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Role Of *Sirobasti* In The Management Of *Ardhaavabhedhaka* W.S.R To Migraine

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ABSTRACT: -

Migraine is the most prevalent disabling brain condition which is defined as a headache which occurs at least once in 15 days per month, is extremely debilitating. Many chronic migraine sufferers also have drug overuse like analgesic, opioid, triptan, or ergot derivative at least 10 times per month. Migraine is correlated to *Ardhaavabhedhaka* in Ayurveda, and it is a severe health problem that affects persons between the age group of 20 to 50 years. Migraine is the third most frequent ailment in the world, according to WHO, there is a global frequency of 14.7 percent. A basic understanding of the most frequent primary headaches, as well as a reasonable strategy to approaching patients with these disorders, enables for a rapid and safe diagnosis of chronic migraine, which opens up a wide range of acute and preventative therapy choices. In Migraine, sedatives and tranquilizers are often, in Ayurveda the management of Migraine is multidimensional with a wide range of therapies like *Nasya*, *Shirobasti*, *Agnikarma* etc. in the present the effect of *Shirobasti* is discussed in the management of *Ardhaavabhedhaka* (Migraine).

Key words- *Ardhaavabhedhaka*, Migraine, *Sirobasti*



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INTRODUCTION

Migraine is a common, chronic, and intermittently disabling illness characterized by recurring headaches with or without aura.¹ According to recent studies, roughly 6-8 percent of men and 12-15 percent of women suffer from migraine. In terms of actual numbers of attacks, data from prevalence and incidence studies estimate that 3000 migraine attacks occur per million of the general population per day.² Although there is a paucity of epidemiological data in many nations at the moment, recent anecdotal evidence suggests that certain places, such as India, have greater prevalence of migraine.³ Health is defined in Ayurveda, as a state of well-being resulting from a synergistic balance of *Doshas* (primary system functions - *Vata*, *Pitta*, and *Kapha*), *Dhatu* (body tissues), *Mala* (excretory secretions), and *Agni* (life force) (digestive fire). A joyful state of *Atma* (spirit), *Indriya* (sense organs), and *Manas* (mind) is also thought to be necessary for achieving good health.⁴ In Ayurvedic treatises, migraine headache is referred to as *Ardhavabhedhaka* under the categorization of *Shiroroga* (diseases of the head area).⁵ The resulting pain is one-sided, severe, and penetrating in character. Fasting, dry food intake, alcohol, sobbing, suppression of natural urges, daytime sleeping, worry, fear, and mourning are all thought to contribute as the triggering factors in *Ardhavabhedhaka*. The administration of *samshodhana*, with special mention of *kaya virechana* (therapeutic purgation), diet, and lifestyle regulation are all part of the migraine treatment protocol.⁶ The basic ways to maintaining homeostasis of all *doshas* for disease prevention and management are *pathya ahara* (wholesome regulated food) and *vihara* (wholesome regulated lifestyle). Diet, lifestyle, and stress have all been linked to an

increased prevalence of migraine headaches, according to scientific evidence, and recognising these factors can aid with migraine management.⁸ In this conceptual study the role of *Shirobasti* is highlighted in the management of *Ardhavabhedhaka*.

AIM AND OBJECTIVES

- To evaluate, elaborate and discuss *Ardhavabhedhaka* with special reference to Migraine.
- To discuss the efficacy of *Shirobasti* in *Ardhavabhedhaka*.

MATERIAL AND METHOD

- Material related to *Ardhavabhedhaka* is collected from Ayurvedic texts including *Bahatriye* and *Laghutrye*. The available commentaries of Ayurvedic *Samhitas* have also been referred to collect relevant matter. The index, non-index medical journals have also been referred to collect information pertaining to relevant topic.

Conceptual Study

Nidana (Aetiology)

- Women are more likely to suffer from migraine than males, which occurs most frequently in their second and third decades of life. Migraine has an unknown aetiology. A mix of environmental and genetic variables is thought to be the cause. In roughly two-thirds of instances, it runs in families and is seldom caused by a single gene flaw, suggesting that migraine sufferers may inherit sensitivity to trigger factors that causes inflammation in the blood vessels and nerves surrounding the brain, resulting in pain. • Acharyas have defined distinct reasons in Ayurveda, which can be categorised into the following classes for ease of reference.^{9,10,11,12}

A. Aaharaja Nidana

- ✓ 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).

B. Viharaja Nidana

- ✓ Affliction with *Pragvata* (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*.
 - ✓ *Aayasa* (Excessive exercise or Fatigue)
 - ✓ Changes in sleep patterns as *Diva Swapna* (day sleeping) after taking meals or *Ratrijagarana* (overnight awakening)
 - ✓ *Asatmyagandha* (Bad odour)
 - ✓ Staying in unhygienic conditions.
 - ✓ Hormonal (Menstrual cycle fluctuations, oral contraceptives pills etc.)
- C. *Mansika Nidana* -When psychological stress is involved the migraine attack occurs often.
- D. *Shiroabhigata*- any associated head injury

Rupa of Ardhavabhedaka

- *Pratyatma Linga of Ardhavabhedaka* (Cardinal Symptoms) –
In *Ardhavabhedaka Roga*, all the Acharyas describe the same thing: *Ardhashirsha Vedana* (pain in one half of the region of head). As a result, the *Ardhavabhedaka Pratyatma Linga* must be "Pain in the half-region of the head."¹³
- *Samanya Lakshana of Ardhavabhedaka* (General Symptoms)
According to different acharyas are *lakshanas*:

- ✓ Cutting and churning pain in half of the region of *Manya* (cervical region) *Bhru* (Eye brows), *Shankha* (Temporal region), *Karna* (Ears), *Akshi* (Eyes) and *Lalata* (Frontal head).
- ✓ Tearing and throbbing intensity of pain with *Bhrama* (Vertigo/confusion).
- ✓ The disease develops either at the interval of fortnight (15 days) or 10 days or a month and subsides on its own accord.¹⁴
- ✓ *Ardhashirsha Vikara* is elevated with the rise of Sun.¹⁵
- ✓ If the disease advances, it may destroy the sight and the hearing.¹⁶

As per Modern

- Migraine is a persistent headache disorder that affects 15% of the population between the ages of 22 and 55 years, when they are at their most formative and creative.¹⁷ It usually begins in infancy, especially around puberty, and women are more affected than men. In some cases, the headache begins with no warning signs and ends with sleep. In some cases, a prodromal phase with fatigue, euphoria, depression, irritability, food cravings, constipation, neck stiffness, increased yawning, and/or abnormal sensitivity to light, sound, and smell precedes the headache, as well as an aura phase with a variety of focal cortically mediated neurological symptoms that appear just before and/or during the headache.¹⁸
- Migraine aura symptoms appear gradually, with excitatory and inhibitory stages, and then disappear completely. When affecting the visual cortex, positive (gain-of-function) symptoms include scintillating lights and scotomas; when affecting the somatosensory cortex, positive (loss-of-function) symptoms include paraesthesia and numbness of the face and hands.¹⁹

1. *Role of Shirobasti in Ardhavabhedaka*

- Shirobasti has the Phala-Shruti of treating Daruna Prabhruti Rogas therefore it is considered for the management of Ardhavabhedaka. *Shirobasti* is an important therapy recommended in all Shiro rogas in which medicated oil is retained over the head by wrapping the head with a leather cap for a specified time. Shiro refers to the head, while *Vasti* refers to a container that holds liquids hence called Shirobasti. *Shirobasti* is used to treat illnesses of the head, brain, and nervous system, including migraine, chronic headache, depression, throbbing pain in the head, hemicranias etc. It also helps in reducing stress and hence recommended in psychosomatic disorders.
- 2. A cranial bag or cuff is built around the head and held in place by applying masha pishti followed by pouring of medicated luke warm oil inside the hair are completely submerged in it and retained for 1 muhūrta (48 minutes). Medicated oils such as *Dashmoola taila* or any vatahara taila or four varieties of Sneha like *Ghrita, Taila, Vasa and majja* etc. are beneficial in *Ardhavabhedaka* for relieving *Vata* or *Vatakapha* aggravation.
- 3. Aushadhi-Siddha oil applied topically on the scalp travels through the hair follicles which extend upto the level of dense connective tissue layer where the nerve, lymphatic and the vascular supply of the scalp are present. The superficial veins of the head meet with veins from the neck and reach together to form a diffused network in the scalp into the collecting trunks. Extra-cranial veins communicate with the intracranial veins, these veins are not equipped with valves, hence are interconnected and have a bidirectional flow.

DISCUSSION

Migraine headaches are characterised by a throbbing, severe headache in one part of the head. It mainly affects persons in their forties and fifties. Females are three times more likely to be affected than males. Migraine headaches are usually unilateral and occur in the temporal area. It is found in people who are neurotic, inflexible, perfectionists, and who overwork themselves to exhaustion. In Ayurveda it is correlated with *Ardhavabhedaka* which is caused due to *Virudha ahara, Vata Vardhaka aahar*, stress, and lack of sleep. According to Ayurveda, migraines are produced by vitiated *vata and pitta dosha*. *Vata* can be aggravated by a variety of reasons such as excessive exercise, trauma, stress, *vatika ahara vihar*, and *pitta* can be aggravated by consuming *pitta vardhak ahar vihar* such as oily and spicy foods and so on. *Vata* comprises of Daruna Guna so it produces *Kathinya* in the *Srotasa* and since *Srotasa* are the *Ayanabhuta* for *Tridosha* so they are also affected, Since *Shukhoshna Taila* is used for *Shirobasti* it becomes a combination of *Snehana* and *Swedana* which brings *Mardava* in the affected *Shrotasa*. Therefore it produces vasodilation enhancing the peripheral circulation thus ensuring the proper propagation of *Rasa dhatu*. *Shirobasti* has a calming effect on the brain and nervous system, allowing stress and anxiety to be released from the body's primary control centre.

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. *Shirobasti* can be advised in case of migraine which not only reduces the symptoms but also prevents further side effects.

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