

International Research Journal of Ayurveda & Yoga

Vol. 5 (5),52-55, May, 2022

ISSN: 2581-785X <https://irjay.com/>

DOI: [10.47223/IRJAY.2022.5509](https://doi.org/10.47223/IRJAY.2022.5509)



Ayurvedic Management of *Ardhavbhedaka*(Migraine)-A Case Study

Chandra Shekhar Singh,¹  Uttara Kumar Chaturvedi²

1. PG Scholar department of Panchakarma , National Institute of Ayurveda, Deemed to be university, Jaipur, Rajasthan, India
2. PG Scholar department of Panchakarma , National Institute of Ayurveda, Deemed to be university, Jaipur, Rajasthan, India

Article Info

Article history:

Received on: 10-04-2022

Accepted on: 19-05-2022

Available online: 31-05-2022

Corresponding author-

Chandra Shekhar Singh, PG Scholar department of Panchakarma NIA Jaipur 9460434105

Email:

drchandrashekharsingh20@gmail.com

ABSTRACT:

Migraine is a frequent brain illness that can be debilitating. Chronic migraine (CM) is defined as 15 headache days per month, whereas episodic migraine (EM) is defined as 1-14 headache days per month. According to the World Health Organization (WHO), 3000 migraine attacks occur daily for every million people. When the quality of life is seriously impacted by migraine, prophylactic medication treatment should be explored. Migraine can be clinically correlated with *Ardhavbhedaka*. In present case study the patient of *Ardhavbhedaka* was treated with *Sarvang Abhyang*, *Swedan*, *Mustyadi Yapana Basti* and Shaman Chikitsa. We selected the drugs for *shaman Chikitsa* *Shudh Tankan Bhasm*, *Sphatika Bhasma*, *Lodhra Churna*, *Nagkesar Churmna*, *Lodhra Asaav*, *Tab Vingrai*, *Syp M-Shankhpuspi* and *Smritisagar ras* were used. There was a significant reduction in symptoms in the patient. The patient experienced complete relief from migraine symptoms after undergoing all of the aforementioned treatments. After 3 months, the patient was followed up on, and there had been no recurrence of symptoms or ill effects from the therapy.

Keywords: Migraine, *Ardhavbhedaka*, *Sarvang Abhyang*, *Swedan*, *Mustyadi Yapana Basti*

INTRODUCTION

Migraine is one of the world's top 20 major causes of disability, according to the World Health Organization (WHO).¹ Migraine is thought to account for 2.0 percent of years of life lost in women of all ages owing to disability.² Migraine is responsible for 1.4 percent of total years of life lost owing to impairment in both sexes and all ages. According to extensive epidemiologic research from throughout the world, migraine affects roughly 18 percent of women and 6% of men.^{3,4} Migraine is a long-term sickness that is most common in people between the ages

of 25 and 55. Migraine can affect people of all ages; however, it is more common in people under the age of 20.⁵ As adolescence approaches, incidence and prevalence rise until around the age of 40, when they begin to fall.⁶ Pathologically, it is a *Tridoshaja* ailment, according to Acharya Sushruta, and *Vataja or Vatakaphaja*, according to Acharya Charaka.⁷ After a fortnight or ten days, one half of the head gets acute tearing and pricking pain, giddiness, and piercing agony.⁸ *Ardhavbhedaka*, which is caused by the three Doshas, should be diagnosed.



This work is licensed under a [CC BY 4.0 License](https://creativecommons.org/licenses/by/4.0/)

AIMS & OBJECTIVE

To assess the effect of Ayurvedic treatment in the management of (*Ardhavbhedaka*) Migraine.

CASE REPORT

A 24-year-old female patient presented to the hospital on 10/12/2021 with a three-year history of recurrent episodic continuous rhythmic unilateral headache with aura, predominantly in the temporal side, that became severe at night and was accompanied by nausea, vomiting, and vertigo. During and after the headache episode, she experienced heaviness of the eyes, severe photophobia, and severe phonophobia. Sleep disturbances, repeated mood swings, memory loss, and unpleasant awakenings plague her. She had been receiving allopathic treatment for a year but was unsatisfied. She practiced *samshana*, *vegdharana*, *diwaswapna adhika vyayama*, and *dhoopa sevana* on a regular basis. Sunlight, coffee, fermented foods, cheese, and Journey have all given her a headache. Her Ayurvedic treatment was scheduled for one month, and she showed improvement in her chief and accompanying problems throughout that time. Then, after a one-month follow-up period, the headache with aura phase subsided, along with remission of related symptoms such as nausea, vomiting, and vertigo. During the follow-up period, she did not take any medication.

Investigation

Showing Baseline hematological investigations (before treatment)- Lipid profile and Liver Function Tests were done, which revealed that Hemoglobin: 12.7 gm/dl, Total protein serum- 7.2gm/dl A/G ratio-1.9% Serum urea- 15.0mg/dl ,SGOT - 22.0U/L, SGPT: 14.6U/L, Total bilirubin: 0.5 mg/dl, direct bilirubin: 0.2mg/d.

Showing Baseline haematological investigations (After treatment)

Lipid profile and Liver Function Tests were done, which revealed that Lipid profile and Liver Function Tests were done, which revealed that Hemoglobin: 13.7 gm/dl, Total protein serum- 7.3 gm/dl A/G ratio-1.8% Serum urea- 16.0mg/dl, SGOT - 27.02U/L, SGPT: 21.6U/L, Total bilirubin: 0.7 mg/dl, direct bilirubin: 0.2mg/d.

Treatment Protocol- Table no 1 Treatment Procedure given in patient

Outcome of the Treatment

After reviewing the patient's condition after 15 days of treatment, it was discovered that all of the symptoms were greatly decreased after 15 days of treatment. Heaviness of the eyes, acute photophobia, frequent mood swings, sleep, and visual disruption symptoms all improved in the patient after 30 days, as did generalized weariness. Almost all of the symptoms decreased as a result of the treatment. The patient's functional capacity had improved significantly.

DISCUSSION

Migraine is classified as a psychosomatic condition. According to current data, 75% of people suffer from migraines as a result of stress. Psychological aspects such as *Manasa Santapa*, *Shoka*, and *Bhaya* are also cited in Ayurveda as causal factors of *Shirahshoola*.⁹ In *Urdhavajatrugata Rogas*, *Nasyakarma* has been recommended as an important therapy procedure. A drug that is taken by mouth enters the head and expels the vitiated Doshas. *Vata-Kaphanashaka* and *Vedana sthapaka*, or pain-relieving qualities, are found in *Bruhat Jivkadya tailam*. *Vata Kapha prakopa*, as well as *Raja and Tama manasik dosha prakopa*, may be found in *Ardhavabhedaka*.¹⁰ As a result, the treatment should be focused toward removing *doshaprakopa* from *Shirapradesh*. *Godanti Bhasma* is an ayurvedic mineral medication made from Gypsum. *Godanti Bhasma* is important in Ayurvedic medicine because it acts as a PARACETAMOL and reduces fever quickly. Fever and headache symptoms start between 30 minutes to 2 hours. *Godanti bhasma* relieves headaches and is helpful for migraine and trigeminal neuralgia sufferers. It can be used alone or in combination with MISHRI to treat headaches (Sugar). *Mustadi yapana basti* is used to *Katishoola* (backache), pain in the thigh and calf region, headache, and *Vatarakta* are some of the conditions it can help with (various diseases of rheumatic spectrum). It also possesses the *Rasayana* quality. It can stop *Vata vyadhi* pathogenesis by eliminating *Margavarodha* by channel purification and *Dhatukshaya* through its *Brihmana* virtue. The majority of *Majja and Asthi pradoshaj vikara* (bone and bone marrow abnormalities) can be treated with *Mustadi yapana basti*.¹²

CONCLUSION

Ardhavabhedaka is a psychosomatic condition that has both *Sharira* and *Manas Dosha Dushiti*, according to

Ayurvedic classics. Emotional stress, anxiety, tension, and other psychological elements all have a part in the etiopathogenesis of migraine headaches. In *urdhvajatrugata rogas* like *Ardhavabhedaka*, *Nasya Chikitsa* and *Mustadi yapana basti* are really beneficial. *Ardhavabhedaka* required *Shamana Chikitsa* for both the *sharira and Manas doshas*. Ayurveda can be used to successfully cure *Ardhavabhedaka*. It is possible to prevent or minimize the severity of disease recurrence.

Acknowledgements:- Nil

Conflict of Interest – None

Source of Finance & Support - Nil

ORCID

Chandra Shekhar Singh, , <https://orcid.org/0000-0001-7277-6340>

REFERENCE

1. Leonardi M, Steiner TJ, Scher AT, Lipton rb. The global burden of migraine: measuring disability in headache disorders with WHO's Classification of Functioning, Disability and Health (ICF). *J Headache Pain*. 2005 Dec;6(6):429-40. Epub 2005 Dec 15.
2. Lyngberg AC, rasmussen BK, Jorgensen T, et al. Incidence of primary headache: a Danish epidemiologic follow-up study. *Am J Epidemiol* 2005; 161(11):1066- 73
3. Stovner L, Hagen K, Jensen r, et al. The global burden of headache documentation of headache prevalence and disability worldwide. *Cephalalgia* 2007;27(3): 193- 210
4. Stewart WF, Linet MS, Celentano DD, et al. Age- and sex-specific incidence rates of migraine with and without visual aura. *Am J Epidemiol* 1991;134 (10):1111-20
5. Abu-Arefeh I, russell G. Prevalence of headache and migraine in schoolchildren. *BMJ* 1994; 309(6957):765- 9.
6. Bigal ME, Liberman JN, Lipton rB, et al. Age- dependent prevalence and clinical features of migraine. *Neurology* 2006; 67(2):246-51.
7. Acharya YT, Sushruta Samhita of Sushruta with Nibandhsangraha Commentry of Dalhana Acharya, Uttartantra. 3rd ed., Ch.25, Ver.15-16. Varanasi: Chaukhambha Surbharati Prakashan; 2014.
8. Acharya YT, ed. Charak Samhita of Ag- nivesha with Ayurveda Dipika commentary of Chakra- panidatta, Siddhisthana. Ch. 9, Ver.75, Reprint edition. Varanasi:Chaukhambha Prakashan;2011.
9. https://www.ijrams.com/uploads/185/6749_pdf.pdf
10. Chaudhari, V., Rajagopala, M., Mistry, S., & Vaghela, D. B. (2010). Role of Pradhmana Nasya and Trayodashanga Kwatha in the management of Dushta Pratishtyaya with special reference to chronic sinusitis. *Ayu*, 31(3), 325–331. <https://doi.org/10.4103/0974-8520.77165>
11. <https://www.ayurtimes.com/godanti-bhasma-benefits-medicinal-uses-dosage-side-effects/>
12. <https://www.sciencedirect.com/science/article/pii/S0975947616300456>

How to cite this article: Singh C.S, Chaturvedi U.K “Ayurvedic Management Of *Ardhavabhedaka*(Migraine)-A Case Study ” IRJAY.[online]2022;5(5);52-55.
Available from: <https://irjay.com>
DOI link- <https://doi.org/10.47223/IRJAY.2022.5509>

Table no 1 Treatment Procedure given in patient

Medicine	Anupan	Days	Doshaghanta	Remark
<i>Shudh Tankan Bhasm-125 mg</i> +	Honey	7 days	Balance <i>Kapha</i> and <i>Vata dosha</i>	Used in- coughing, wheezing and breathing problems.
<i>Shudh Sphatika Bhasma-125 mg</i>	Honey	7 days	Balance <i>Kapha dosha</i>	rich in natural calcium and sulfur content.
Lodhra Churna-2 gm	Luke warm Water	15 days	Balance <i>Pitta</i> and <i>Kapha dosha</i>	<i>Deepana</i> (enhances stomach fire), <i>Pachana</i> (helps in digestion), <i>Rochana</i> (stimulates appetite), <i>Anulomana</i> (improves breathing), <i>Chakushya</i> (treats eye problems), <i>Kasahara</i> (Relieves cough), <i>Hridaya</i> (treats heart problems), <i>Balya</i> (improves muscle strength),
Nagkesar Churna-3 gm	Luke warm Water	15 days	Balance <i>Pitta</i> and <i>Kapha dosha</i>	<i>Deepan-Pachan</i>
<i>Lodhra Asaav-12-24 ml</i>	Luke warm Water	15days	Balance <i>Pitta</i> and <i>Kapha dosha</i>	anemia, hepatoprotective and improves the liver functions.
<i>Syp-M Shankhpuspi-2 tsf</i>	Luke warm Water	15days	Balance <i>Pitta</i> and <i>Kapha dosha</i>	It is a potent memory booster and brain tonic that actively works to improve intelligence and functioning of the brain.
<i>Smritisagar ras-250 mg</i>	Luke warm Water	15days	Balance <i>Tridosha</i>	<i>Smriti sagar rasa</i> is used for the treatment of epilepsy and insanity. It helps to promote memory and to relive insomnia and anxiety.
<i>Sarvang Abhyang and Swedan</i>	-	14 days	Balance <i>vata</i> and <i>Kapha dosha</i>	pacify the aggravated <i>Vata Dosha</i> , <i>Kapha Dosha</i> and in the treatment of <i>Vata-Kapha Roga</i> (diseases) in which context it comes under <i>Shamana Chikitsa</i>
<i>Mustyadi Yapna Basti</i>	-	Given before meal with basti yantra .	Balance <i>vata dosha</i>	<i>Rasayan</i> , <i>Vata Dosha Shamak</i>
<i>Nasya with Bruhat Jivkadya tailam</i>	-	14 days	Balance <i>vata</i> and <i>Kapha dosha</i>	<i>Nasya Karma</i> help in stimulation of vasodilator nerves which are spread out on the superficial surface of <i>Urdhwanga</i> , this increases the blood circulation to the brain