

PAIN MANAGEMENT IN ARDHAVABHEDAKA IN MIGRAINE – A CASE STUDY

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ABSTRACT

Ayurveda is the science which deals with prevention as well as cure for various disorders and also mentioned different branches called '*Ashtanga Ayurveda*'^[1,2] In which *Shalakya Tantra* is one of the branch which deals with various disorders and its management, prevention etc which are presents above the clavicle region i.e. *Urdhawajatrugata Bhaga*^[3] Head is one the part mentioned among *Shadangas* which is considered as '*Uttamanga*' and described as seat for *Prana* and *Indriyas*^[4] *Ardhavabhedaka* [Migraine] is described as *Shiroroga*^[5] This can be correlated with Migraine in modern science. It is one of the commonly found disease in general practice which need emergency management. Because it worsening the situation or complaints of patients. *Ayurveda* science has mentioned various emergency managements *Ardhavabhedaka* which includes *Nasya*, *Siravyadha*, *Shamana Chikitsa*. In this case study, *Shamana Chikitsa* was used for the management of *Ardhavabhedaka* w.s.r. to Migraine.

KEYWORDS: *Ardhavabhedaka*, Migraine, Pain management, Case study.

INTRODUCTION

The disease *Ardhavabhedaka* described one among in the *Shirorogas*. It is commonly found disease in daily practise. *Ardhavabhedaka* characterised by severe pain in the half part of head i.e. *Shirah Pradesha* [*Bhru*, *Shankha*, *Akshi*, *Karna*, *Manya*, *Lalata*] etc. *Shastravata*

intensity of pain faces in Migraine. In *Ardhavabhedaka*, various attacks had been experienced which comes in interval of 10 days or 15 days.^[6]

Ardhavabhedaka is one of the emergency disorder, which remains untreated it will be converted into *Andhyata* [blindness] and *Badhira* [deafness]^[7] *Charaka* has mentioned that due to intake of *Atimatra Bhojana*, *Ruksha Aahara-Vihara*, *Avashyaya*, *Shrama*, *Vegadharana*, *Vyayama*, which causes vitiation of *Vata Dosha* & later it goes in to Head region i.e. *Shira Pradesha* or along with *Kapha Dosha* which produces pain.^[6]

The disease Migraine which is commonly found reason for headache, which affects health of both men and women. Also, it affects person's social and professional life. In modern science there is symptomatic treatments were mentioned which failed to prevent its recurrence or recurrent attacks.

Ayurveda has mentioned various managements which includes *Nasya*, *Siravyadha*, *Agnikarma*, *Shamana Chikitsa*. In which *Shamana Chikitsa* was used for the treatment of *Ardhavabhedaka* i.e. Migraine. Therefore, in this study *Shamana Chikitsa* along with *Nasya* was selected for the management of *Ardhavabhedaka* w.s.r. to Migraine.

AIM AND OBJECTIVES OF THE STUDY

Aim – Case study of Pain Management in *Ardhavabhedaka* w.s.r. to Migraine.

Objectives – To study the role of *Shamana Chikitsa* along with *Nasya* in the management of *Ardhavabhedaka* w.s.r. to Migraine.

MATERIALS AND METHODS

CASE STUDY

A 35 years old Female patient visited OPD of *Shalaky Tantra* with complaints of *Dakshina Ardhashirah Shoola* [Pain in right half of head], *Todavata Vedana* [Pricking pain], *Hrullasa* [Nausea], *Dakshina Karnashoola* [Right Earache] since from 7-10 days [on & off].

History of present illness

Patient was normal before 7-10 days, then she suffered from pain in the *Dakshina Ardhashirah Shoola* [Pain in right half of head], *Todavata Vedana* [Pricking pain], *Hrullasa* [Nausea], *Dakshina Karnashoola* [Right earache]. Also with referring this pain in the left ear.

Patient experienced severe pain in the head region which affects her daily activities. Patient had taken allopathic treatment which provides her symptomatic relief for some time. Therefore, for relief patient comes to hospital.

Chief complaints

- *Dakshina Ardhashirah Shoola* [Pain in right half of head]
- *Todavata Vedana* [Pricking pain]
- *Hrullasa* [Nausea]
- *Dakshina Karnashoola* [Right earache]

Past history – No any history of major illness.

Personal history – H/O Stress, Insomnia, *Ahitakara Aahara & Vihara*.

General examination

- ❖ PR = 78/min
- ❖ BP = 120/80 mm of Hg
- ❖ RR = 18/min
- ❖ Weight = 57 kg
- ❖ Height = 150 cm

Ashtavidha Parikshana

- ❖ *Nadi* = 78/min
- ❖ *Mala* = *Asamyaka*
- ❖ *Mutra* = *Samyaka*
- ❖ *Jivha* = *Alpa Sama*
- ❖ *Shabda* = *Spashta*
- ❖ *Sparsha* = *Anushna*
- ❖ *Druka* = *Prakruta*
- ❖ *Aakruti* = *Madhyam*

Personal History

8 am – Breakfast, Tea, Toast

12-1 pm – Dinner, Chapati, Sabji, Dal, Rice

4.30 pm – Snacks, Tea

8 pm – Lunch, Rice, Roti, Dal, Sabji

Systemic examination – CNS, CVS, RS - NAD

Management

Ardhavabhedaka [Migraine] was treated with the help of *Shodhana* as well as *Shamana Chikitsa*, the following managements were given to the patient for about 7 days.

A] *Shodhana Chikitsa*

<i>Shodhana</i>	<i>Dravya</i>	Duration	Period of study
<i>Nasya</i> ^[8]	<i>Goghrita</i>	10-15 minutes in morning	7 days

B] *Shamana Chikitsa*

Drug	Dose	Kala	Anupana	Study duration
<i>Pathyadi Kwatha</i> ^[9]	40 ml BD	Morning & Evening	<i>Jala</i>	7 days
<i>Sutashekhar Rasa</i> ^[10]	250 gm BD	Morning & Evening	<i>Jala</i>	7 days

This case study was treated along with proper *Pathya Aahara-Vihara & Apathya*. In *Aahara*, *Snigdha dravyas* - *Ghritapana*, *Tailapana*, *Godhuma*, *Shashtika Shali*, *Dadima*, *Draksha*, *Kharjura* etc, *Pitta Shamaka Dravyas* were given. In *Vihara*, *Vyayama*, *Adhwagamana*, Proper *Nidra* was important.

OBSERVATIONS AND RESULTS

Effect of the treatment on *Dakshina Ardhashirah Shoola* [Pain in right half of head], *Todavata Vedana* [Pricking pain], *Hrullasa* [Nausea], *Dakshina Karnashoola* [Right earache] is as follows;

	Symptoms	Before treatment	After treatment
VAS Scale	<i>Dakshina Ardhashirah Shoola</i> [Pain in right half of head]	10	3
	<i>Todavata Vedana</i> [Pricking pain]	8	2
	<i>Dakshina Karna Shoola</i> [Right Earache]	7	1
Signs & symptoms			
	<i>Hrullasa</i> [Nausea]	++++	+

DISCUSSION

In *Ardhavabhedaka* there is vitiation of *Vata*, *Pitta* as well as *Rakta Dosha*. Therefore, in the pain management for *Ardhavabhedaka* [Migraine] helps to reduces the *Pitta*, *Vata Dosha & Rakta dushti*. *Nasya* with *Goghrita* for a period of 7 days helps to reduces the *Pitta Prakopa* along with *Rakta Dushti* in *Ardhavabhedaka*. *Shamana Chikitsa* includes, *Pathyadi Kwatha*

and *Sutashekhar Rasa* which are having *Vataghna*, *Pittaghna* properties, also helps to reduces the *Rakta dhatu dushti*. This *Shamana & Shodhana Chikitsa* helps to reduces the blood pressure increased in the head region in migraine after reduced in *Dosha Dushti*, relieves *Pitta Shamana*, *Vata Shamana* helps to relieves throbbing pain present in the head, ear etc.

CONCLUSION

In this case all symptoms like *Dakshina Ardhashirah Shoola* [Pain in right half of head], *Todavata Vedana* [Pricking pain], *Hrullasa* [Nausea], *Dakshina Karnashoola* [Right earache] was significantly diminished in 7 days of study along with proper follow up. In conclusion *Shamana [Pathyadi Kwatha, Sutashekhar Rasa] & Shodhana Chikitsa [Nasya]* was significantly effective in *Ardhavabhedaka* w.s.r. to Migraine, with proper follow up of *Pathya & Apathya*.

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