

**CONCEPTUAL STUDY ON VIRECHANA KARMA BY TRIVRUT  
KALKA WITH KANJEE IN THE MANAGEMENT OF  
ARDHAVBHEDAKA VYADHI (MIGRAINE)**

**Dr. Archana\*<sup>1</sup>, Dr. Minaj Dhage Kulkarni<sup>2</sup> and Dr. S. M. Vedpathak<sup>3</sup>**

<sup>1</sup>PG Scholar, Dept. of Panchakarma, College of Ayurved, Bharati Vidyapeeth, (Deemed To Be) University, Pune-43.

<sup>2</sup>Associate Professor, Dept. of Panchakarma, College of Ayurved, Bharati Vidyapeeth, (Deemed To Be) University, Pune-43.

<sup>3</sup>Professor and Head, Dept. of Panchakarma, College of Ayurved, Bharati Vidyapeeth, (Deemed To Be) University, Pune-43.

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**\*Corresponding Author**

**Dr. Archana**

PG Scholar, Dept. of  
Panchakarma, College of  
Ayurved, Bharati  
Vidyapeeth, (Deemed To Be)  
University, Pune-43.

**ABSTRACT**

Ardhavybhedaka is an important and common disease. Vitiated Vata singly or accompanied by Kapha seizes the half of the head and then produces severe pain like cutting and churning in half of the Manya, Bhrukuti, Shankha Pradesh, Karna, Netra and Lalat. If far advanced, it may destroy the Netra and Karnaindriya. Due to these symptoms the patient becomes restless. Though the disease, Ardhavybhedaka is not a life threatening, it makes worried the patient and disturbing routine. It can be correlated with Migraine according to Modern system of medicine. Virechan is selected as a Kayavirechan in Ardhavybhedaka. Though it is Pittadosahar Chikitsa, also useful in Pittasamsruṣṭa Vata and Kapha. Means it is beneficial in Triḍoṣa condition. For this study,

Trivrut Kalka with Kanjee is used as a Virechak Dravya. According to Acharya Charak Trivrut Kalka with any one of mentioned Dravya i.e. Amla Dravya, Gomutra, Mahish Mutra, Souvirak, Tushodak, Prasanna, Triphala Kwath etc. is used as a Virechan in Vatakaphaj Vikar. Trivrut is considered as Shreshtha Virechak Dravya and also it acts on Tridosha. Kanjee is Amla Rasatmak and having Teekshna property. It also acts as Bhedi according to Sushrut Acharya. As Ardhavybhedaka Vyadhi is Vatakaphaj according to Charak, the above mentioned Yoga will be effective.

**KEY WORDS:** Ardhavbhedaka, Virechan Karma, Trivrut Kalka, Kanjee.

## INTRODUCTION

Ardhavbhedaka is a common disease described in Charak Samhita Siddhistan 9/74-76. Vitiating Vata singly or accompanied by Kapha seizes the half of the head and then produces severe pain like cutting and churning in half of the head, Manya, Bhrukuti, Shankha Pradesh, Karna, Netra and Lalat. If far advanced, it may destroy the Netra and Karnaindriya. Due to these symptoms the patient becomes restless. Though the disease, Ardhavbhedaka is not a life threatening, it makes worried the patient and disturbing routine. It can be correlated with Migraine according to Modern system of medicine.

Migraine is a paroxysmal affection accompanied by severe headache, generally on one side of the head. It usually occurs when a person is under great mental tension or has suddenly got over that state. Migraine is also known as "sick headache" because nausea and vomiting occasionally accompany the excruciating pain which lasts for as long as three days. When the headache occurs, the patient may feel tingling, numbness, or weakness in an arm or leg.

In Chikitsa of Ardhavbhedak, Uttam Matra paan of Chatusneh, Shirovirechan, Kayavirechan, Nadisweda, Jeern Ghritpaan, Niruha Basti, Anuvasan Basti, Upanaha and Shirobasti are the treatment described by Acharya Charaka.

Virechana, Nasya and Basti are the Panchakarma procedures useful for Ardhavbhedaka Vyadhi (Ch. Si. 9/77-78). Virechan is one of the type of Kayavirechan mentioned in Ardhavbhedaka. It is indicated in Shirashula also (Ch. Si. 2/13). For this study, Trivrut Kalka with Kanjee is used as a Virechak Dravya. According to Acharya Charak Trivrut Kalka with Amla Dravya -Kanjee (Ch. K. 7/12-13) is used as a Virechan in Vatakaphaj Vikar (Ch. K. 7/19).

## AIM AND OBJECTIVES

- 1) Literary study about Ardhavbhedaka Vyadhi.
- 2) Literary study about Virechana Karma.
- 3) Literary study about Trivrut Kalka and Kanjee.

## MATERIAL AND METHODOLOGY

➤ Literary review i.e. Nidana, Samprapti, Lakshana of Ardhavbhedaka Vyadhi was studied from Charak Samhita (Ch.Si 9/74-76).

- Literary review of Virechana Karma was taken from Charak Samhita.
- Literary review of Trivrut Kalka With Kanjee was taken from Charak Samhita.
- Literary review of Trivrut was taken from Bhavaparkasha.
- Literary review of Kanjee was taken from Sharandhar Samhita.

## OBSERVATIONS

In literary review we observed following observations

## DISEASES REVIEW

### Nidana (Etiology)

Rukshaahar
Atyasana
Adhyasana
Pragvata
Avasyaya
Atimaithun
Vegadharan
Aayasa
Vyayam

**SAMPRAPTI (Pathogenesis):** The vata, getting provoked by consumption of dry articles or excess of diet or eating on a loaded stomach, exposure of eastern wind and frost, suppression of natural urges, excessive sexual indulgence, exertion and exercise, either alone or in combination with Kapha, seizes one half of head and causes acute neuralgic pain in the sides of the neck, eyebrow, temple, ear, eyes or forehead of one side. This pain is very agonizing like that of churning rod. This disease is called Ardhavabhedaka. If the condition becomes aggravated, it may even impasses the functions of the eye and ear.

### LAKSHAN (Signs and Symptoms)

- Manyativedana
- Bhruativedana
- Sankhaativedana
- Karnaativedana
- Aksiativedana
- Ardhalalativedana

**Chikitsa (Treatment)**

**Virechana Karma Review:** Elimination of Dosha through the Adhobhaga i.e. lower part of the body is Known as Virechana Karma.

Shodhananga Snehana with Cow's ghrith for 3/5/7 days Arohana Kram till Samyak Snigdha Lakshanas were produced. Bahyasnehan and Sarvanga Bashpa Peti Swedana in last three days for accumulation of Doshas in Koshtha. These accumulated Doshas are removed from the body with the help of Virechana Karma. Virechana Karma acts not only on Pitta but also on Pittasamsruṣṭa Vata and Kapha. Hence the strotas gets purified.

**Drug Review**

Name of Drug	Latin name/ Family	Rasa	Guna/Veerya/ Vipak	Doshagnata	Karmukta
Trivrut	Operculina turpethum/ Convolvulaceae	Tikta, Katu	Laghu, Ruksha and Teekshna, Ushna/Katu	Kaphapitta- Sanshodhan	Virechak
Kanjeer	--	Amla, Tikta	Laghu, Teekshna, Ushna	VataKaphahar	Bhedi

**DISCUSSION**

1) **Virechan Karma:** Though it is Pittadosahar Chikitsa, also useful in Pittasamsruṣṭa Vata and Kapha. Means it is beneficial in Triḍoṣa condition. According to Charkacharya, in Ardhabhedaka Vyadhi, Duṣṭi of Vata and Kapha takes place. Whereas Susrutacharya explains it as Tridosaj Vyadhi. Hence Virechan will act as a Shodhan Modality in Ardhabhedaka Vyadhi.

**2) Virechana Drug**

➤ Trivrut Kalka with Kanjee is used as a Virechak Dravya (Ch.K. 7/12-13) is used as a Virechan in Vatakaphaj Vikar (Ch.K. 7/19).

➤ Trivrut is considered as Shreshtha Virechak Dravya and also it acts on Tridosha (Ch.K. 7/6). It is having the properties of Lghu, Rukha and Teekshna. Because of these properties it removes the impurities from Sukshma Strotas. It is again mentioned as SukhaVirechak. So easily palatable for the patient.

➤ Kanjee is Amla Rasatmak and having Teekshna property. It also acts as Bhedi according to Sushrut Acharya (Su.Su.45/214-216).

➤ The Yog of Trivruta Kalka with Kanjee is mentioned in Vatakaphaj Vikara (Ch.K. 7/19). As Ardhabhedaka Vyadhi is Vatakaphaj according to Charak, the above mentioned Yoga will be effective.

**CONCLUSION**

Trivrut Kalka with Kanjee as a Virechaka Yoga will be find effective in Ardhavbhedaka Vyadhi.

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