

# The Ayurvedic management of Ardhavabhadaka with special reference to migraine : A single case study

## Case Report

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## Abstract

Migraine most often begins at adolescence and most affects those aged between 35 and 45 years. It is caused by the stimulation of a mechanism deep in the brain that leads to release of pain-producing inflammatory substances around the nerves and blood vessels of the head. Migraine is recurrent, often life-long, and characterized by recurring attacks. About 15% of the population suffers migraine. Prevalence of migraine is approximately 5.7% in men and 17.0% in women and accounts 2% years of life lost due to a disability in women of all ages. Modern science enforced several medications to manage migraine. additionally, these drugs have adverse effects like GI upset, hypotension, lack of concentration etc It is more common in women, because of hormonal influences. Ardhavabhedaka can be scientifically correlated with Migraine due to its cardinal feature 'half sided headache' and also due to its spasmodic nature. All the three doshas are involved in the pathogenesis of the Ardhavabhedaka with the predominance of Vata or Vata Kapha. Head is the ruler of indriya and Kapha dosha. The medicine given through Nasya reaches up to the brain and thus it pulls out all the disease causing doshas impurities Manasamitra Vatakam and Shir Shuladi Vajra Ras are mentioned in *Sahasrayogam* and *Bhaishajya Ratnavali* book with special indication to Shirha Shoola.

**Key Words:** Migraine, Ardhavabhedaka, Vata.

## Introduction

Shira is the seat of *Pranavata*, *Aalochaka Pitta* and *TarpakKapha*. It is important due to the presence of sense organs, central Nervous system and 37-Marmas. *Prana Vata* maintains intelligence,[1] sense organs, heart, mind and blood vessels. *Aalochaka Pitta* is responsible for eye sight. *Sadhaka Pitta* is responsible for the achievement of one's aspiration through his *Buddhi*, *Medha*, *Abhimana* etc. It is responsible for *Mana* and its contact with *Indriyas* making them to perceive the sense objects.[2] *Tarpak Kapha* nourishes the sense organs and brain. *Ardhavabhedaka* can be scientifically interrelated with Migraine due to its cardinal feature 'half sided headache' which is also explained by commentator *Chakrapani* as '*ArdhaMastakaVedana*' (*Ch.Su.* 7/16). *Ardhavabhedak* is a condition where acute pain in half side of head, sides of the neck, eyebrow, temple, ear, eyes are seen. [3] The pain is like piercing in nature. If the condition becomes aggravated, it may even impair the functions of the eye and ear. The WorldHealth Organization

(W.H.O.) ranks migraine as one of the diseases where in the causative factor is not exactly known, it is one of the world's most disabling medical illnesses. *Acharaya Sushruta* has mentioned 11 types of Shiro-roga in *Uttar Tantra*. All the three doshas are involved in pathogenesis of *Ardhavabhedaka* with the predominance of *Vata*. [4] The disease may not be fatal but if not managed properly then it may damage eyesight or hearing.

## Case summary

A 25-year-old female patient came to the O.P.D. no- 109 of Parul Ayurveda Hospital in *Shalakya -tantra* Department on the date of 03 /05/2021. He has continuous, unilateral front-temporal headache in left side. The nature of pain was moderate to severe associated with nausea and sometimes vomiting, Blackouts and vertigo were also present. Patient have No history of illness or accidents in the past five years and not taking any medication for any other illness/disorder. He consulted many allopathic physicians but got symptomatic relief only.

## Investigations

Routine Haematological and urine Investigations as well as CT scan of brain were carried out and findings were not of any pathological significance.

## Past history

No H/O- DM, HTN and any Major/Minor Surgical Procedures. No history of Focal deficit, Seizures, or loss of consciousness was reported.

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## Personal history

**Occupation:** student, **Lifestyle:** Sedentary, **Food habit:** Irregular, **Diet:** Mixed, prefers fried items, **Appetite:** Moderate, **Bowel:** Regular and sometimes constipated, **Sleep:** Sound and sometimes disturbed, **Habits:** Intake of tea, 2-3 times, **Exercise:** Nil

## O/E:

**BP-** 122/84 mm of hg, **P/R-** 77/min., **R/R-** 18/min., **SPO<sub>2</sub>-** 99%

## Astha sthan pariksha

- *Nadi:* Prakruta, 78/min.
- *Mutra:* Prakruta, 4 to 5 times/day, once at night
- *Mala:* Prakruta, regular, once a day
- *Jihwa:* Alipa
- *Shabda:* Prakruta
- *Sparsha:* Mrudu
- *Druk:* Prakruta
- *Akruti:* Madhyama

## Dasa-vidha pariksha

1	<b>Prakriti</b>	Kapha pradhana vata anubandhi
2	<b>Vikriti</b>	Vata Kapha
3	<b>Sara</b>	Madhyama
4	<b>Samhanana</b>	Madhyama
5	<b>Satmya</b>	Madhyama
6	<b>Satwa</b>	Madhyama
7	<b>Pramana</b>	Madhyama
8	<b>Ahara -</b>	
	- Abhyavaharana Shakti	Madhyama
	- Jaranashakti Shakti	Madhyama
9	<b>Vyayama Shakti</b>	Madhyama
10	<b>Vaya</b>	Yuva

## Systemic examination

- **Respiratory System:** Chest- B/LA/E- Clear.
- **Cardiovascular System:** - S1 S2 heard.
- **CNS:** All Superficial Reflexes are intact. Patient is Conscious and well oriented.
- **GIT:** Soft Abdomen, Bowel sound heard

**Chief complains:** Unilateral headache, Sensitivity to light and noise.

**Diagnosis:** Migraine without aura.

## Samprapti ghataka

**Dosha-Vata-Kaphaja**, **Dushya-Rasa-Rakta**, **Srotasa-** Raktavaha srotasa, **Srotodushti** - Sanga, Vimarga-gamana, **Agni** -Jatharagnimandya, **Rakta** dhatvagnimandya, **Udbhava** - Amashaya - Pakvashya, **Sanchara** - Rasayani, **Marga** - Abhyantara, **Svabhava** - Ashukari, **Adhithana** - Shirah (Head).

## Headache-related disability: [5]

The total effect of therapy was assessed considering the overall improvement in symptoms and MIDAS score According to the patient's Migraine Disability Assessment Score (MIDAS), her disability was a grade 3; on a 4-point scale (nil, mild, moderate,

severe) and score [before treatment] was-11, pain intensity was measured as severe.

## Treatment protocol- patient was treated on OPD basis

Sr.no	Aushashi name	Dose	Route of drug
1	Shir shuladi vajra rasa	250mg-BD with kosha jala	orally
2	Manas mitra vaticam	2 tab -BD with milk	orally
3	Shir shuladi vajra rasa- fine powder- nasya karma	2 times one pinch	nasal

## Follow ups chart

Chief Complaints	0 days	15 days	30 days	45days	60 days
<b>Shirah Shoola (Headache)</b>	10 times in a week continuously	6 times in a week continuously	4 times in a week but not continuously	2 times in a week.	Not a single episode
<b>Chhardi (Vomiting)</b>	Every time during episode	Sometimes occurred during episode	not occurred	Not occurred	Not occurred

## [Assessment before and after treatment]

Assessment criteria	Before treatment	After treatment
MIDAS grade	MIDAS score-11 [moderate disability]	MIDAS score-5 [little to no disability]

## Discussion on medicine

**Manasamitra Vataka** is made from more than 73 unique herbal ingredients. It contains medicinal herbs such as *Shankhapushpi*, *Ashwagandha*, *Vacha*, *Giloy*, *Nirgundi*, *Tulsi*, *Pushkara*, *Malkangni*, *Bilva* and *Bhasma* of Gold, Silver, and Iron. The combination protects brain cells and prevents brain damage. It is good medicine for the brain related ailments. The medicine has very significant antioxidant action and Tri-Dosha shamak. **Shir Shuladi Vajra Ras** is a Herbo-mineral Ayurvedic medicine. It is useful in the treatment of *Shiroroga* (Disease of the head). It is referenced from *Bhaishajya Ratnavali*, *Shirorogadhikara*. It contains *Shuddha Parad*, *Shuddha Gandhak*, *Lauha Bhasma*, *Shuddha Guggulu*, *Triphala Churna*, *Mulethi*, *Pippali*, *Sonth*, *Gokhru*, *Dashmul Kwath* and many other medicinal herbs.

## Ayurvedic Action / Karma of Manasamitra Vatakam

**Chedana:** Laxative, **Majja dhatu Rasayana:** Rejuvenate to the nervous tissue, **Medhya:** Promotes intellectual capacity, **Nidrajanana** Promotes sleep,

**Tridosahara:** Alleviates all three Dosha,

**Unmadaghna:** Alleviates insanity and emotional instability. **Vrishya:** Aphrodisiac.

## Discussion on nasya karma

In *Ayurveda Nasya* therapy is considered as one of the most important promising treatments for all the *Urdhwajatrugata Vikaras*. Nasa[nose] is considered as the gateway of the *shira* [head]. *nasya karma* [medicine through nasal route] is specifically indicated to clear away the diseases located in the *shira Pradesh*. [6] Nasa being the doorway to Shira, the drug administered through the nostrils reaches Sringaataka, a Sira marma by Nasa Srota and spreads in the Murdha (brain), taking routes of Netra(eyes), Shrotra(ears), Kantha(throat) Sira and Mukha, gathering the morbid Dosha in Urdwajatu and then extracting from the Uttamanga.

## Discussion

Ayurveda have faith in sodhana (cleansing) and samana (pacifying) therapy to balance the *tridoshas* from the roots of the disease which brings curative the body and mind. This study helps to achieve complete treatment as well as control of migraine to the patient. In this case study *Shirasuladi vazra Rasa* and *manas mitraVati* was given orally as *samana* therapy and *Shirasuladi vazra Rasa* given as nasal route (*nasya*) for *shodhana* purpose. duration of 2 months of orally and *nasya karma*, in the follow up period, headache relieved in terms of frequency, duration and intensity with relief in associated symptoms like nausea, vomiting. and MIDAS score was 5. it can clearly be seen that most of the ingredients are directly acting on the causative factors of Ardhavabhedaka. Vata and Kapha Dosha are directly pacified by the Administration of the selected medications. Over-the-counter analgesics are often taken for quick relief, but they can be associated with various adverse effect. They are often required every 5 to 8 hours to maintain analgesia. The formulation used in the case, *manasmitra vati* and *shirshuladi vajra rasa* is a specific neuro protective medicine described in ayurvedic classic.

## Conclusion

Migraine may present with or without aura. A migraine without aura usually presents as a unilateral, pulsating, severe, and sustained headache that is often aggravated by routine daily activities or stimuli. It may be associated with nausea or vomiting, and the pain intensity is often reduced after an episode of vomiting. Migraines are believed to be a neurovascular disorder with evidence supporting its mechanism starting within the brain and then spreading to the blood vessels. The

neurotransmitter serotonin (5-hydroxy tryptamine) and hormone oestrogens play vital role in pain sensitivity of migraine[8]. Serotonin selectively constricts cranial blood vessels and also induces a massive activation of peripheral nerve endings which play a key role in triggering migraine headache. Oestrogens mainly affects female of reproductive age group. Migraine is a common pain condition that is disabling enough to impair a patient's quality of life and ability to work. The present case study signifies the active role of Ayurvedic medicine in the treatment of Ardhavabhedaka. This effective treatment can make significant improvements of the patient in symptoms within short period. Patient got more than 95% relief. So, we can use this treatment in other cases of Ardhavabhedaka. Migraine without aura is a common condition worldwide. But it is only a single case. Multiple clinical trials should be conducted to establish this *Aushadhi yoga* as general treatment for Ardhavabhedaka.

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