the accumulated *Pitta* from stomach. *Godanti*

Bhasma is *Deepana* (appetizer), *Shoolaghna* (analgesic), *Pachana* (digestive), and *Jwaraghna* (antipyretic).^[13]

Kamdudha Rasa ingredients like *Mukta* (pearl), *Pravala* (coral: *Corallium rubrum*), *Shankha* (conch shell), *Shukti* (oyster shell) and *Varatika* (cowries shell: *Cypreamoneta* Linn.) *bhasma* (Powder obtained by calcinations of mixture of minerals and herbs or any one) are the *suktavargadravyas* (calcium containing group) which are known for their importance in the management of *Amla pitta*, *Pittajavikara*, (disorder related to biological fire or metabolic catabolic enzymes), *Jirna Jwara* (chronic fevers) and *Som rog* (The condition in which there is an excessive urination in women). All the catabolic phenomenon of bodies are taken as the result of *Agni*, so it was one of the most suitable drugs in *Ama pachana*.^[14]

Nasya karma with *Cephagrain* nasal drop was instilled into both nostrils and was expected to strengthen the vital functions of the sense organs by its unique mode of action through *Sringatakamarma*. *Sthaniya khavaigunya* (localization of disease) the special *kriyakalpa* procedure helped to open the *Vatavahasrotas* and lightened the head.^[15]

Pathyadi kwath ingredients like *Triphala* (*Terminalia chebula*, *Terminalia bellirica*, *Emblica officinalis*), *Haridra* (*Curcuma longa*), *Guduchi* (*Tinospora cordifolia*), *Bhunimbha* (*Andrographis paniculata*), and *Nimbha* (*Azadirachta indica*) are useful in headache due to *Ama pachana* and *pitta hara* property.^[16]

Conclusion:

On the basis of this single case report it can be said that the *Ardhavabhedaka* (Migaine) can be successfully treated with Ayurveda treatment protocol with *Sadhyovirechana* with *Abhayadi Modaka* and *Nasya Chikitsa* as *shodhan* and *Chitrakadi vati*, *Shirshuladi vajra rasa*, *Godanti Bhasma*, *Kamdudha rasa*, *Sutashekhar rasa* as *shaman* drugs.

Limitation of the Study:

The study with *Shodhan* and *Shaman Chikitsa* with above Ayurved treatment protocol should be tried in more cases with control group for its scientific conclusion.

Declaration of patient consent:

The authors declare that that they have obtained consent form from patient for publication of clinical information blinding the identity of individuals.

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