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### RESEARCH ARTICLE

#### A CASE STUDY ON AN AYURVEDIC MANAGEMENT OF ARDHAVABHEDAKA W.S.R. MIGRAINE

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#### Abstract

Migraine is an episodic headache sickness generally characterised by route of ache regarding both 1/2 of the head. according to global headache society, Migraine constitutes sixteen% of the primary headache and influences approximately 10-20% of the general population. Ardhavabhedaka is mentioned beneath Shiroroga (diseases of head) which can be correlated with migraine. Nasya Karma is considered because the excellent healing intervention in Shiro Roga by using Acharya Charaka. Kumkumadi Ghrita is noted via Acharya Vagbhata in context of Shiroroga Chikitsa. So, an attempt has been made to assess the efficacy of Anu Taila Nasya within the management of migraine in this unmarried case take a look at. After 7 days of Nasya Karma, tremendous development became seen in the scientific capabilities of Migraine.

**Materials and Methods:** The subject who approached Shalakya Tantra OPD of Shalakya Tantra, Ashwin Rural Ayurved College, Sangamner, Ahmednagar with symptoms of Migraine since 2 years was systemically reviewed and Nasya line of treatment is adopted.

**Results:** The subject showed marked improvement as depicted in the scoring scale before and after treatment.

**Discussion:** By adopting the holistic approach with both internal and external treatment modalities an attempt is made to bring about satisfactory results.

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#### Introduction:-

Migraine is a recurrent headache ailment with excessive pain that may be unilateral (one-sided) and accompanied by means of nausea or vomiting as well as photosensitivity (sensitivity to mild) and phonosensitivity (sensitivity to sound). because of similarity of the signs and symptoms and signs and symptoms Migraine can be understood as Ardhavabhedaka. it is the third maximum commonplace disease inside the international (behind dental caries and tension-kind headache) with an predicted international prevalence of 14.7% (round 1 in 7 people). it is extra commonplace than diabetes, epilepsy and bronchial asthma blended. Migraine is ranked globally as the 7th most disabling ailment amongst all diseases and the main purpose of incapacity amongst all neurological issues.<sup>1,2</sup>

It is highly prevalent in India (2014), and associated with substantial disability. Prevalence was greater among females (31.6%) vs. among males (18.5%) and in rural areas (28.9%) vs. urban areas (21.7%).<sup>3</sup>

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Ayurveda considers Shiras as an Uttamanga, as it shelters the vital components of body, mind and sense organs. Shirorogas (disorders pertaining to Head) are said to be eleven in number according to Acharya Sushruta, ten according to Vagbhata Acharya, nine according to Charaka Acharya. Ardhavabhedhaka is one among the Shirorogas explained. According to Acharya Sushruta, if one half of the head develops severe tearing and pricking pain, giddiness, and piercing pain, suddenly after a fortnight or ten days, it should be diagnosed as Ardhavabhedhaka caused by all the Tridoshas.<sup>4</sup>

Consistent with Acharya Charaka, Ardhavabhedhaka is the disorder of the head wherein a violent and excruciating pain of a piercing or aching nature is felt in one 1/2 of the skull, orbit, neck, frontal and temporal regions of head, which makes the concern sense giddy, and which both follows no awesome periodicity or recurs at a normal c language of ten days or a fortnight. This takes place due to the concerted motion of Vata or Vatakapha. according to Acharya Vagbhata – Ardhavabhedhaka seems to be a type of Vataja Shirashula. He describes it to arise once in a fortnight or a month.<sup>5</sup>

Common Migraine, that is Migraine without aura, characterized by no presence of early visual changes, dizziness, confusion, having pins or needles in the skinsensation, forms roughly 75% of Migraine. Therefore, the common Migraine has been selected for this study. In the contemporary medical system, one of the common medicines prescribed for Migraine constitute long term use of Triptans, and NSAIDs, Taking them daily can make headaches worse due to medication overuse. To avoid the damage caused by them, there is a necessity for a safe effective simple treatment modality in Ayurveda, which the study is aiming at.<sup>6</sup>

### Objectives:-

1. To understand the pathophysiology of Migraine in the perspective of Ardhavabhedhaka explained in Ayurveda classics.
2. To find a better Ayurvedic approach in Migraine.

### Case Report

Basic information of the patient

1. Age: 31 years/ Male
2. Religion: Hindu
3. Occupation: Shop kipper
4. Socioeconomic status: Middle class
5. History of present illness: A 31 years old male patient visited OPD of Shalakya Tantra, Ashwin Rural Ayurved College, Sangamner, Ahmednagar and presented with chief complaints of headache involving half side since last 2 years and interval of headache was 15 days to one month. Severity of headache was increased since last 15 days and interval was on alternate day since 2 days. Associated complaints were irritability, nausea, anger. Aggravating factors of headache were stress, hunger, sun light, noisy surroundings and crowd whereas relieving factors were only analgesics. Patient was diagnosed with Migraine (Ardhavabhedhaka) on the basis of clinical features and after assessing Dosha, Agni, Satmya, Bala, Vaya, etc., Nasya with Anu Taila was planned for 7 days.

### Personal history

Aharaja: Rooksha Ahara, Kashaya Rasa.

Viharaja: NAD.

### Examination-

#### Asta Sthana Pareeksha

1. Nadi: 68/min
2. Mutra: 5-6 times/day
3. Mala: once a day
4. Jihwa: Niram
5. Shabda: Prakruta
6. Sparsha: Prakruta
7. Druk: Prakruta
8. Akrti: Pittaj

**Assessment Criteria**

The improvement was assessed on the basis of relief in the signs and symptoms of the disease.

**Subjective Criteria<sup>7</sup>**

1. Pain will be assessed using Numeric Pain Rating Scale before and after the treatment.
2. Disability will be assessed using the MIDAS Questionnaire, before the treatment and after the fourth follow up.

**Effect of therapy on symptoms of Migraine.**

No.	Symptoms	Before treatment	After treatment
1	Intensity of headache	3	2
2	Frequency of headache	3	1
3	Duration of headache	4	1
4	Nausea	1	0
5	Vomiting	0	0
6	Photophobia	2	1
7	Vertigo	0	0

**Numeric Pain Rating Scale<sup>8</sup>**

The NPRS is a segmented numeric version of the visual analog scale (VAS) in which a respondent selects a whole number (0–10 integers) that best reflects the intensity of his/her pain.

**Before treatment:**

8 (Severe)

**Treatment Protocol****Poorva Karma**

Sthanika Abhyanga and Ushna Sveda (local massage and fomentation) of scalp, forehead, face, and neck were performed. Abhyanga was done with Ksheerabala Taila.

**क्षीरबलातैलं-**

बलाकषायकल्काभ्यांतैलंक्षीरसमंपचेत्।

सहस्रशतवारंवावातासृग्वातरोगनुत्॥११९॥

रसायनमिदंश्रेष्ठमिन्द्रियाणांप्रसादनम्।

जीवनंबृंहणंस्वर्यशुक्रासृग्दोषनाशनम्।

इतिसहस्रपाकंशतपाकंवाबलातैलम्॥१२०॥

अ.ह. २२/४५,४६

**Pradhana Karma**

The patient was made to lie down in supine position with head low and legs slightly raised and then lukewarm Anu Taila was instilled slowly in either of the nostrils in an increased dosage. The other nostril was pinched while administering the medicine in one nostril. The patient was advised to sniff the instilled drug once followed by slow breathing. The same procedure was repeated in another nostril.

**Paschyat Karma**

After the administration of Nasya, the patient was advised to remain in supine position for a minute (time of counting up to 100) and spit out medicines which come in mouth. Patient was again subjected to fomentation on supraclavicular region and then advised to gargle with warm water to expel out the residual mucous lodged in throat. Dhuma pana with Haridra Dhuma Varti was advised. The patient was advised to avoid dust, smoke, sunshine, alcohol, riding, anger, excess fatty and liquid diet, day sleeping, cold water for any purpose like Pana (Drink), Snana (Bath) etc.

**Observation:-**

After 7 days of Anu Taila Nasya improvement was observed in almost all clinical features, Intensity of headache was reduced and duration and frequency of pain was also decreased considerably. There was also improvement in symptoms like photophobia.

**Numeric pain rating:**

2 (Mild)

**Discussion:-**

अणुतैल-

जीवन्तीजलदेवदारुजलदत्वक्सेव्यगोपीहिमं

दर्वित्वकमधुकप्लवअगरुवरीपुण्ड्राहवबिल्वोत्पलम्।

धावन्यौसुरभिस्थिरेकृमिहरंपत्रत्रुटिरेणुकां

किञ्जल्कंकमलावलांशतगुणेदिव्येऽम्भसिककाथयेत्॥ ३७ ॥

तैलाद्रसंदशगुणंपरिशोष्यतेनतैलंपचेत्सलिलेनदशैववारान्।

पाकेक्षिपेच्चदशमेसममाजदुग्धंनस्यंमहागुणमुशन्तिअणुतैलमेतत्॥ ३८ ॥

अ.ह. २०/३७,३८

नस्यलाभ -

घनोन्नतप्रसन्नत्वक्स्कन्धग्रीवअस्यवक्षसः।

दृढेन्द्रियअस्तपलिताभवेयुर्नस्यशीलिनः॥ ३९ ॥

अ.ह. २०/३९

Migraine may be a tough sickness to diagnose being primarily based on medical signs only which might be subjective and verifiable best with the aid of the patient. The medical correlation of migraine in Ayurveda can be done on the basis of etiopathology, symptomatology, and prognosis etc. Ardhavabhedaka is the situation that's a closer correlation to Migraine, which has been explained as Tridoshaja Vyadhi by means of Acharya Sushruta, Vata-Kaphaja by means of Charaka and Vataja by Vagbhatta. Nasa is considered as therapeutic gate manner of head. hence, the medication administered thru Nasya Karma can have an effect on the vitiated Doshas in head. So, systemically accomplished Nasya Karma cures almost all of the sicknesses of Urdhvajatrugata Rogas. Anutaila is quality used for Nasya Karma. It contains more than 25 herbs that are combined together in the shape of decoction. This decoction is slowly infused with sesame oil over a long time frame with the assist of controlled heating until the desired satisfactory of oil is received. This system is repeated 10 times to have effective potentization. Aja Ksheer (Goat Milk) is also used in the last cycle only. Hence it is said that Anutaila is having property of Mahagunam, Sarvottam Gunam. (Excellence over other of Oils used for Nasya Karma) Hence, Anu Taila Nasya can provide relief in Ardhavabhedaka and Nasya is nearest root to alleviate the diseases of head. Laghu Sootashekara Rasa was administered internally 2 tablets BD before food for 15 days. It is Katu and Tikta Rasa and Ushna Virya have Deepana – Pachana Karma, which causes Amapachana and thus provides proper metabolism and ultimately balances the Agni. Thus, these Rasa works at Agni Dushti stage in the Samprapti of Ardhavabhedaka and pacify the Kapha Dosha.<sup>9</sup>

**Conclusion:-**

Migraine is a disabling medical illness. Ardhavabhedaka is clinically Pitta dominantly Tridoshaja Vyadhi. it works as Doshapratynika and Vyadhipratynika Chikitsa in Ardhavabhedaka. In present generation because of high level of pressure, there is imbalance in the hormonal degree. Indigestion along with constipation and acidity is one of the causative factors of Migraine. So, it have to be treated carefully. So, it can be concluded that Nasya with Anu Taila in conjunction with the drug Laghusutasekhara Rasa was effective not most effective in relieving the cardinal features like paroxysmal unilateral headache related to vertigo, giddiness, vomiting, ache of various depth, excessive tearing, piercing and pricking type abruptly after a fortnight or ten days but it also allows in relieving constipation and acidity. it could be concluded that here is gratifying scope of suggesting this Ayurvedic control as secure and effective medicine for Ardhavabhedaka.

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