

PROTOCOL BASED MANAGEMENT OF ARDHAVABHEDAKA W.S.R. TO MIGRAINE

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ABSTRACT

Introduction: *Ardhavabhedaka* is mentioned under *Shiroroga* (Diseases of head) in *Ayurvedic* classics. It can be correlated with Migraine. The prevalence rate of the disease in India is 16-20% and the disease greatly affects the quality of life. WHO has ranked Migraine among the world's most disabling medical illness. Modern medicines have failed to deliver satisfactory results for long term hence *Ayurvedic* approach is needed for uprooting the disease. **Case Report:** A female of age 51 years came in O.P.D. of *Panchkarma, R.G.G.P.G. Ayu. College and Hospital, Paprola* presented with chief complaints of severe headache since 15 years. Headache was associated with nausea

and vomiting during attack. On going through brief history she was diagnosed with *Ardhavabhedaka*. She was treated with *Dashmoola Taila Nasya* for 7 days along with *Ayurvedic* medicines and lifestyle modifications. **Results:** There was significant improvement in signs and symptoms of the disease without any side effects.

KEYWORDS: Ardhavabhedaka, Shiroroga, Nasya, Dashmoola taila.

INTRODUCTION

Almost all the *Acharayas* have mentioned *Ardhavabhedaka* in *Shiro-roga*. *Acharaya Sushruta* has mentioned 11 types of *Shiro-roga* in *Uttar Tantra*.^[1] According to *Acharya Sushruta*, severe piercing and tearing pain in the half of the head with giddiness recurring after a fortnight or ten days, is diagnosed as *Ardhavabhedaka*. All the three *Doshas* are

involved in causation of the disease.^[2] *Ardhavabhedaka* can be scientifically correlated with Migraine due to its cardinal feature “half sided headache”.

The term migraine refers to periodic, hemicranial, throbbing headaches often accompanied by nausea and vomiting which usually begin in childhood, adolescence, or early adult life and recur in diminishing number and intensity during advancing years.^[3] Women are affected three times as often as men. Migraine is a highly prevalent disorder worldwide; it is the 3rd most prevalent and 7th leading cause of disabling headaches.^[4]

Treatment of this condition includes use of analgesics and vasodilators which have their own adverse effects. So in order to provide an effective *Ayurvedic* management of *Ardhavabhedaka*, *Nasya* with *Dashmoola Taila*^[5] was planned in patient with lifestyle changes and *Ayurvedic* medicines. In this case study an attempt was done to follow the *Ayurvedic* line of treatment.

CASE REPORT

A 51 years old female patient visited OPD of Panchkarma, R.G.G.P.G. Ayu. College and Hospital, with chief complaints of severe headache involving half side since last 15 years; pain was throbbing in nature; interval of headache was once in 15 days sometimes twice in 15 days; patient also complaints of nausea and vomiting during the attack of migraine; on brief history taking, she also reveals that severity of headache increased with hunger and sun- light. She already took so many allopathic medications for the same but got temporary relief. As severity of headache was hampering day to day routine activity so with the hope of better quality of life she came to the *Ayurvedic* Hospital. Patient was diagnosed with *Ardhavabhedaka* (Migraine) on the basis of clinical features.

Personal history

Appetite- Normal

Thirst –Normal

Urine- 5-6 times per day

Stool- one time per day

Sleep – disturbed at the time of attack of headache

PROTOCOL OF TREATMENT

1. Ahara
2. Vihara
3. Sanshodhana
4. Sanshamana

Table no: 1.

Ahara	<ol style="list-style-type: none"> 1. Advised to take meal at every 3 hour interval. 2. Advised to take <i>Go Ghrita, Yusha, Milk</i>. 3. Drink plenty of water 2 litres per day.
Vihara	<ol style="list-style-type: none"> 1. <i>Pranayama</i> was advised. 2. Maintain a regular sleep pattern. 3. Take regular exercise. 4. Avoid strong perfumes etc. 5. Avoid bright, flashing or flickering lights.
Sanshodhana	<ol style="list-style-type: none"> 1. <i>Nasya</i> with <i>Dashmoola Taila</i> for seven days followed by <i>Tikshan Dhoompana</i>
Sanshamana	<ol style="list-style-type: none"> 1. <i>Lavanbhaskar churna</i> 3gm BD with luke warm water 2. <i>Brahmi Ghrita</i> 5 gm BD with luke warm milk 3. <i>Shirshooladi varja rasa</i> 125mg TID 4. <i>Muktashukti bhasma</i>- 125 mg BD

Criteria of Assesment before and after treatment

The improvement in patients was assessed on the basis of relief in the signs and symptoms of the disease. For this purpose main signs and symptoms were given score according to their severity. The details of the score adopted for the main signs and symptoms in this study are as follows:

Table no: 2.

Sr. No.	Signs and symptoms	Grade	BT	After follow up of one month
1.	Severity of headache			
	No headache	0		
	Mild headache, patient is aware only if she pay attention to it	1		√
	Moderate headache, can ignore at times	2		
	Severe headache, can't ignore but can do usual work	3		
	Excruciating headache, cannot do anything	4	√	
2.	Frequency of headache			
	Nil	0		

	>20 days	1		√
	<15 days	2		
	<10 days	3	√	
	< 5 days	4		
3.	Duration of headache			
	Nil	0		
	1-3 hours /day	1		√
	3-6 hours/ day	2		
	6-12 hours /day	3		
	More than 12 hours /day	4	√	
4.	Nausea			
	Nil	0		
	Occasionally	1		√
	Moderate, but does not disturb the routine work	2		
	Severe, disturbing routine work	3	√	
	Severe enough, but small amount of fluid regurgitating from mouth	4		
5.	Vomiting			
	Nil	0		
	Only if headache does not subside	1		√
	Vomiting 1-2 times	2		
	Vomiting 2-3 times	3	√	
	Forced to take medicine to stop vomiting	4		
6.	Vertigo			
	Nil	0		
	Feeling of giddiness	1		√
	Patient feels as if everything is revolving	2		
	Revolving signs and black outs	3	√	
	unconsciousness	4		
7.	Aura			
	Nil	0		
	Lasts for 5 minutes	1		
	Lasts for 15minutes	2		√
	Lasts for 30 minutes	3		
	Lasts for 60 minutes	4	√	

DISCUSSION

Nasa is considered as therapeutic gate way of head.^[6] Thus, the medicine administered through *Nasya Karma* can affect the vitiated *Doshas* in head. As *Nasya* is mentioned by *Acharayas* and broadly being used for treating *Shirashoola*. *Ardhavabhedaka*, a *Sadhya* type of *Shiroroga* can be best managed with the treatment having *Ushna*, *Snigdha*, *Vatahara* or *Vata- kaphahara* properties. So, keeping in mind *Dashmoola Taila Nasya* was given to the patient for 7 days. Beside this *Ahara*, *Vihara* and *Sanshamana Chitiksa* were advised to the

patient. Follow up of the patient was advised after one month of the treatment. During follow up it was observed that severity of headache, duration of headache and aura were reduced to score 1 from score 4; frequency of headache, nausea, vomiting and vertigo before treatment were score 3 which was reduced to 1. Hence there was 50-60% relief in signs and symptoms.

CONCLUSION

Ardhavabhedaka is a *Tridoshaja Vyadhi* by Acharya Sushruta. As *Dashmoola* has *Tridoshashamak* property. Hence to cure the disease from root cause *Dashmoola taila nasya* was given to the patient along with dietary and lifestyle modifications. After completion of the case it was observed that in short period of time patient got relief and quality of life of the patient was improved.

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