

## The Role of Ayurvedic Formulation in the Management of *Ardhavybhedaka* w. s. r. to Migraine. - A Case Study

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### Abstract: -

In *Ayurveda* Migraine is described as *Ardhavybhedaka* Which is a major Health issue among people of age group 30-50 years. According to WHO, With an estimated global prevalence of 14.7 %. Female and Male ratio 3:1. Migraine is a common disabling condition mostly in Adult Population and shows female Predominance, unilateral throbbing type moderate to severe intensity headache is common manifestation of the Migraine though it may present with varied presentation. According to *Ayurvedic samhita*, all three *dosha* are involved in the manifestation of *Ardhavybhedaka* with Predominance of *vata* or *Vata- kapha dosha*. Management of these *dosha* can be done by *Shodhan karma* i. e *Nasya Karma* and *samshaman karma*.<sup>(8)</sup> Recently these therapies have been gaining Popularity in the holistic treatment of *Ardhavybhedaka* (Migraine). In this study, a 40-year Female Patient was selected based on the classical

symptoms of *Ardhavybhedaka*. She was administered for *Ayurvedic* treatment i. e *Shodhan Chikitsa* and *shaman Chikitsa* (Palliative procedures) with selected Medications, While under going *Nasya Karma* With *Panchendriya Vardhan Tail*. While during the Treatment course, considerable improvement was observed in the clinical symptoms of *Ardhavybhedaka*/ Migraine.

**Keywords:** - *Ardhavybhedaka, shirshool, Migraine.* )

### Introduction: -

The Indian Mythology Emphasizes the Prime Importance of *shirah* in the body, in *shrimad Bhagavad Geeta*, Lord Krishna Said that the base of the man is head While Whole body is just like it's Branch.

- There are 107 *marmas* in the human body and the *Pradhan Marma* is *shirah*.<sup>(1)</sup>

- *Shirah* is considered as *uttamanga* among all the *angas* of the *sharira* and it is the *Ashraya* of the *Prana* and all *Indriyas*.<sup>(8)</sup>
- *Ardhavybedaka Roga* is one among the *shirorogas* Mentioned in *Ayurvedic* Texts.
- There are five types of *shirorogas* in *sutrasthana* according to *Acharya Charaka*. I. e. i) *Vataja* ii) *Pittaja* iii) *Kaphaja* iv) *Sanipataja* v) *Krimija* He also Mentioned four additional *shirorogas* i. e. i) *Shankhaka* ii) *Ardhavybedaka* iii) *Suryavarta* iv) *Anantvata* in *siddisthana*.<sup>(3)</sup>
- There are Eleven Types of *shirorogas* According to *Acharya Sushruta* I. e. i) *Vatika* ii) *Pittika* iii) *Kaphaja* iv) *Sannipatika* v) *Raktaja* vi) *Kshayaja* vii) *Krimija* viii) *suryavarta* ix) *Anantvata* x) *Ardhavybedaka* and xi) *Shankhaka*.<sup>(6)</sup>
- *Migraine/ Ardhavybedaka* is a common chronic headache disorder characterized by recurrent attacks lasting 4-72 hours, of pulsating Quality, Moderate or Severe Intesity aggravated by routine physical activity and associated with Nausea, vomiting, photophobia or phonophobia.<sup>(2)</sup>
- The word *Ardhavybedaka* comprises of two components i. e. *Ardha* and *Avbedaka*. *Ardha* Means Half or Half side, *Ava* Suggest bad Prognosis and *Bhedaka* means Breaking, Perforating or bursting out type of pain.<sup>(1)</sup>

- According to *Acharya Charaka* and *Madhava*, it is *Vata Kaphaja* Disease.<sup>(3)</sup>
- According to *Acharya Sushruta*, it is *Tridoshaja* Disease.<sup>(6)</sup>
- According to *Vagbhata*, it is *Vataja* Disease.<sup>(7)</sup>

#### **Method: - Case Study: -**

A 40 Year Female Patient came to the L. K. *Ayurved Rugnalaya* on 19/08/2022 at 10:35 AM OPD No. 507635 and IPD No. 2171 with

**Chief Complaints: -** Right Sided Continuous rhythmic unilateral headache from 1 month, burning sensation in both Eyes from 1 month, associated with Nausea and vomiting severe Photophobia and *Phonophobia* during and after episode of headache. Dizziness with this she has got disturbed sleep.

**History of Past Illness: -** History of fall from bike (1 Month back) Stiches marks present over parietal region. No history of loss of consciousness, vomiting, nose and ear bleeding. No history of hypertension and Diabetes mellitus.

**History of Present Illness: -** she has taken treatment with allopathic medicines for 1 month but was not satisfied, Patient Complaining of Right Sided Continuous rhythmic unilateral headache from 1 month, Burning sensation in both Eyes from 1 month, associated with Nausea and vomiting severe Photophobia and *Phonophobia* during and after episode of headache. Dizziness with this she has got disturbed sleep, for further treatment and management she was admitted here and *Ayurvedic* Treatment was planned for her and within 8 days improvement was seen during treatment.

**Family History:** - No Family history is present related to this disease.

- *Rugna Parikshan:* - *General Examination:* -
- *Nadi* – 78/min
- *Mala* – 2-3 Times/ day
- *Mutra* – 3-4 times/day; 1 time/night
- *Jivha* – *Niram*
- *Temperature* – *Afberile*
- *Pulse Rate* – 78/min
- *Shabda* - *Spashta*
- *Sparsh* – *Samshitoshan*
- *Netra* – *Pallor* +
- *Prakruti* – *Vata pitanubandhi*
- *Nidra* – *Anidra*
- *Weight* – 42 Kg
- *BP* – 100/60 mmHg
- *RR* – 18/min

**Systemic Examination:** -

- *RS* – Air Entry equals both side chest clear
- *CVS* – S1, S2 Normal No murmur
- *CNS* – Concious well oriented remember the events very clearly
- *PA* – Soft Non Tenderness

**Investigations**

- *CBC* – on date 24/08/2022
- *HB* – 7.7 gm/ dl
- *WBC count* – 6, 910
- *Platelet count* – 2, 90, 000

**Samprapti Ghatak of Ardhavbhedaka**

- *Dosh:* - *Vata Kapha*
- *Dushya:* - *Rasa Rakt*
- *Udhbhav Sthan:* - *Amashaya pakvashya*
- *Strotas:* - *Rasavaha, Raktvaha*
- *Strotodushti* : - *Sanga, Vimargagamana*
- *Adhisthan:* - *Shirah*
- *Vyakti sthan:* - *Shirah /Right Side Ardhshir*
- *Roga marga:* - *Marmasthisandhi*
- *Svabhava:* - *Ashukari*
- *Sadhyasadhyata:* - *Sadhya - Kashtsadhya*

**Material and Methods:**

**Methods – i) Case Study**

ii) Centre – PG Department of *Kayachikitsa* L. K. *Ayurved Rugnalya*, *Yavatmal*, Affiliated to *D. M. M. Ayurved Mahavidyalaya*, *Yavatmal*.

**Material - Shaman Chikitsa**

Sr. No.	Dravya	Dose	Duration	Anupan
1	<i>Maha Yograj Guggul</i> <i>Vat vidhawans ras</i> <i>Ekan Vir ras</i> <i>Sutshekhar ras</i>	500mg 250mg 250mg 250mg	Twice a day	Lukewarm water
2	A Combination in Powder form of <i>Dashmul Churna</i> <i>Rasna Churna</i> <i>Avipattikar Churna</i>	1 gm Each	Twice a day	Lukewarm water

	<i>Aamlki Churna</i>			
3	<i>Swadhisht Virechan Churna/Powder</i>	3gm	Once a day (HS)	Lukewarm water
4	<i>Guduchi and Dashmul Bharad Kwath</i>	30ml	Twice a day	Lukewarm water
5	<i>Punarnawa Mandur Loha Bhasma Kamdhudha</i>	250mg	Twice a day	Lukewarm water
6	<i>Nasya by panchendriya vardhan Tail</i>		Once a day (Bed time)	In both nostrils
7	Tab. Cephagraine		TDS	Normal water
8	Tab. <i>Laghu Suryavarti Ras</i>	250mg	TDS (After Meal)	Lukewarm water
9	Syrup Nerve Soldier	2TSF	Twice a day	Normal water

#### Discussion: -

*Ardhavybhedaka* (Migraine) is *Rasavaha* and *Raktavaha Stroto dushti vikar*.

*Nasya karma*: - Administration of *Panchendriya vardhan Tail/oil* through the Nose is Known as *Nasya Karma*.<sup>(4)</sup>

- In *Ayurveda Nasya* therapy is considered as one of the most important promising treatment for all the *Urdhwajatrugata Vikaras*.
- There are three *Nasyas*: - 1. *Virechana* 2. *Brihana* 3. *Shaman nasya* which helps in Management of *Ardhavybhedaka*.<sup>(9)</sup>
- *Poorva Karma*: - If there is urge to urinate or defecate, Finish that First. Take oil and do gentle massage over the entire Face and While massaging avoid eye lids and After this need to give some

sort of Heat treatment. It can be: - gentle exercise to warm up the face or washing face with lukewarm water. Hot Fomentation should given to face and Neck, avoiding eyes and eye lids. Lie on a cot in room devoid of breeze or excess sunlight. For convenience, keep a thin pillow below neck. Lie straight with his face upwards, extending arms and legs.

- *Pradhan Karma*: - Here *Shaman Nasya* use with *Panchendriya vardhan Tail*. The oil is slightly warmed in hot water bed, just before administration. It should not be hot. It should just be lukewarm. Two drops of *Panchendriya vardhan tail* are instilled into each nostril.

- *Paschyat Karma*: - After Installing *Panchendriya vardhan* tail Soles, neck, palm, ears, etc. should be massaged mildly. For next 10 minutes, sputum along with medicine may come out. Spit it all out. If feel excess of heat/burning sensation, then wash face with cold water. After this procedure, one should lie with the face upwards for 2 minutes. Then, ideally, smoke inhalation with medicated herb and mouth gargling should be done to cleanse the throat.
- *Ardhavybhedaka* in which Paroxysmal unilateral headache associated with vertigo and pain of varying intensity is seen. *Ardhavybhedaka* can be scientifically correlated with Migraine due to it's cardinal feature Half Sided headache.
- *Laghu sootshekhar Rasa*: - Is a herbo mineral formulation which contains
- *Swarnagairika, shunthi, Nagvelli* juice extract which balances *vata* and *pitta*. It has *kashaya*, *madhur rasa*, *snigdha*, *Vishad Guna* and *Sheet veerya* and *madhur vipaka*. It improves blood circulation and provides strength to the brain.
- *Mahayograj Guggul*: - Famous and versatile *ayurvedic* medicine in tablet form. It acts excellent anti-inflammatory and analgesic.
- *Ekangvir rasa*: - It contains *kuchala*, *chitraka*, *nirgundi*, *shigru triphala kwath bhavna* which is relives pain stimulates

inactive or underactive nerves and nervous system.

- *Punarnawa Mandur*: - Is useful in the treatment of Anemia. *Punarnawa* helps to correct digestive fire and reduce ama. Due to it's *Deepan* (Appetizer) and *Pachan* (Digestive) properties. *Mandur* is mainly used to treat Iron Deficiency Anemia.
- *Loha Bhasma*: - It is prepared from iron, used in Anemia. Balances *Kapha* and *Pitta*.
- Cephagraine tablet: - It contains *Pimpali, Shunthi, Tulsi*. It provide analgesic and anti inflammatory action relives associated headache and pain. It liquefies mucus and relives congestion also relives associated sensory aura such as headache, nausea, vomiting and tinnitus.
- Nerve Soldier syrup: - It is safe, natural, vegetarian and herbal tonic for nerves. It keeps Nerves fit and healthy to avoid diseases of nerves.

#### **Probable Mode of Action: -**

All medicine which are given in this patient are mainly *vata Shamak* and *vedana Shamak*. And others medicine like *Punarnawa Mandur* etc which helps to increase Hemoglobin count and due to this treatment patient get relief from *Ardhavybhedaka* (Migraine), *Pandu* (Anemia) *Katishul*.

#### **Conclusion: -**

*Ardhavybhedaka* with special reference to Migraine can be cured or controlled according to individual life Style, following the ethical regimen migraine

can be controlled. *Ayurveda* presents a striking alternative to the biochemical model of modern medicine. The treatment prescribed by *Acharyas* for *Ardhavybhedaka* in *Ayurveda* is proved to be effective in prevention and management of *Ardhavybhedaka* w. s. r. to Migraine.

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