

## Management of Ardhavabhedaka – A Case Report

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### ABSTRACT

*Ardhavabhedaka* is one of the *Urdhwa jatrugata roga* mentioned in our *Classis*, which can be clinically correlated to Migraine. The most sensitive criteria for Migraine is headache that aggravates with activity, stress and tiredness. *Lakshanas* include *Akshi*, *bhru shula*, *bhrama*, *chakshu shvayathu*, *karna manya shula*<sup>1</sup>, *masath pakshath kupyathi*<sup>2</sup>, *svayameva shamyathi*<sup>3</sup>, *shankha shula*, *shastra arani nibham*<sup>4</sup>, *todavath bhedavath vedana* & headache occurs once in 15 days/ a month.

According to *Acharya Sushrutha – Tridoshaja Vyadhi Charaka - Vataja / Vata-kaphaja Vyadhi Vagbhatta - Vataja Vyadhi*

The disease may not be fatal but if not treated early then it may cause damage eyesight or hearing.

For this study, we have done *Shatahvadi taila Nasya*<sup>5</sup> for 7 days. Patient aged about 40 years old, complaining of half-sided headache, vertigo, nausea and vomiting since 4 years.

After 7 days of *Nasya* treatment, patient had noticeable significant improvement in Migraine symptoms.

**KEYWORDS:** *Ardhavabhedaka*, *Migraine*, *Shatahvadi taila Nasya*

### INTRODUCTION

Headache in general is one of the commonest complaints of the people seeking professional help. Only few of us are spared the experience of a headache. It is also a major cause of absenteeism from work and of avoidance of social and personal activities. It is a benign symptom, which may be of primary idiopathic type or may be a manifestation of a wide range of organic diseases such as brain tumor, subarachnoid hemorrhage, meningitis or giant cell arteritis. It may be psychosomatic like migraine, tension headache or may be psychogenic in origin e.g. Anxiety, Depression, hypochondrial and delusional headache. Migraine is recognized by the W.H.O., as one of the diseases where cause is not exactly known. Migraine, the second most common reason for cerebral pain, afflicts around 15% of women and 6% of men.

Coming to the management, other systems of medicines have lots and lots of limitations. The authentic text books of modern medicine clearly state

that there is no proper standardized treatment for migraine. The acute condition of migraine is being dealt with 'over-the-counter' medicine and minimum percentages of patients of this category are able to consult a physician. But the chronic stage of migraine is more prevalent and difficult to treat. The chronic migrainous headache is the most common problem seen among the patients visiting a hospital with specific complaints of headache. The various treatment modules comprises of non-pharmacological treatment such as identification of triggers, meditation, relaxation training, psychotherapy etc. and pharmacotherapy as abortive and preventive therapy. Aspirin, Paracetamol, Ibuprofen, Diclofenac etc. are non-specific abortive therapy, whereas Ergot, 5-HT receptor agonists are specific abortive therapy.

In our *Ayurveda* classics, almost all *Acharyas* have mentioned *Ardhavabhedaka* in *Shiroroga*. According to *Acharya Sushrutha – Tridoshaja Vyadhi<sup>6</sup> Charaka - Vataja / Vata-kaphaja Vyadhi<sup>7</sup>*

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Vagbhatta - Vataja Vyadhi<sup>8</sup>

Ayurveda emphasizes various treatment modalities like *Shodhana* therapy includes *Nasya*<sup>9</sup>, *Basti karma*<sup>10</sup>, *Upanaha*, *Shiro basti*, *Agni karma*, *Rakta mokshana* & *Shamana aoushadi's* like *Rasaoushadi's*, *Kwatha-Pathyadi kwatha*<sup>11</sup> preparations, *Ghrita pana*, *Shiro lepa*<sup>12</sup>, *Shiro abhyanga* and *Satvavajaya chikithsa* like Assurance therapy, meditation, relaxation etc and mainly *Nidana parivarjana chikithsa* by following *Pathya ahara* & *vihara*.

“*Naso hi shiraso dwaram*” means Nose is the gateway to the *Shiras*. *Nasa* is indirectly connected with the brain centers in the head. Perfect balance of oxygen levels in the body can be attained with *Nasya karma*, thereby also clearing all the morbid *doshas*.

### CASE REPORT

A 40 year-old male patient presented with the complaint of half-sided headache (left side) since 4 years along with vertigo, nausea and vomiting.

### SIGNS AND SYMPTOMS

**Table no-1 Showing the Signs and symptoms of *Ardhavabhedaka***

Half-side headache	+
Type of pain-Pricking type of pain	-
Stabbing type of pain	+
Frequency of the headache	Once in a month
Duration of the headache	4-6 hours
Vertigo	+
Nausea	+
Vomiting	+
Photophobia	-
Phonophobia	-
Swelling of the eyes	-
Earache / Neck pain	-

### PAST HISTORY:

Patient was apparently normal before 4 years. Gradually he developed half-sided headache (left side) along with vertigo, nausea and vomiting. For this reason, he approached contemporary medical science for treatment. But his complaints didn't subside. Then patient approached to *Ayurvedic* treatment.

**DIAGNOSTIC CRITERIA:** Based on the Chief complaints

1. *Ardha murdha vedana*
2. *Pakshath Dashahath pravruithi*
3. *Bhrama*
4. *Bhedavath, Todavath vedana*

### PROCEDURE:

**Table no 2: Procedure administered to the patient.**

Name of the treatment	Medicines used	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<i>Nasya</i>	<i>Shatahvadi taila</i>	•	•	•	•	•	•	•

FOLLOW-UP: Patient was advised to follow-up on 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup> day.

Gradings for assessment:

### Assessment criteria:

Effect of the treatment will be assessed with the help of detailed proforma prepared for the purpose by grading the parameters mentioned below.

**GRADATION INDEX:** Table 3: Table showing Gradation Index

Subjective parameters	
<i>Theevratha of Ardhamoordha vedana</i>	0 – No pain
	1 – Pain tolerable
	2 – Not disturbs the normal work
	3 – Disturbs the normal work
	4 – Intolerable pain

<b><i>Kala prakarsha</i></b>	1 – Once in 3 months 2 – Once in 2 month 3 – Once in a month 4 – Once in 10-15 days
<b><i>Bhrama</i></b>	0 – No episode 1 – Once in a month 2 – Once in 15 days 3 – Once in a week 4 – Continuous
<b><i>Hrillasa</i></b>	0 – Absent 1 – Present
<b><i>Chardi</i></b>	0 – Absent 1 – Present
<b>Objective Parameter</b>	
<b><i>Vega Pravrutthi</i></b>	0 – No vega 1 – 1 vega 2 – 2 vega 3 – 3 vega 4 – 4 or >4 vega

**OBSERVATIONS & RESULTS;****Table no 4: Showing the observations of parameters**

PARAMETERS	BEFORE TREATMENT	AFTER TREATMENT	% CHANGE IN IMPROVEMENT
<b><i>Ardha moordha vedana</i></b>	4	2	50 %
<b><i>Kala prakarsha</i></b>	4	1	75%
<b><i>Bhrama</i></b>	3	0	100%
<b><i>Hrillasa</i></b>	1	0	100%
<b><i>Chardi</i></b>	1	0	100%
<b><i>Vega Pravrutthi</i></b>	3	2	33.3%

**DISCUSSION:**

After treatment, Patient got 50 % relief from *Ardha moordha vedana* (severity of headache), 75% relief from *Kala prakarsha* (duration of headache), 100% relief from *Bhrama* (vertigo), 100% relief from *Hrillasa* (nausea), 100% relief from *Chardi* (vomiting) & 33.3 % relief from *Vega pravrutthi* (no.of vegas/month).

After follow-up days, the patient was absolutely normal. No side-effects were seen.

**PROBABLE MODE OF ACTION OF SHATAHVADI TAILA NASYA:**

- *Katu, tikta, kashaya rasa* has *deepana, pachana, shoshana karma* thus providing proper metabolism and ultimately balances *agni shithi* by carrying out *amapachana*.
- *Laghu, ruksha, teekshna guna*, by its property of *srotoshodaka* acts as *urdhwabhaga doshahara* and helps in expelling morbid *doshas*.
- All the drugs possess *ushna veerya* which does softening and liquefaction of morbid *doshas*, which ultimately expelled out through *virechana* action of the drug.

- *Shatahvadi taila* action is mainly by *vata kaphahara, shulagna, shothagna, amlapittahara, raktabhara shamaka* and *rasayana* properties.

**CONCLUSION:**

- Migraine is an episodic headache disorder, usually characterized by severe pain on one or both sides of the head, stomach upset, nausea, sensitivity to light and sound. *Ardhavabhedaka* is a *vatakapha pradhana shiroroga*, the symptom complex of which very well correlates to that of Migraine.
- *Ayurveda* enlists various *nidanas* which includes *aharaja, viharaja* and *manasika* factors etc. -- Endocrinal and hormonal factors are the sole contribution of contemporary science.
- Most of the *nidanas* mentioned in our classics go in similarity with migraine triggers, which has an active part in the diagnosis of the condition and as well as in planning the first line of treatment i.e., *Nidana parivarjana*.
- It is the single case study by the intervention of *Shatahvadi taila nasya*, showed marked

improvement in the both Subjective and Objective parameters.

- *Shatahvadi taila nasya karma* is highly effective in the management of *Ardhavabhedaka* w.s.r to Migraine.

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