

## AN AYURVEDIC MANAGEMENT OF MIGRAINE – A CASE REPORT

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### ABSTRACT

Migraine is a primary headache disorder characterized by recurrent attack of moderate to severe headache, typically throbbing, lasting from 4 to 72 hours, and often unilateral, though it can spread bilaterally. It affects about 15% globally and is three times more common in women than men. Migraine is correlated to *Ardhavabhedaka* in *Ayurveda* and *Acharyas* have mentioned it under *shiroroga* (diseases of head). According to *Acharya Chakra*, it is *vata kaphaja* and *Tridoshaja* according to *Acharya Sushruta*. Both *shodhana* and *shamana chikitsa* are mentioned in the treatment of *Ardhavabhedaka*. In contemporary science, treatments are NSID'S, Antidepressants, Betablockers etc. In the current case report, 32 years old female patient presented with headache involving half side (left side) since 3 years and frequency of headache was once in 15 days. After taking detailed history and doing examination it is

diagnosed as *Ardhavabhedaka* (Migraine) and managed by *Nasya* with *Anutaila*, internal medications *pathyadi kada*, *Avipattikara choorna* and *kalyanaka gritha*. Considerable improvement was seen in the clinical features with reduced frequency of migraine attack.

**KEYWORDS:** Migraine, *Ardhavabhedaka*, *Anutaila*, *pathyadi kada*, *Avipattikara choorna*, *kalyanaka gritha*.

### INTRODUCTION

One of the *Urdhvajatrugataroga* (Disorders above the collarbone) described in *Ayurveda*. Migraine is correlated to *Ardhavabhedaka*. According to the World Health Organisation

(WHO), one of the top 20 global causes of disability, is migraine. Epidemiological studies from throughout the globe have shown that approximately 18% of women and 6% of men suffer from migraine.<sup>[1]</sup> Unilateral half-sided headaches are one of its symptoms, along with vertigo, nausea, photophobia, and phonophobia, anxiety, fatigue and activity-induced headache are the most sensitive factors for migraine.

According to the vascular theory of the brain, pain may be caused by peripheral perivascular nerve terminals becoming less sensitive, or it may result from the meningeal blood vessels being enlarged, which would activate and sensitise the central trigeminal system.<sup>[2]</sup>

According to modern medicines, there is no appropriate, standardised course of treatment for migraine management. As result, over-the-counter drugs are typically used to treat acute migraine disorders, while more difficulty to treat chronic migraine conditions. It is a *tridoshaja vyadhi*, according to Acharya *Sushruta*.<sup>[3]</sup> but it is *vatakaphaja* or *vataja*, according to Acharya *Charaka*.<sup>[4]</sup> Proper *Shodana* and *shamana chikitsa* can help to manage *Ardhavabhedaka*.

The present case study explores the correlation between *Ardhavabhedaka* and migraine. The therapeutic regimen was carefully designed to achieve a holistic outcome for the patient. The objective of this study was to assess the combined efficacy of *Shamana Chikitsa* and *Nasya* in the management of *Ardhavabhedaka*.

## MATERIALS AND METHODS

### Case report

**Chief complaints:** complaints of half side(left side) headache since 3 years.

**History of present illness:** A 32 years old female patient visited OPD of shalaky Tanta, Government Ayurvedic medical college Bengaluru. And presented with complaints of headache involving half side (left side) since 3 years and frequency of headache was once in since 15 days. Aggravating factors of headache were sunlight, noisy environment, hunger, stress and during menstruation where as relieving factors were Analgesic. Since 15 days headache, nausea, anger, anxiety severity of symptoms increased and interval of headache was on alternate day. Patient was diagnosed with migraine (*Ardhavabhedaka*) on the clinical basis.

**Past History**

Known case of hypertension since 1 year.

**Personal history**

Aharaja – Rooksha ahara, katu rasa

Viharaja – Day sleep 2-4 hours

Bowel – regular

Sleep – sound

**Examination**

Ashta sthana pareeksha

Nadi – Prakruta, 75/min

Mootra – Prakruta, 5-6 times/ day, 1-2 times/night

Mala - vikruta

Jivha – Alpalipta

Shabda - prakruta

Sparsha - prakruta

Drik – Prakruta

Akriti – Vata pitta

**Systemic examination**

Gastrointestinal tract – no abnormality detected

Cardiovascular system – S1 and S2 heard

Central nervous system examination – within normal limit

**Assessment criteria**

The improvement was assessed on the basis of the relief in signs and symptoms.

**Subjective Criteria**

Disability is assessed using the Migraine disability assessment test Disability Assessment Test.<sup>[5]</sup> before the treatment and after the treatment (Assessed through a set of questions) Pain is assessed using Numeric Pain Rating Scale<sup>[6]</sup> before the treatment and after the treatment.

## Therapeutic intervention and out come

No of visit	Subjective assessment	MIDAS	NPR score	Medicine/ procedure
1 <sup>st</sup> Visit	Headache involving half side (left side) associated with nausea, vomiting, anxiety, photophobia and phonophobia.	18	10/10	<i>Chitrakadi vati</i> 2 BD for 3 days.
2 <sup>nd</sup> Visit	Headache involving half side(left side) associated with nausea, vomiting, anxiety, photophobia and phonophobia.	18	10/10	<i>Anutaila Nasya</i> , 12 drops to each nostrils, administered in morning for 7 days.
3 <sup>rd</sup> Visit	Intensity of headache reduced, nausea, vomiting, anxiety, photophobia and phonophobia persisted.	10	5/10	<i>Avipattikara choorna</i> 1 tsp with warm water after food at night. <i>Kalyanaka gritha</i> 1 tsp morning with warm milk before food. <i>Pathyadi kada</i> 15 ml BD with 30ml of water for 15 days.
4 <sup>th</sup> visit	Reduction in all symptoms, experienced 1 episode of migraine attack with reduced intensity of headache.	8	4/10	<i>Avipattikara choorna</i> 1 tsp with warm water after food at night. <i>Kalyanaka gritha</i> 1 tsp morning with warm milk before food. <i>Pathyadi kada</i> 15 ml BD with 30ml of water <i>PM nasya</i> with <i>Anutaila</i> 2 drops to each nostril early morning before food for 15 days.
5 <sup>th</sup> Visit	Significant reduction in all symptoms.	5	3/10	Advised to avoid spicy, heavy food and stress.

## RESULTS

1. Migraine disability assessment test Disability Assessment Test (MIDAS)
2. Numeric Pain Rating Scale (NPR Scale)

Sl.No	Assessment	Before treatment	After treatment
1	MIDAS	18	5
2	NPR Scale	10	3

## DISCUSSION

Migraine is a complex neurological disorder that is often difficult to diagnose, as it relies primarily on subjective clinical symptoms reported by the patient. In Ayurveda, its correlation can be established through a comprehensive understanding of etiopathology, symptomatology, and prognosis. Among the various conditions described, *Ardhavabhedaka* is considered to have the closest resemblance to migraine in terms of its clinical presentation.

***Chitrakadi vati***<sup>[7]</sup>

*Chitrakadi vati* is potent digestive stimulant. It enhances Agni (digestive fire), helps to digest accumulated ama(toxins), and prepares the body especially the head region for the therapies like *nasya* by reducing obstruction and improving bioavailability.

***Nasya with Anutaila***<sup>[8]</sup>

*Anutaila Nasya* plays an important role in managing *Ardhavabhedaka* (migraine). Classical texts describe the nose as the gateway to the head, allowing *Nasya* to act directly on the *Uttamanga*, where vitiated *Doshas* accumulate. The medicine reaches the *Sringataka Marma* (a vital junction of vessels and nerve in the head) facilitating the expulsion of *Doshas* through nasal discharge. *Anutaila*, with its *Tikta* and *Katu Rasa*, *Laghu* and *Tikshna Guna*, and *Ushna Veerya*, has strong *Srotoshodhana*(cleansing) and *Tridoshahara* properties, especially *Vatahara*, thereby addressing migraine pathology. It may also influence olfactory pathways, aiding in neural regulation and reducing migraine symptoms.

***Avipattikara choorna***<sup>[9]</sup>

*Avipattikara choorna* removes vitiated dosha from the body especially *pitta* dosha and it has capacity to increase digestive fire and neutralizing gastric acid. After achieving *koshta Shuddhi* the subsequently administered medication will result greater efficacy and improved metabolism. Further, the constituents of *Avipattikara choorna* have demonstrated cytoprotective effects on the gastric secretion, enhance mucosalresistence, and potentiate the defensive factors of the gastric mucosa. Additionally, *Lavanga* has been shown to play a role in maintaining basal gastric mucosal blood flow and increasing mucus secretion.

***Pathyadi kada***<sup>[10]</sup>

*Pathyadi kada* is a multidrug combination and is indicated specially in shiroroga in *sharangadhara* in *sharangdhara Samhita*. It contains *dravya* with *Ushna dravya* (hot potency) and *Madhura vipaka*(sweet post digestion effect) and drugs are *Tridoshaghna*(all three dosha pacification). So by all virtues cited above, it normalize the vitiated *vata-kapha Doshas*. In addition, *pathyadi* decoction contains drugs such as *Guduchi*, *Nimba* and *Haridra* possessing *Raktaprasadaka* (blood purifier) property that may normalize vitiated *Rakta. Dhātu* (oxygen carrying capacity of blood). Drugs such as *Guduchi* and *Amalaki* have *dipana* property. These drugs will normalize *ama* (by product toxins after digestion), as *Ama* get decreased it may subside *Ajirna* (Indigestion). It is reported that most of the drugs *pathyadi*

*kada* also possess analgesics, anti-inflammatory, a nervine tonic property which might have helped to reduce pain.

### ***Kalyanaka gritha***<sup>[11]</sup>

*Kalyanaka gritha* helps in alleviating stress, anxiety, and nervous tension by calming the mind and soothing the nervous system. The herbs like *Brahmi* and *ashwagandha* are known for their adaptogenic properties, which helps the body adapt to stress and promote a sense of tranquility. Consumption of this medicine for stress can improve mood and promote mental wellbeing. It balances the vata dosha, which is often aggravated by stress and anxiety, helping to calm the mind and promote a peaceful state.

### **CONCLUSION**

In present generation because of high level of pressure, there is imbalance in hormonal degree. Indigestion along with constipation and acidity is one of the causative factors of migraine. So it can be concluded that *Nasya* with *Anutaila* in conjunction with the drug *avipattikara choorna*, *pathyadi kada* and *kalyanaka gritha* was effective in relieving the cardinal features like unilateral headache related to photophobia, phonophobia, vomiting and gastritis. It could be concluded that here a gratifying scope of suggesting this Ayurvedic control as secure and effective medicine for *Ardhavabhedaka*.

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