

Role of Ayurveda in Management of Ardhavbhedak w.s.r. to Migraine

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ABSTRACT

Migraine is most common neurovascular disabling encountered in Shalakyatantra.

Ayurveda states Migraine as “Ardhavabhedhaka” which has become a alarming health issue in age group 20 to 50 years due to lifestyle change. Migraine holds the second common cause of headache and has become a daily challenge to deal with. Migraine holds significant position for illness. Headache is considered as distortion in which there is pain in any part of head. Majority who suffer from Migraine and don't get regular treatment face side effects. People who tend to pop up pills on regular basis and still get no relief, impatiently hunt for the alternative treatment. Ayurveda is a traditional system of medicine which was being followed since immemorable time.

KEYWORDS: Shiro roga, Ardhavabhedaka, Migraine, Nasya, Basti, Shirobasti, Shirolepa, Shirodhara, Panchkarma.

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INTRODUCTION

Ardhavabhedaka is described as Vataja or vata-kaphaj⁽¹⁾ by almost every Acharya but tridoshaj Shiro-roga⁽²⁾ is considered by Acharya Sushrut. **Pain type** - Cutting and churning pain in half of the region of head, cervical region, eyebrows, temporal part, ears, eyes, and frontal head which is very much similar to Migraine. In modern science, it defines as unilateral headache (affecting one half of the head) varied in intensity, frequency and duration, lasting from 2 to 72 hours commonly accompanied by nausea

and vomiting. Some are associated with sensory, motor and mood disturbances.⁽³⁾

Nidana (Aetiology) of Ardhavabhedaka

Migraine is more commonly seen in women than men with prevalence seen in the second and third decade of life. The cause of migraine is idiopathic. But believed to be of environmental and genetic origin.

Acharyas have mentioned particular nidana/causes which can be classified into groups^(3,4,5,6) as follows-

Aaharaja Nidana (Dietary causes)	<ul style="list-style-type: none"> ➤ Excessive intake of Ruksha Bhojana (Dry and Coarse food) meal. ➤ Skipping meals/Fasting/Hunger ➤ Atiambupana (Excessive water intake) ➤ Atimadyapana (Excessive alcohol consumption)
Viharaja Nidana (Habitual and occupational causes)	<ul style="list-style-type: none"> ➤ Due to excessive exposure to frost ➤ Weather changes ➤ Suppression of the natural urges specially of Mutravega, Purishavega, Kshavathuvega and Nidravega. ➤ Ayasa (Fatigue) ➤ Diva Swapna (day sleeping) or Ratrijagarana (overnight awakening) ➤ Atimaithuna (excessive coitus) ➤ Atibhashya (over talking)

	<ul style="list-style-type: none"> ➤ Excessive Exposure to Sun rays or bright light ➤ Asatmyagandh (Bad odour) ➤ Staying in unhygienic conditions.
Maansik nidaan	When psychological stress is involved the migraine attack occurs often.
Shiroabhighata	Mild associated head injury.

Nidana	Dosha prakupit
Rukshashana	Vaat
Purva-Vata Sevana & Avashyaya	Vaat/ vat-kapha
Atyashana	Tridosha
Vega sandharan	Vata
Abhighata	Tridosha
Diva swapna	Tridosha/ KP
Ati maithuna	Vaat

Ardhav bhedaka is of 3 Types Mainly:

1. Vatajaardhav bhedaka - caused by Vata prakopakaAhaar- vihar (lifestyle) like sleeplessness, hurry, worry, indigestion, fasting, irregular food habits, fear, stress, extreme cool condition, suppression of natural urges, etc.
2. Pittajaardhav bhedaka - caused by Pitta prakopakaAhaar-vihar like hot spicy food, junk food, beverages, sunlight, heat, profuse sweating, stress, etc.
3. Kaphajaardhav bhedaka- caused by Kapha pakopakaAhaar-vihar such as Guru Ahaar having high calorie foods, processed canned food and drinks, dairy products, fermented foods, meat products, lack of exercise, excessive sleep at day time, etc.

Rupa (Signs and Symptoms):

Rupa defines signs and symptoms which helps in bifurcation of disease and its treatment.

Pratyatamlakshan - Acharyas mentioned one thing in common, i.e. **VedanahavArdheshirsha**. So, Pratyatma Lakshan of Ardhavabhedaka is "Pain in half of the region of head."⁽⁷⁾

Samanya lakshan - According to different acharyas are following lakshanas:

1. Cutting and churning pain in half of the region of Many (cervical region) Bhru (Eye brows), Shankha (Temporal region), Karna (Ears), Akshi (Eyes) and Lalata (Frontal head).⁽⁸⁾
2. Tearing & throbbing intensity of pain with Bhram (Vertigo/confusion)⁽⁹⁾
3. The disease develops either at the interval of fortnight (15 days) or 10 days or a month and subsides of its own accord.⁽¹⁰⁾
4. Shankha moola Darana (Tearing pain in temporal regions), Ganda shotha (Swelling over Zygomatic area) and Chakshu-Virajyata (Redness of Eyes).⁽¹¹⁾
5. Ardha shirshaVikara is elevated with the rise of Sun.⁽¹²⁾
6. If the disease lasts for advanced, it may destroy the sight and the hearing.^(13,14)

SYMPTOMS OF MIGRAINE -

- Moderate to severe pain, usually confined to one side of the head, but switching in successive migraines
- Pulsating and throbbing pain
- Increased pain during physical activity
- Inability to perform regular activities
- Nausea
- Vomiting
- Increased sensitivity to light and sound.

Investigations

1. Electroencephalography (EEG),
2. Computed tomography (CT)
3. Magnetic resonance imaging (MRI)
4. spinal tap

Chikitsa/Treatment-

Acharya Charaka describes Chikitsa as efforts clubbed to maintain all the Dhatus and doshas in equilibrium.⁽¹⁵⁾

- **Nidana Parivarjan:** Start by removing the exposure of etiological factors (Aharaja- Viharaja) that are responsible for Ardhavabhedaka otherwise Chikitsa is nishphala i.e. with no results.
- **Sanshamana Chikitsa:** After avoiding Nidana,Doshas which are vitiated should be in equilibrium by internal medicines regarding dominant Doshas. It can either be-

Rasa Aushadhi like Chandrakanta Rasa, Shirovajra Rasa,shiroshooladivati, Mahalaxmi Vilasa Rasa.⁽¹⁶⁾

Kwatha (Decoction) like PathyadiKwatha⁽¹⁷⁾ pathyakshdhaatrayadikwath, Dashmoola Kwatha, Dhatriyadi Kwatha.

Ghritapana like Mahamayura Ghrita, MayuradyaGhrita⁽¹⁸⁾.

Shirolepa with Kumkuma Ghrita lepa, Sarivadilepa.

Sanshodhana Chikitsa:Shodhana procedures such as Vamana, Virechana, Basti, Shirovirechna (Nasya) is advised in Samhitas for all Urdhavajatrugataroga since Nose is considered as the gateway of Shira.⁽¹⁹⁾

- Nasya must be practiced as daily routine practice for Ardhavabhedaka along oral medicines regularly. It should be administered in the form of Swarasa, Taila, Ghrita and Churna.
- Acharya Vagbhatta and Bhavaprakash prescribed Brimahana Nasya while all other Acharya prescribedVairechanika Nasya for Ardhavabhedaka.
- Sattvavajaya: Counseling is as equally effective for Migraines as an adjunctive therapy to alleviate mental disorders. The key for counselling is Kama, Krodha, Bhaya, Harsha, Irshya.
- Upashaya: Bandha, Upatapa, Sweda and Sneha as per mentioned in classics.
- Anupashaya: Prakasha Asahishnuta i.e. exposure to bright light trigger the attack.

Pathya ahaar - Amla, Lavana padartha, Ghrita, Shali, Godhuma, Shastik Shali, Balamooladi Yusha, Kulatha Yusha, Kanjika, Dhanvamamsa, Godugdha, Dahi, Takra, (Jangal Purana mamsa), Guda, Dashamodambu, Jeernavari, Narikelambu,Patola, Shighru, Vastuka, Amra,Amalaki, Karvellaka, Haritaki,Dadima, Draksha, Matulung, Kushta, Bhringaraj, Kumari, Musta, Ushira, Karpura, Gandhasara.	Pathya vihaar- Swedana, Nasya, Dhumpana, Virechana, Lepa, Vamana, Langhana, Shirobasti, Rakta Mokshana, Agni Karma, Upanaha., ati atap sevan, atirukshabhojan,
Apathyaahaar -Dushitjala, Himajala, Sahya,&Vindhyas, parvatajala, Viruddhahara, ApakwaKsheera, Kapha producing diet.	Apathyavihar- Kashvathu, Jrimbha, Mutra Bhaspa, Nidra, Mala vegdharana, Krodha, Diwaswapna, Jalamajjana,

DISCUSSION: Migraine is co-related to “Ardhav bhedaka” in Ayurveda. Management of these Dosha can be done through Panchakarma like Nasya, Abhyanga, virechan, Swedana. Ayurveda provides relief in Signs & Symptoms of Migraine (Ardhavbhedaka) without any dependency on Ayurvedic Formulations / Procedures even for longer duration of time.Thus Ayurvedic Panchkarma Procedures & Appropriate Dosha har Internal Medications gives relief to Patient ofArdhavbhedaka.

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