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AYURVEDIC MANAGEMENT OF ARDHAVABHEDAKA (MIGRAINE): A CASE REPORT

Dr. Pooja Yadav*[1], Dr. Ujjwala Gokral[2]

[1]Postgraduate Scholar, Department of Kriya Sharir, Y.M.T. Ayurvedic Medical College & Hospital, Kharghar, Navi Mumbai, Maharashtra, India.

[2]Associate Professor & Guide, Department of Kriya Sharir, Y.M.T. Ayurvedic Medical College & Hospital, Kharghar, Navi Mumbai, Maharashtra, India.

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***Corresponding Author**

Dr. Pooja Yadav

Postgraduate Scholar, Department of Kriya Sharir, Y.M.T. Ayurvedic Medical College & Hospital, Kharghar, Navi Mumbai, Maharashtra, India.

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ABSTRACT

Background: Ardhavabhedaka, a Vata–Pitta predominant *Shiroroga*, closely resembles migraine. Ayurveda emphasizes correction of the underlying *Dosha* imbalance through holistic management. **Case Presentation:** A 40-year-old female presented with recurrent unilateral throbbing headache associated with nausea, vomiting, photophobia, giddiness and chronic constipation for three months. **Intervention:** The patient was treated with *Shamana Chikitsa*, *Sa-sneha Niruha Basti*, *Anu Taila Nasya*, *Viddha Karma* and dietary and lifestyle modifications for two months. **Results:** Complete relief from headache and associated symptoms was achieved. Constipation resolved, and the MIDAS score improved from 73 (Grade IV) to 7 (Grade II), indicating a marked reduction in migraine-related disability. **Conclusion:** This case suggests that a comprehensive Ayurvedic approach may effectively manage *Ardhavabhedaka* and improve quality of life.

INTRODUCTION

Migraine is one of the most common primary headache disorders, characterized by recurrent unilateral throbbing headache accompanied by nausea, vomiting, photophobia and phonophobia. It is a leading cause of disability worldwide and significantly affects quality of

life. Although conventional therapies are effective, they are often associated with adverse effects, leading many patients to seek complementary and alternative therapies.[1–7]

In Ayurveda, migraine closely correlates with **Ardhavabhedaka**, a Vata–Pitta predominant *Shiroroga*. The condition is associated with *Dosha* imbalance, impaired *Agni*, *Ama* formation, and *Vibandha* (constipation), resulting in severe unilateral headache. Management focuses on pacifying Vata–Pitta, correcting *Agni*, restoring normal bowel function and removing the underlying pathology through therapies such as *Shamana Chikitsa*, *Basti*, *Nasya* and appropriate dietary and lifestyle modifications.[8–12]

This case report presents the Ayurvedic management of a 40-year-old female with **Ardhavabhedaka** (migraine) using a comprehensive treatment protocol and evaluates the clinical outcome through symptom relief and the MIDAS score.

MATERIALS AND METHODS

Case Description

A 40-year-old female presented to the with recurrent unilateral throbbing headache (5–6 episodes/week for three months) associated with nausea, vomiting, photophobia, giddiness and chronic constipation. Clinical evaluation was performed using Ayurvedic and modern diagnostic approaches.

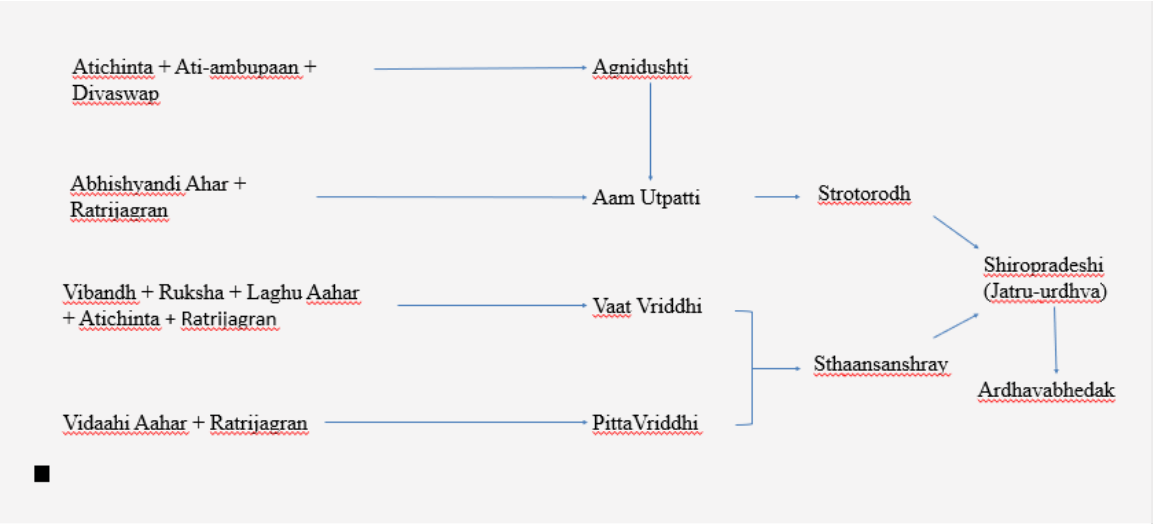
Clinical Assessment

The patient underwent detailed Ayurvedic assessment including *Prakriti*, *Agni*, *Ashtavidha Pariksha*, *Nidana Panchaka* and *Dosha–Dushya* analysis. Based on the clinical features, a diagnosis of **Ardhavabhedaka (migraine)** was established.

CASE REPORT

A 40-year-old female homemaker presented with recurrent unilateral throbbing headache occurring 5–6 times per week for three months. The headache was associated with nausea, vomiting, photophobia, giddiness, chronic constipation of more than 10 years and sour belching. Ayurvedic examination revealed **Pitta–Kapha Prakriti**, **Vishama Agni**, *Saama Jivha* and features of **Vata–Pitta vitiation** with **Apana Vata Dushti**. The patient was managed with *Shamana Chikitsa*, *Sa-sneha Niruha Basti*, *Anu Taila Nasya*, *Viddha Karma* and supportive Ayurvedic medications along with dietary and lifestyle modifications for two months.

PATHOPHYSIOLOGY (SAMPRAPTI)



TREATMENT

Date	Treatment (Chikitsa)	Clinical Outcome (Upashay)
07/10/2025	• Sootshekhar Ras 2 tablets BD (Vyanodana Kala) • Godanti Bhasma 2 tablets TDS (Bhaktottara Kala) • Erandbhrishta Haritaki 3 tablets at bedtime • Sa-sneha Niruha Basti with Dashamoola Kwatha for 3 days	Initiation of treatment.
15/10/2025	• Shankha Vati 2 tablets BD (Vyanodana Kala) • Godanti Bhasma 2 tablets TDS (Bhaktottara Kala) • Erandbhrishta Haritaki 3 tablets at bedtime • Shirahshooladri Vajra Rasa 1 tablet TDS with Pathyadi Kwatha (3 tsp) • Avipattikara Churna 1 tsp with lukewarm water (Apana Kala) • Anu Taila Nasya (3 drops) • Viddha Karma at Sthapani and Shankha region (3 times/week)	Reduction in constipation and headache frequency/intensity. Malapravritti once in 2 days with infrequent hard stools.
30/10/2025	• Continued Shankha Vati • Godanti Bhasma • Shirahshooladri Vajra Rasa with Pathyadi Kwatha • Avipattikara Churna 1 tsp twice daily • Anu Taila Nasya • Viddha Karma	Approximately **60% symptomatic relief**. Headache reduced to 2–3 episodes in 2 weeks. Constipation reduced to 1–2 episodes in 2 weeks.
15/11/2025	• Continued Shankha Vati • Shirahshooladri Vajra Rasa with Pathyadi Kwatha • Avipattikara Churna 1 tsp twice daily • Anu Taila Nasya	Approximately **80% symptomatic relief**. Headache reduced to 1–2 episodes in 2 weeks. Samyak Malapravritti achieved (once daily; occasional hard stools).
30/11/2025	Avipattikara Churna 1 tsp twice daily Shatavari Vati 2 tablets BD	**Complete remission** of headache. Daily normal bowel movements (Samyak Malapravritti).

07/12/2025 Advised: (Follow-up after 2 months)	• Kalyanaka Ghrita 2 tsp on empty stomach (Niranna Kala) • Pranayama	No recurrence of headache. Normal bowel habits maintained during follow-up.

MIDAS (MIGRAINE DISABILITY ASSESSMENT) SCORE

MIDAS QUESTION	BEFORE TREATMENT (BT)	AFTER TREATMENT (AT)
Days missed from work/household activities due to headache	08	00
Days with productivity reduced by ≥50% at work/household	18	02
Days unable to perform household work	15	01
Days with household productivity reduced by ≥50%	20	03
Days missed from family, social, or leisure activities	12	01
Total MIDAS Score	73	07
Disability Grade	**GRADE IV**	**GRADE II**

According to the MIDAS grading system

Total MIDAS Score	Disability Grade-
0–5	Grade I – Little or No Disability
6–10	Grade II – Mild Disability
11–20	Grade III – Moderate Disability
≥21	Grade IV – Severe Disability

RESULTS

The patient showed progressive clinical improvement throughout the treatment. Headache frequency and intensity decreased with complete remission by the end of treatment. Associated symptoms including nausea, vomiting, photophobia and giddiness resolved completely. Chronic constipation improved with restoration of **Samyak Malapravritti**. The MIDAS score decreased from 73 (Grade IV) before treatment to 7 (Grade II) after treatment, indicating a marked reduction in migraine-related disability and improvement in daily functioning.

DISCUSSION

Ardhavabhedaka is a Vata–Pitta predominant *Shiroroga* that closely resembles migraine. In this case, treatment was directed at correcting Vata–Pitta imbalance, improving *Agni* and relieving *Vibandha*. *Shamana Chikitsa*, *Basti*, *Nasya* and *Viddha Karma*, along with oral medications, effectively reduced headache and associated symptoms while restoring normal bowel function. The marked reduction in the MIDAS score suggests improved functional status and quality of life. However, larger clinical studies are needed to validate these findings.

CONCLUSION

This case demonstrates that a comprehensive Ayurvedic treatment approach comprising *Shamana Chikitsa*, *Basti*, *Nasya*, *Viddha Karma* and appropriate diet and lifestyle modifications effectively reduced migraine symptoms, improved bowel function and decreased migraine-related disability. These findings highlight the potential of Ayurveda in the management of Ardhavabhedaka. Further well-designed clinical studies with larger sample sizes are required to confirm its efficacy.

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