

## A CONCEPTUAL AND LITERARY REVIEW ON ARDHAVABHEDAKA (MIGRAINE) WITH SPECIAL REFERENCE TO NASYA KARMA

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### ABSTRACT

Ardhavabhedaka is a well-described Shiroroga in Ayurvedic classics, characterized by severe, recurrent, unilateral headache associated with symptoms such as nausea, vomiting, giddiness and photophobia. Clinically, it closely resembles migraine as understood in contemporary medical science. Migraine is a chronic neurovascular disorder with high prevalence, particularly among women, and is a leading cause of disability affecting quality of life and work productivity. Conventional management often provides only symptomatic relief with significant recurrence and adverse effects. Ayurveda offers a holistic approach for the management of Ardhavabhedaka through Shodhana and Shamana therapies. Among these, Nasya Karma is considered the prime treatment modality for Urdhvajatrugata Rogas. This article reviews classical Ayurvedic literature and published research to understand Dosha–Agni–Samprapti and the role of Nasya Karma in

Ardhavabhedaka (Migraine).

**KEYWORDS:** Ardhavabhedaka, Migraine, Shiroroga, Nasya Karma, Ayurveda.

## INTRODUCTION

Ardhavabhedaka is described in Ayurveda as a type of Shiroroga presenting with severe unilateral headache of recurrent nature. The term Ardhavabhedaka denotes splitting or piercing pain affecting one half of the head. Acharya Sushruta and Acharya Charaka have described this condition with detailed symptomatology and management principles. Migraine, its modern clinical correlate, is a common neurological disorder associated with nausea, vomiting, photophobia and phonophobia. The disease significantly affects quality of life and work productivity, particularly among women.

### Ayurvedic Review of Ardhavabhedaka

According to Ayurvedic classics, Ardhavabhedaka is a Tridosha disorder with Vata predominance. Various Acharyas including Sushruta, Charaka and Vagbhata have described its Nidana, Lakshana and Chikitsa under Shiroroga. Vitiation of Doshas due to improper diet, lifestyle and psychological factors leads to localization of Doshas in Shirah producing characteristic unilateral pain.

### Samprapti (Dosha–Agni–Srotas Perspective)

Improper dietary habits, lifestyle factors and mental stress result in Agnimandya and formation of Ama. This leads to vitiation of Vata along with Pitta and Kapha. The vitiated Doshas localize in Shirah, causing Srotorodha and resulting in recurrent unilateral headache.

### Modern Perspective of Migraine

Migraine is a primary headache disorder involving neurovascular dysregulation and trigeminovascular activation. Hormonal changes, stress, sleep disturbances and dietary triggers play a major role in its pathogenesis. The recurrent and disabling nature of migraine correlates well with the Ayurvedic description of Ardhavabhedaka.

### Role of Nasya Karma in Ardhavabhedaka

Nasya Karma is considered the best treatment for diseases of the head and neck as per the dictum 'Nasa hi Shiraso Dwaram'. Nasya helps in pacifying vitiated Doshas, improving circulation in cranial region and nourishing sense organs. Classical texts mention various Nasya formulations for Ardhavabhedaka.

## DISCUSSION

The clinical features and periodicity of Ardhavabhedaka closely resemble migraine. Understanding the disease through Dosha–Agni–Samprapti provides a rational basis for Ayurvedic management. Nasya Karma offers targeted therapy addressing the root cause rather than symptomatic relief alone.

## CONCLUSION

Ardhavabhedaka is a chronic and debilitating disorder affecting quality of life. Ayurveda provides a comprehensive understanding of its pathogenesis and management. Nasya Karma stands out as an effective, safe and economical treatment modality. Further clinical studies can strengthen evidence for integrative migraine management.

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