

ARDHAVABHEDAK (MIGRAINE) AND ITS MANAGEMENT THROUGH AYURVEDA-A CASE STUDY

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ABSTRACT

Ardhavabhedak is one of the *Shiroroga* which can be correlated with migrain. *Ardhavbhedak* occurs due to vitiation of *Tridosha*. Migrain is one of the most common disease which affects large no. of world population and involves paraosmal unilateral headache which is characterized by recurrent attacks of headache widely variable in intensity, frequency and duration There are various therapies proposed by ancient science for management of this disease & *Nasya* is one of them. The present paper summarized clinical efficacy of role of *Anu Taila Nasya* and *Pathyadi kwatha* as *samshaman dravya* in the management of *Ardhavbhedak*.

KEYWORDS *Ardhavabhedak, Nasya, Kwath, Snehan, Swedan, samshaman dravya, etc.*

INTRODUCTION

- Ardhavbhedaka* described under *shiroroga* (disease of head in *Ayurveda*) occurs due to vitiation of *Tridosha*. In *Ayurveda* almost all the *Acharyas* have mentioned *Ardhavbhedaka* in *shiro roga*. *Acharya Sushruta* has mentioned 11 types of *Shiroroga* in *Uttartantra* and *Ardhavbhedaka* is one of them characterized by pain in half side of head. *Ardhavbhedaka* according to *Acharya Charaka* *Vata* either alone or in combination with *Kapha*, seizes the one half of head and causes *Ativedana* (acute neuralgic pain) in the sides of the *Manya*(neck), *Bhroo*(eyebrow), *Shankha*(temple), *Karna*(ear), *Akshi*(eyes) or *Lalata*(forehead of one side). If the condition becomes aggravated, it may even empass the functions of *Netra*(eye) and *Karna* (ear).
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- According to Acharya Vagbhata-pain in half of the head is considered as *Ardhavybhedaka* and According to Acharya Sushruta - Severe tearing and pricking pain in one half of the.
- head associated with giddiness. These features appears every fortnightly or ten days or
- *Ardhavybhedaka* is one of the *Shiroroga* (disease of head) which can be correlated with Migraine having symptoms like paroxysmal unilateral(half cranial) headache sometime associated with vertigo, nausea, photophobia, phonophobia and other symptoms of neurological dysfunctions. Prevalence rate of the Migraine at about 6 to 8% in men and 12 to 15 % in women Migraine occurs 3 times more common in women than men. Migraine divided into several types, the most important of which were Migraine without aura called as common Migraine and Migraine with aura called as Classical Migraine.

In *Ayurveda Nasya* therapy is considered as one of the most promising treatment for all the *urdhwajatrugat vikaras*. *Nasya karma* involve administration of herbal oil/drugs/liquids into the nostrils which removes the blockages of the nasal pathways, reduces feeling of heaviness in head region & relief mental stress. These effect of *Nasya* gives significant relief in diseases associated with nose & head region such as; migraine (*Ardhavybhedaka*).

Ardhavybhedaka mainly caused due to the predominance of *Vata dosha* or *Vata kapha dosha*. *Pathyadi kwath* is mentioned in *Sharangdhar Samhita*, especially in the management of *Shiroroga*. The decoction has ingredients having *Ushana Virya*(hot potency)and *vatshamak* properties (Vata subsiding)With this back ground present study has been intended to evaluate the combined efficacy of *Anu taila nasya* karma with *Pathyadi kwath* as *shamanoushadhis* in the management of *Ardhavybhedaka*.

AIMS AND OBJECTIVES

- To assess the combined effect of *Anu taila Nasya* and *Pathyadi kwath* internally in *Ardhavybhedaka*.

MATERIAL AND METHOD

- A 37 year Female was selected during the opd time of department of *Shalakyatantra* having cheif complaints of throbbing pain over the right side of head lasting upto 6-12hrs/day twice week since 2 and half year.
 - Headache was followed by nausea and sometimes vomiting too. Also having giddiness and photosensitivity.
 - Headache aggravates on walking and climbing upstairs. There was no classical focal neurological events.
- N/H/O history of any other major illness
- Patient was under treatment of modern physician from 2 years but without any significant improvement.

Investigations- MRI

CT scan of brain were done findings were not of any pathological significance

- Hb% - 11. 2%
- Total leucocyte count 7500/mm³
- Differential leucocyte count : WNL
- ESR 18mm
- RBS- 96mg/dl
- Urine – Sugar nil
- Albumin nil
- The visual acuity of both eyes were 6/6 and IOP 17. 3mm of Hg in both eye

Treatment

- 1) *Nidanparivarjana*
- 2) *Anu taila nasya* given continue for 28 days and *Pathyadi kwatha* 20ml with luke warm water internally twice a day for 28 days.

Procedure Purva Karma

1. Prior to *Nasya*, *Snehan* was done on face, forehead, ears, and neck with *Tila Tail* approximately for 10 minutes.
2. *Sthanik Mrudu Swedan* was done.

Pradhan Karma

1. Position Supine position with slightly extended neck.

2. Drug will be instilled into one nostril while other nostril kept closed the same process is carried out in other nostril also.
3. For administration of drug dropper was used and 2 drops were instilled in each nostril.

SNEHAN KARMA



SWEDAN



NASYA KARMA**Pashchat karma**

1. *Mrudu Swedana* was done and Patient is advised to spit out the collected secretions.

Kaval with *luckewarm* water is given. *Pathya Apathya* must be followed.

ASSESSMENT CRITERIA

Symptoms	0	1	2	3	4
1. Severity of attack	No headache	Mild headache (aware only if pay attention to it)	Moderate headache (can ignore at times)	Severe headache (can't ignore but can do usual activities)	Excruciating headache (can't do any thing)
2. Frequency of headache	Nil	Once week	Twice week	Thrice week	Thrice week
3. Duration of headache	Nil	1-3hrs day	3-6hrs/ day	6-12hrs/ day	More than 12hrs/day
4. Nausea	No Nausea	Occasional episodes of brief duration	Frequency and prolonged nausea		
5. Vomiting	No Vomiting	Present before episode	Present before and after episode	Present during and after episode	
6. Giddiness	No Giddiness	Mild (can do his/her work)	Moderate (forced to stop work)	Severe (forced to take rest)	Very severe (forced to take medicine)
7. Aura	Absent	Present	Absent	No Change	No Change
8. Associated symptoms	No Symptoms	Mild (can do his/her work)	Moderate (forced to stop work)	Severe (forced to take rest)	Excruciating (forced to take medicine)

OBSERVATION AND RESULT

Symptoms	0	1	2	3	4
1. Severity of attack	No headache	Mild headache(aware only if pay attention to it)	Moderate headache (can ignore at times)	Severe headache (can't ignore but can do usual activities)	Excruciating headache (can't do any thing)
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DISCUSSION

In *Ardhavybhedaka*, when episode of *Ardhavybhedaka* occurs person feels helpless and handicap. WHO has ranked Migraine among the world's most disabling medical illness, the scope for prevention of the disease in modern science is not satisfactory. So, an attempt has been made to study the complete aspect of disease and to find the best possible way for the betterment of mankind.

In modern drugs are not acceptable due to their drawbacks, drug dependence and drug withdrawal syndrome, relapse of headache within hours and chances of getting chronic headache.

The *nasya dravya* acts on head region spreads into various *srotasas* and pacify vitiated *doshas*. The *nasya* helps to open *srotasas* and remove accumulated toxins & *dosha*. The *nasya dravya* enter into general blood circulation, after absorption through mucous membrane, into venous sinuses of brain through inferior ophthalmic veins and *nasya dravya* also directly absorb into the cerebrospinal fluid. These drugs also irritate the mucous membrane of the nose, increase local secretions and eliminate the morbid *doshas* from the nasal canal.

Ardhavyabhedaka mainly caused due to the vitiation of *Tridosha* (vata or vata-kapha) and *Anu taila* have the property of *tridoshaghnta* and *snigdha Guna*. *Anu taila nasya* cures all types of *shirorogs*. So *Anu taila* from *Sharangdhar samhita* which is having *Tridoshaghntatva* properties has been selected for *snehan* therapy in the present study. Hence they do normalize the vitiated *Tridoshas* and also *Pathyadi kwath* have predominantly *laghu ruksha gunas*, *ushna virya*, *madhur vipak*, and *tridoshahar properties* which can be beneficial in *Ardhavyabhedaka* as this disease has dominancy of vitiation of Vata and Kapha Dosha.

CONCLUSION

Considering the entire factors regarding treatment of *Ardhavyabhedaka*, *Ayurvedic snehan karma* help in management of this disease. In above case study, significant reduction was obtained in severity, frequency, duration of headache, Nausea, vomiting and associated symptoms after treatment. Hence, *Anu taila Nasya* and *Pathyadi kwath* internally helps in management of *Ardhavyabhedaka*.

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