

MIGRAINE (ARDHAVABHEDAK) MANAGEMENT IN AYURVEDA- A REVIEWDr. Mamta Mittal*¹ and Dr. Uma Pandey²¹RMO, Department of *Shalaky Tantra*, Govt. Ayurvedic College & Hospital, Patna.²Prof. & HOD, Department of *Shalaky Tantra*, Govt. Ayurvedic College, Patna.***Corresponding Author: Dr. Mamta Mittal**RMO, Department of *Shalaky Tantra*, Govt. Ayurvedic College & Hospital, Patna.

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ABSTRACT

The life style of the people of modern era has changed due to rapid urbanization. Due to changed work expectations for better life style, stress is causing increased incidence of acute and chronic disorders. Migraine is one of the chronic illness, which is widespread in the population with varying severity. It is a chronic neurological disorder characterized by recurrent moderate to severe headaches often in association with a number of autonomic nervous system symptoms affecting the daily life routine. In Ayurvedic texts there are several types of Shiro Rogas (head disorders) described by Acharyas. Amongst them the clinical features of Ardhavabhedaka are very much similar to Migraine. As in case of migraine mainly analgesics are prescribed which have side effects on the other organs. So in this article an Ayurvedic approach towards this illness is discussed.

KEYWORDS: Shiro Rogas, Ardhavabhedaka, Shirovirechan.**INTRODUCTION**

Ardhavabhedaka is described as Vataja or vatakaphaj^[1] by almost all Acharyas but tridoshaj Shiro-roga^[2] by Acharya Sushrut. In ardhavabhedaka there is 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. Typically the headache is unilateral (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 common in women than men and occurs most commonly in the second and third decade of life. The cause of migraine is unknown. However, it is believed to be related to a mix of environmental and genetic factors. It runs in families in about two-thirds of cases and rarely occurs due to a single gene defect suggesting that migraine sufferers may inherit sensitivity to trigger factors that produce inflammation in the blood vessels and nerve around the brain causing pain. In Ayurveda, Acharyas have described the specific causes which can be classified into following groups for convenience.^[3,4,5,6]

1. Aaharaja Nidana (Dietary causes)

- ❖ Excessive intake of Ruksha Bhojana (Dry and Coarse food)

- ❖ Adhyashan (Excessive intake of meal or eating during indigestion)
- ❖ Skipping meals/Fasting/Hunger
- ❖ Atiambupana (Excessive intake of water)
- ❖ Atimadyapana (Excessive intake of alcohol).

2. Viharaja Nidana (Habitual and occupational causes)

- ❖ Affliction with Pragavata (Easterly wind)
- ❖ Due to excessive exposure to frost
- ❖ Weather changes, High altitude, Barometric pressure changes
- ❖ Suppression of the natural urges specially of Mutravega, Purishavega, Kshavathuvega and Nidravega.
- ❖ Ayasa (Excessive exercise or Fatigue)
- ❖ Changes in sleep patterns as Diva Swapna (day sleeping) after taking meal or Ratrijagarana (overnight awakening)
- ❖ Atimaithuna (excessive coitus)
- ❖ Atibhasya (over talking)
- ❖ Excessive Exposure to Sun rays or bright light
- ❖ Asatmyagandha (Bad odour)
- ❖ Staying in unhygienic conditions.
- ❖ Hormonal (Menstrual cycle fluctuations, oral contraceptives pills etc.)

3. Mansika Nidana

- ❖ When psychological stress is involved the migraine attack occurs often.

4. Shiroabhighata

- ❖ Mild associated head injury e.g. heading a football is a precipitating factor.

Rupa (Signs and Symptoms) of Ardhavabhedaka

Rupa is indicative of the prognosis of the disease. Rupa of Ardhavabhedaka can be grouped into following two categories.

1. Pratyatma Linga of Ardhavabhedaka (Cardinal Symptoms)

In Ardhavabhedaka Roga, all the Acharyas have described one thing common i.e. Vedana (pain) in Ardhashirsha (half of the region of head). So the Pratyatma Linga of Ardhavabhedaka must be "Pain in the half of the region of head."^[7]

2. Samanya Lakshana of Ardhavabhedaka (General Symptoms)

According to different acharyas following are lakshanas:

- 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]
- Tearing and throbbing intensity of pain with Bhrama (Vertigo/confusion).^[2]
- The disease develops either at the interval of fortnight (15 days) or 10 days² or a month and subsides of its own accord.^[9]
- Shankhamoola Darana (Tearing pain in temporal regions), Gandashotha (Swelling over Zygomatic area) and Chakshu-Virajyata (Redness of Eyes).^[10]
- Ardhashirsha Vikara is elevated with the rise of Sun.^[11]
- If the disease lasts for advanced, it may destroy the sight and the hearing.^[8,9]

According to modern science also migraine typically present with self-limited, recurrent severe headache associated with autonomic symptoms. About 15-30% of people with migraine experience migraine with an aura and those who have migraine with aura also frequently have migraine without aura. The severity of the pain, duration of the headache, and frequency of attacks is variable.^[3,6]

Management as per Ayurvedic Principles

The Ayurvedic line of management of Ardhavabhedaka can be classified in following groups.

A. Nidana Parivarjana (Avoidance of Causative Factors)

Nidana Parivarjana is the first and most useful method in the prevention and management of Ardhavabhedaka. The factors which are known to produce Ardhavabhedaka should be avoided.

B. Aushadh chikitsa

In this both panchkarma chikitsa and oral medication in form of shaman chikitsa is indicated. Under panchkarma

some Shodhana Karmas (for radical removal of causative morbid factors of the disease from the body) and some other procedures (for instant relief by using specialized techniques) are indicated. These include:

1. Panchkarma procedures

➤ Shirovirechana Karma (Nasya procedure)

In the Nasya Karma therapy the drug is administered through nostrils. Medicines used for this purpose include oils, prepared with drugs in the form of powder juice or paste of the drugs which may have irritant effect on nasal mucosa. Nasyakarma can be done for 7-21 days according to severity and chronicity of the disease. Preparations used in Shirovirechana Karma are:

Taila/Ghrita - Shadabindu Taila, Anu Taila, Dashmoola Taila, Gunja Taila, Goghrita, Devadarvadi Ghrita, Lakshadi taila, Kumkumadi Ghrita, kusthadi ghrita mixed with sharkara.^[12,13]

Juice/Kalka - Shirishadya Avapeeda, anshamooladya Avapeeda, Madhukadya Avapeeda.^[14]

Others single drugs used for nasya:

- Madanphala mixed with mishri and cow's milk should used before sun rise.^[15]
- Powder of fruit and root of Shweta Aprajita mixed with water.^[16]
- Vidanga powder and black tila paste mixed with water and extracted rasa (luke warm).^[17]

➤ Basti Karma (Medicated Enema)^[18]

In Ardhavabhedaka, Niruha Basti prepared with Vatanashaka drugs should be given first, followed by Anuvasana Basti prepared of Ghrita, Taila etc.

➤ Upnaha (Poultice)^[18]

Poultice of Vatanashaka drugs like dashamoola, cotton seeds, mustard seeds etc. mixed with hot milk (wrapped in a cloth in the paste form) can be bandaged around the head.^[19]

➤ Shiro-Basti^[18]

In Shiro Basti, a cranial pouch or cuff around the head is prepared and medicated oil is filled into this pouch for about 1 muhurta (48 minutes). In Ardhavabhedaka Vata or Vatakaphanashaka medicated oils like Dashmoola taila and four types of Sneha viz. Ghrita, Taila vasa, majja etc. are used.

➤ Dahana Karma (Cautrization)^[18]

Dahana Karma is indicated in last when the pharmacological approaches are not responded in Ardhavabhedaka. According to Acharya Charaka, Dahana Karma should be applied at Shankha and Lalata Pradesha, limited to dermal layer (Twaka Daha) with the help of Sharkandagra or Godanta. Acharya Bhela has prescribed Pippali for Dahana Karma.^[20]

2. Shamana Chikitsa (Pacifactory Therapy)

It is curative treatment. The drugs used in the treatment of Ardhavabhedaka are:

- ◆ **Rasa Aushadhi**-Chandrakanta rasa, Shirovajra rasa, Mahalaxmi vilasa Rasa^[21]
 - ◆ **Kwatha (Decoction)**- Pathyadi Kwatha,^[22] Dashmoola Kwatha, Dhatriyadi Kwatha
 - ◆ **Ghritapana**- Mahamayura Ghrita, Mayuradya Ghrita^[23]
 - ◆ **Shirolepa (Head mask)** - Kumkuma Ghrita lepa,^[13] Sarivadi lepa.^[24]
- Other drugs for shirolepa are-
- 1) Process black pepper powder with bhringraja swarasa & keep it in a bottle after drying. Use with bhringraja swarasa during attack.^[25]
 - 2) Black tila, jatamansi powder mixed with saindhava and honey.^[26]

• Do's

Aahara	Vihara
Oily substances- Purana Ghrita, Chatuhsneha (Ghrita, Taila, Vasa, Majja) in uttam matra Dhanya - Shalidhanya, Shathi dhanya, Yusha Vegetables -Patola, Shigru, Draksha, Vastuka, Karvellaka, Amra, Dhatri, Fruits -Dadima, Matulunga, liquids - Takra, Kanjika, coconut water, Drugs - Haritaki, Kustha, Bhringraja, Kumari, Musta, Ushir, Chandrika, Gandhasara	Treatment- Shiroabhyanga, Nasya, Dhoomapana, Virechana, Shirolepa, Shirobasti, Upnaha, Raktamokshana, Agnikarma Practice good sleep habits Exercise daily, and another relaxation technique Do Yoga, Pranayam (Anuloma - Viloma), Shavasana Loose excess weight

• Dont's

Aahara	Vihara
Ruksha bhojana, Atimadyapana, Viruddhabhojana etc. Do not overuse pain medicine	Vegadharana, Atijalakrida, vriddhuajalakrida, Atimaithuna, Divaswapana, Ratrijagrana, Atibhasya, Adhyasana, Pragvata and Avashyaya sevana, Manastapa and Ativyayama etc

CONCLUSION

The frequent use of medications in this illness may result in medication overuse headache, in which the headaches become more severe and more frequent. So Ayurvedic treatment should be preferred in case to migraine which not only reduce symptoms but prevent further side effects also.

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- ◆ **Shiro-Abhyanga (Massage over Head)**- with Dashmoola Taila, Mahamayura Ghrita, Prapondrikadi Taila.^[27]
- ◆ **Specific drug**- Shudh Somal in very less quantity is effective but it should be used only when attack is suppressed. It is not indicated during migraine attack.^[28]

Prevention

Preventive treatment of migraine include: medications, nutritional supplements and lifestyle alterations. The goal for preventive treatment is to reduce the frequency, pain, duration of migraines, and to increase the effectiveness of therapy. Another reason is to avoid overuse of medication. This is a common problem and can result in chronic daily headache. So one should follow following do's and dont's.^[29,30,31]

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