

## TO EVALUATE THE EFFECT OF *MARMA CHIKITSA* IN THE MANAGEMENT OF “*ARDHAVABHEDAKA*” (MIGRAINE)- A CONCEPTUAL STUDY

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### ABSTRACT

Novel diseases are emerging in fast modern life due to Industrial, Environmental and other Professional hazards. Migraine is one of the most common and misunderstood disease encountered in general practice. Migraine is a recurrent disease of headache, nausea, vomiting and other symptoms of neurological dysfunctions. Patients often self diagnose, self medicate and resulting in inadequate treatment. In *Ayurveda* texts there are several types of *Shiroroga* described by various authorities of *Ayurveda*. Among them, *Ardhavabhedaka* can be correlated with Migraine due to its cardinal feature ‘half side headache’. In migraine mainly analgesics are prescribed which have side effects on the other organ. The management of migraine by drug alone is not fruitful. The need of the management by decreasing pain, severity and frequency of attack is the ultimate goal. It can be achieved

by concept of *Marma Chikitsa*. It is a natural healing power of vital points in the body. These are vulnerable zones of body. The present article deals with to explore the concept of *Marma Chikitsa* in the management of *Ardhavabhedaka*.

**KEYWORDS:** *Ardhavabhedaka*, *Marma*, *Marma Chikitsa*.

## INTRODUCTION

Ayurved is an ancient science of life in which knowledge of *Sharir* is described vividly.

Among all the body structures described in Ayurveda classics, *Marma* have special importance. These places are center of life. If they are traumatized, the person may suffer from deformity, disability or death. If these *Marma* points are used carefully in treatment, the diseases can also be cured. *Marma* science is a subject which has been described by most of *Acharyas* in *SharirSthana*. *MarmaChikitsa* is the oldest treasure of Indian surgery from the Vedic period. During the Vedic era, the knowledge of *Marma* was known to the emperors and warriors. The concept and practice of *Marma* was very popular in those days to achieve maximum effect when contending with the enemies.<sup>[1]</sup>

History of medical practices is believed to exist from a few hundred years to the thousands of years. *Marma* science is an instant, permanent, natural, non-invasive way of healing today, because it succeeds in conserving many of the highest moral values of its adherents. It promotes calmness, self-control, self-healing, realization and happiness and thus much to prevent suffering and sorrow.<sup>[2]</sup>

All authorities of Ayurved have described *Shiroroga* in which *Shirahshool* is the common symptom, nearly every *Acharya* has described *Shiroroga* with his etiology, symptoms, complication, and treatment. *Ardhavabhedaka* is one of them in which pain occurs in head unilaterally. According to *AcharyaCharak*, there will be severe pain in half side of the head, affecting particularly *Manya*, *Bhru*, *Shankha*, *Karna*, *Akshi* and *Lalaat*. The nature of pain is like *Shastra AraniNibham* (cutting by the sharp objects or piercing in nature).<sup>[3]</sup>

As Pain is the major symptom which affects the person's day to day activities, so pain is the major target in the management of *Ardhavabhedaka*. Therefore, *MarmaChikitsa* can be a non-medicinal and non-invasive approach in the management of *Ardhavabhedaka* (Migraine). *Shiromarma* can be used effectively in the management of *Ardhavabhedaka* (Migraine).

In modern medical science we can compare it with migraine due to its cardinal feature 'half side headache'. Migraine headache is a special type of headache that is thought to result from abnormal vascular phenomena, although the exact mechanism is unknown. Migraine headaches often being with various prodromal sensation, such as nausea, loss of vision in part of the field of vision, visual aura, and other types of sensory hallucinations.<sup>[4]</sup>

## MARMA

*Marmas* defined as vital point of the body, the region in which there is a confluence of *Mamsa, Sira, Snayu, Asthi and Sandhi*. These are special points in human body and any injury to these *Marmas* leads to disability and if not properly treated even fatal condition may develop.<sup>[5]</sup>

The *Marmas* are made up of *Soma, Maruta, Teja, Raja, Satwa, Tama, and Bhutatma*.<sup>[6]</sup>

## MARMA CHIKITSA

The basics of *MarmaChikitsa* can be considered as *AngirasiChikitsa*. In *AngirasiChikitsa*, *Rasa* refer to the executive elements that controls and carries out various function of the body.<sup>[7]</sup> *Marma* points being used for *MarmaChikitsa* are- *Vidhura, Apanga, Avarta, Sthapani, Simanta, Shrngataka, and Adhipati Marma*.

## ARDHAVABHEDAKA (MIGRAINE)

While describing *Shiroroga*, many *Acharya* counted *Ardhavabhedaka* in *Shiroroga*. *Acharya Charak* has stated that there will be severe pain in half side of the head, affecting particularly *Manya, Bhru, Shankha, Karna, Akshi and Lalaat*. The pain is like *Shashtra Arani Nibham* (cutting by the sharp objects or piercing in nature).<sup>[8]</sup> According to *Acharya Sushrut* there will be severe tearing and pricking pain in one half of the head associated with giddiness. These features appear every fortnightly or ten days or any time.<sup>[9]</sup> Migraine, the most common cause of headache, afflicts approximately 15% of women and 6% men. A useful definition of migraine is a benign and recurring syndrome of headache, nausea, vomiting and/or other symptoms of neurologic dysfunction in varying admixtures. Migraine can be recognized by its activators (red wine, menses, hunger, lack of sleep, glare, estrogen, worry, perfumes, let-down periods) and its deactivators (sleep, pregnancy, exhilaration, triptans).<sup>[10]</sup>

## PROTOCOL OF TREATMENT

S.no.	Marmapoint	Stimulation time	Sittings of Marma Chikitsa	Total time period
1	<i>Vidhura</i>	0.8 sec.	Two time per day	30 days
2	<i>Apanga</i>	0.8 sec.	Two time per day	30 days
3	<i>Avarta</i>	0.8 sec.	Two time per day	30 days
4	<i>Sthapani</i>	0.8 sec.	Two time per day	30 days
5	<i>Simanta</i>	0.8 sec.	Two time per day	30 days
6	<i>Shrngataka</i>	0.8 sec.	Two time per day	30 days
7	<i>Adhipati</i>	0.8 sec.	Two time per day	30 days

- According to their anatomical location of *Marma* points, every *Marma* point will be stimulated for 15-18 times on an average in single sitting.
- A steady and moderate pressure will be applied slowly and gently.
- Pressure will be increased gradually depending upon patient strength.
- Stimulation of *Shiromarma* will be done by closed lotus and open lotus positions.

### ASSESSMENT CRITERIA

*Shirahshool* will be graded according to HIT- 6<sup>Tm</sup>. Headache impact test emphasizes the impact of headache in their life style. It assesses how much headache reduces their productivity of day to day work, increases irritability and their social life. Result will be assessed before and after the treatment on the basis of gradations like Severity of headache, nature of headache, frequency of headache, duration of headache, nausea, vomiting, vertigo, associated symptoms, photophobia and phonophobia.

### OVERALL ASSESSMENT

Overall assessment of *MarmaChikitsa* will be done on the basis of improvement in the symptoms.

1.	Cured	100% improvement in symptoms and no recurrence during follow up period.
2.	Marked improvement	>75% - <100%
3.	Moderate improvement	>50% - <75%
4.	Mild improvement	>25% - <50%
5.	No improvement	<25%

### DISCUSSION

*Marma* are the seat of vital energy i.e. *Prana*. *Prana* in *Ayurveda* are directly related to *Vata*. As per *Ayurveda* damage to *Marma* Structures, *Vata* gets vitiated and causes pain. Pain cannot be achieved in the body without vitiation of *Vata Dosha*. Severity of pain depends on the amount of injury, type of injury, area of that *Marma* involved in injury and composition of *Marma*. The *Ayurveda* explains the episodic nature of *Ardhavabhedaka* (Migraine). Pain is the major symptom in the *Ardhavabhedaka* which affects the person's activities. *Marma Chikitsa* can be a non-medicinal and non-invasive approach in the management of *Ardhavabhedaka* (Migraine). The *Marma Chikitsa* involves gentle pressing or massage over the *Marma* points. There are many theories in modern science regarding pain control by various methods like acupuncture, acupressure, massage etc. Some of the theory is psychogenic excitation of central analgesia system, Gate control theory of pain etc. In

Psychogenic excitation of the central analgesia system, Electrical stimulation either in the periaqueductal grey area or raphe nucleus in addition to higher centre's that stimulate these areas can suppress many strong pain signals entering through dorsal spinal roots. Several opiates like substances found at the various level of the nervous system that is responsible for pain suppression. These substances include beta-endorphin, met-enkephalin, leu-enkephalin etc.<sup>[11]</sup> In modern medical science, there is only symptomatic treatment of migraine, for example NSAIDS group, Beta blocker, anti-seizure, antidepressant, calcium channel blocker etc. and long-term use of these drugs can lead to stomach ulcers, hepatotoxic, renal problem, decreased heart function, asthma and many more. So, to get out of these problems we need a non-medicinal approach of management. *Marma Chikitsa* is one of the emerging applied aspect of *Marma*. *Maram Chikitsa* is a non-invasive, easy to apply, with maximum benefits if applied properly. While performing *Marma Chikitsa* proper knowledge of *Marma* is mandatory. It can be a milestone in the field of medical science.

## CONCLUSION

Migraine is a episodic headache occurs due to sensory hypersensitivity. Migraine is a common disabling primary headache disorder. Epidemiological studies have documented its high prevalence and high socio-economic and personal impacts. In the Global Burden of Disease Survey 2010, it was ranked as the third most prevalent disorder in the world. In GBD 2015, it was ranked the third-highest cause of disability worldwide in both males and females under the age of 50 years. It includes recurring attacks of varying degree. The frequency of attack is also different in migraine. There are various types of triggering factors of which patients should be aware to prevent attack. In *Ayurveda*, different authorities have given various pharmacological treatment of *Ardhavabhedaka* including oral and local application of drug. *Acharya Sushrut* has stated about 107 *Marma* Points and their importance. The role of *Marma Chikitsa* in maintaining health and channelize energy within the mind, body and soul. *Marma Chikitsa* is a non-invasive and non-pharmacological process, so it can be use as a management for *Ardhavabhedaka*. *Marma Chikitsa* helps to complete balance in healing the body and mind allow the illness to resolve.

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