



EFFECT OF *MARMA CHIKITSA* IN THE PAIN MANAGEMENT OF *ARDHAVBHEDHAK* (MIGRAINE) – A SINGLE CASE STUDY

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Article Received on 25/06/2024

Article Revised on 15/07/2024

Article Accepted on 05/08/2024

ABSTRACT

In *Ayurveda*, many types of *Shirorogas* are explained by the *Acharyas*. Amongst them one is *Ardhavybhedhak* that may be correlated with migraine. *Ardhavybhedhak* is considered *Vataj* or *Vata-Kaphaj*^[1] by all the *Acharyas* but *Tridoshaj* by *Acharya Sushrut*.^[2] In India around 15-20% Of People Suffering From Migraine. Pain Is The Primary Symptom That Interferes With A person's daily activities. Considering pain as the major target of management, *Marma Chikitsa*, A different approach towards *Ayurvedic* treatments is suggested. *Marma Sthanas* are considered as site of *Prana*. By properly stimulating the *Marmas*, many physical and mental diseases can be treated. As *Marma Chikitsa* is non-pharmacological and non invasive method, it has promising effect in the management of *Ardhavybhedhak*. Better results require more sittings. A 26-year-old female came to the OPD of Pt. Khushilal Sharma Government Ayurvedic College and Hospital, Bhopal (MP) with the complaint of recurrent episodes of unilateral throbbing headache. In this study, effectiveness of *Marma Chikitsa* in pain management of *Ardhavybhedhak* is evaluated.

KEYWORDS: *Ardhavybhedhak*, Migraine, *Marma Sthana*, *Marma Chikitsa*.

INTRODUCTION

In *ayurveda* classics many *Urdhavajatrugatarogas* (diseases above the clavicle) are described. *Acharya Sushrut* has explained 11 types of *Shirorogas*(diseases of head) in *Uttartantra*.^[3] *Ardhavybhedhak* is one among them. According to *Acharya Sushrut* it is *Tridoshaj* disease which causes pricking and cutting pain in one-side of head region. *Acharya Charaka* has explained this disease under either *vata* alone or *Vata-Kaphaj*, in which there is *Ativedana* in the half side of head and sides of the *Manya* (neck), *Bhroo* (eyebrow), *Shankha* (temple), *Karna* (ear), *Akshi* (eyes) or *Lalatardha*(forehead of one side). *Acharya Vagbhatta* have stated it as "Pain in the half of the region of head."^[4] All these symptoms are correlated with migraine.

Migraine is most common neurologic disorder which is characterised by recurrent episodes of unilateral throbbing pain and associated symptoms such as nausea, vomiting, photophobia and phonophobia, giddiness. The

prevalence of migraine is between 6–8% in men and 12–15% in women and happens most frequently in 2nd and 3rd decades of life. There are numerous distinct types of migraines, in which migraine without aura being the most typical. Some of the triggers for migraines include stress, anxiety, changes in the female hormonal mechanism, bright lights, loud noises, unpleasant smells, changes in the environment or climate, intense lighting or flashes of light, overexertion, missing meals, drinking and smoking, halting caffeine, and taking too many migraine medications.

In contemporary science, Treatment of migraine mainly involves Analgesics, triptans, beta-blockers, ergot derivatives, antipsychotic, tricyclic antidepressants, etc. Frequently using these medications causes various side effects such as nausea, sleepiness, flushing, dizziness, fatigue, low blood pressure, tingling of hands and legs and manymore.

Ayurveda highlights a wide range of therapeutic approaches for the management of *Ardhavabhedaka*. *Marma* therapy is one of them.

Marma Therapy

Marma Sthanas are the meeting point of *Mamsa*, *Asthi*, *Sira*, *Snayu*, *Dhamani* and *Sandhi* where *Prana* resides.^[5] *Marma* science was viewed primarily as war science in which knowledge of *Marma* is very important. Injury at these points are life threatening but by gentle and properly touching these points it stimulates the *Prana* (flow of energy). By eliminating blockages from the *Marma* points, it offers psychological as well as physiological calmness and strength.

Marma therapy involves gentle manipulation, massage, or stimulation of these points to enhance the flow of energy, balance bodily functions, and promote healing. In total there are 107 *Marma Sthanas* present all over the body. These energy points facilitate the most profound forms of healing and have a tremendous impact on the body, mind, and spirit.

Instrumentation

1. Duration of Headache (Assessed in term of hours/day)

Nil	0
1-3 hours/day	1
3-6 hours/day	2
6-12 hours/day	3
More than 12 hours/day	4

2. Severity of Headache

No headache	0
Mild headache, patient is aware only if he/she pays attention to it	1
Moderate headache, ignorable	2
Severe headache, can't ignore but he/she can do his/her daily activities	3
Extreme unbearable pain(forced to take medicines)	4

3. Frequency of Headache

Nil	0
≥ 20 days	1
10 days	2
15 days	3
≤ 5 days	4

4. Lack of concentration

Nil/absent	0
Mild	1
Moderate	2
Severe	3
Very severe	4

5. Disturbed sleep

Nil/absent	0
Mild	1
Moderate	2
Severe	3
Very severe (Forced to take medicine)	4

Marma Therapy in Ardhavabhedaka (Migraine)

In order to treat *Ardhavabhedaka*, the *Marma* points *Vidhura*, *Phana*, *Apanga*, *Avarta*, *Shanka*, *Utkshepa*, *Sthapani*, *Adhipati* are being stimulated for 15-18 times with 0.8 sec stimulus twice daily for 15 days.

Assessment Criteria^[6]

Criteria for Assessment was based on relief found in the signs and symptoms of the disease. For this purpose main signs and symptoms were given suitable score according before and after treatment to their severity before and after treatment.

Severity frequency and duration of headache were assessed in following way

1. Headache (duration)
2. Headache (severity)
3. Headache (frequency).

6. Heaviness in head

Nil/absent	0
Mild	1
Moderate	2
Severe	3
Very severe (Forced to take medicine)	4

• Associated complaints were given score as

Present before treatment / No change	2
Improvement after treatment	1
Absent	0

CASE REPORT

Basic information of the patient

Age: 26 years

Gender: Female

Religion: Hindu

Occupation: Student

Socioeconomic status: Middle class.

History of present illness

A 26 year old female came with the complains of headache with nausea and vomiting since 2 years. The pain was unilateral (sometimes right side and sometimes left side) and is throbbing and pricking in nature. The episodes of pain occurs once or twice a month. Patient has to take allopathy medicines for temporary relief. She consulted many neurophysicians but not got any permanent relief. So she came to our institute Pt.Khushilal Sharma Government (Auto) Ayurveda Institute, Bhopal. No significant family history and personal history related to the disease is noted.

Personal History

- Appetite - Normal
- Bowel – Sometimes constipation
- Sleep - disturbed
- Micturition – Normal
- *Aharaja* – Predominantly *Katu* and *Rooksha* ahara
- *Viharaja* – sedentary lifestyle

History of past illness: No history of any neurological or any other serious illness related to disease.

Examination

Duration of headache - 2 year

Frequency of attacks – 10 - 15 days

Severity of headache - Moderate to Severe

Duration of each attack – 6-12 hours/day

Site - Unilateral (sometimes right and sometimes left side)

Nature of pain – excruciating

Associated symptoms – Nausea, vomiting, photophobia, phonophobia

Quality – throbbing pain with heaviness.

Asta Sthana Pareeksha

- *Nadi* : *Prakruta*, 76/min
- *Mutra*: *Prakruta*, 4 to 5 times/day, once at night
- *Mala*: sometimes constipation
- *Jihwa*: *Alipta*
- *Shabda*: *Prakruta*
- *Sparsha*: *Prakruta*
- *Druk*: *Prakruta*
- *Akruti*: *Pittavatala*.

Treatment history: History of taking painkillers.

Protocol of Treatment

Sr.no.	Marma point	Stimulation time	Sittings of Marma Chikitsa	Total time period
1	<i>Vidhura</i>	0.8 sec	Twice a day	30 days
2	<i>Phana</i>	0.8 sec	Twice a day	30 days
3	<i>Apanga</i>	0.8 sec	Twice a day	30 days
4	<i>Avarta</i>	0.8 sec	Twice a day	30 days
5	<i>Shanka</i>	0.8 sec	Twice a day	30 days
6	<i>Utkshepa</i>	0.8 sec	Twice a day	30 days
7	<i>Sthapani</i>	0.8 sec	Twice a day	30 days
8	<i>Adhipati</i>	0.8 sec	Twice a day	30 days

RESULTS

After 30 days of treatment, significant improvement was observed in Intensity, duration and frequency of

headache. The other associated symptoms such as nausea, vomiting, photophobia and phonophobia are reduced.

Sign & Symptom	Before treatment	1 st Week	2 nd Week	3 rd week	4 th week
Duration of Headache	3	3	2	2	1
Severity of Headache	3	3	2	1	1

Frequency of Headache	3	3	3	1	1
Lack of concentration	3	3	2	1	1
Disturbed sleep	2	1	1	1	1
Heaviness in head	3	2	2	1	1
Associated complains	2	1	1	1	0

DISCUSSION

In *Ayurveda*, body is divided in six parts viz. Head (*Shira*), two upper limbs, two lower limbs and trunk. Head (*Shira*) is most important part amongst them. Also it is given that all the *Gyanendriyas* (sense organs) and *Mana* (*Ubhayendriya*) are situated in head (*Shira*). All the vital psychosomatic functions are controlled by the *Shira*. So any physiological and pathological abnormality in the *Shira* hampers the daily activities of humanbeing. The most common complain regarding *Shira* is *Shirashool* i.e headache. *Ayurveda* explains the episodic nature of *Ardhambhedaka* which is correlated with the attacks of migraine. Pain occurs in *Ardhambhedaka* is due to *vata dosha* or combination of *Vata-Kapha dosha*. *Marma Sthanas* are the energy points are located at sites richly supplied by nerves and blood vessels. By stimulating these points it releases endorphins (opioids) and neurotransmitters (such as serotonin and melatonin) in the brain that results in pain modulation and mood enhancement.^[7] Through manipulation of *Marmas*, *Prana* can be guided to remove blockages, improve energy flow or tap hidden energy reserves and make connections with the greater powers of life and nature. This makes *Marma* therapy an important tool of 'energetic' or 'Pranic healing'.^[8] In this study, *Marma* points of *Shira*(head) are stimulated and patient got significant relief in both severity and duration of headache. Frequency of headache also reduced. Other associated symptoms such as disturbed sleep, nausea, vomiting were completely absent after the *Marma* therapy. *Marma* also cleanse, pacify, rejuvenate, calm the mind and emotions, enhance awareness, and serve as vehicles of preventative care.^[7]

CONCLUSION

In *Ayurveda*, 107 *Marma* points are described by *Acharya Sushrut*. These are also called as "Site of *Pranas*" or "Sensitive" or "vulnerable points." Such concepts of *Marma* therapy can be applied generally to promote health and longevity, or they can be employed for the diagnosis and treatment of disease. It is extraordinary and dynamic *Ayurvedic* therapy that has tremendous value in pain modulation. In this study of *Marma chikitsa*, we have stimulated the *Marma* points *Vidhura*, *Phana*, *Apanga*, *Avarta*, *Shanka*, *Utkshepa*, *Sthapani*, *Adhipati* twice a day for 30 days. In above summary we have concluded that patient got remarkable relief in severity and duration of headache. Additionally, On associated complaints, highly significant relief was observed in nausea, vomiting, photophobia and phonophobia. *Marma Chikitsa*, then, is the latest advancement in medical research.

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