



A REVIEW ARTICLE ON AYURVEDIC MANAGEMENT OF MIGRAINE (ARDHAVABHEDAKA)

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ABSTRACT

Migraine is a condition marked by recurrent moderate to severe headache which effects the quality of life in terms of work social activities and family life. Which is a major health issue among people of age group 20-50 years. Migraine the second most common cause of headache and the most common headache- related and indeed neurologic cause of disability in the world, alicts approximately 15% o women and 6% of men over a 1-year period. In Ayurvedic texts there are many types of *Shiro Rogas* (head disorders) described by *Acharyas*. Amongst them the clinical features of *Ardhavabhedaka* are very much similar to Migraine. As in case of migraine mainly analgesics are prescribed which have some side effects on the other organs. So in this article an Ayurvedic approach towards this disease is discussed.

KEYWORD: *Ardhavabedhaka, Agnikarma, Shirashoola.*

INTRODUCTION

There are 107 *Marmas* in the human body and the *Pradhana Marma* is *Shira*.^[1] *Shira* is considered as “*Uttamanga*” among all the *Angas* of the *Sharira* and it is the *Ashraya* of the *prana* and all *Indriyas*.^[2] *Ardhavabedhaka Roga* is one among the *Shirorogas* mentioned in Ayurvedic text.^[3] According to *Acharya Charaka*, there are five types of *Shirorogas* in *Sutrasthana* i.e., *Vataja*, *Pittaja*, *Kaphaja*, *Sannipataja* and *Krimija*. He also mentioned four additional *Shirorogas* i.e., *Shankhaka*, *Ardhavbhedaka*, *Suryavarta* and *Anantvata* in *Siddhithana*.^[4] According to *Acharya Sushruta*, there are eleven types of *Shirorogas* i.e., *Vatika*, *Paittika*, *Kaphaja*, *Sannipatika*, *Raktaja*, *Kshayaja*, *Krimija*, *Suryavarta*, *Anantavata*, *Ardhavbhedaka* and *Shankhaka*.^[5] The word *Ardhavbhedaka* comprises of two components viz. *Ardha* and *Avbhedaka*. *Ardha* means half or half side, *Ava* suggests bad prognosis and *Bhedaka* means breaking, perforating or bursting out type of pain. Thus, literal meaning of *Ardhavbhedaka* is perforating or bursting out like pain in one half of the head either right or left. *Acharya Chakrapani*, the commentator of *Charaka Samhita* had clarified the term *Ardhavbhedaka* by saying “*Ardha Mastaka Vedana*”.^[6] According to *Acharya Charaka* and *Madhava*, it is *Vata Kaphaja* disease.^[7] According to *Acharya Sushruta*, it is *Tridoshaja* disease.^[8] According to *Acharya Vagbhata*, it is *Vataja* disease. In *ardhavabhedaka* there will be

cutting and churning type of pain in half of the head, cervical region, eyebrows, temporal part, ears, eyes, and frontal part which is very much similar to Migraine. Typically the headache is unilateral (affecting one half of the head) varied in intensity, frequency and duration, lasting from 2 to 72 hours commonly accompanied by nausea and vomiting. Some cases it is associated with sensory, motor and mood disturbances.^[9]

Nidana (Etiology) of Migraine (*Ardhavabhedaka*)

Migraine occurs most commonly in the second and third decade of life. Causes of migraine is unknown. However, it is believed to be related to a mix of environmental and genetic factors. It runs in families in about two-thirds of cases and rarely occurs due to a single gene defect suggesting that migraine sufferers may inherit sensitivity to trigger factors that produce inflammation in the blood vessels and nerve around the brain causing pain. In Ayurveda, *Acharyas* have described the specific causes which is classified into following groups for convenience.^[9,10,11]

Aaharaja nidana (Dietary causes)

- Excessive intake of *Ruksha Bhojana* (Dry and Coarse food)
- *Adhyashana* (Excessive intake of meal or eating during indigestion)
- *Anashana* (Skipping meals/Fasting)
- *Atiambupana* (Excessive intake of water)

- *Atimadyapana* (Excessive intake of alcohol)

Viharaja nidana (Habitual and Occupational causes)

- Affliction with *Pragavata* (Easterly wind)
- Due to excessive exposure to frost
- Weather changes, High altitude, Barometric pressure changes
- *Vega dhrana* (Suppression of the natural urges) specially of *Mutravega*, *Purishavega*, *Kshavathuvega* and *Nidravega*.
- *Ayasa* (Excessive exercise or Fatigue)
- *Diva Swapna* (day sleeping)
- *Ratrijagarana* (overnight awakening)
- *Atimathuna* (excessive coitus)
- *Atibhasya* (over talking)
- *Asatmyagandha* (Bad odour) Staying in unhygienic conditions.
- Hormonal (Menstrual cycle fluctuations, oral contraceptives pills etc.)

Manasika Nidana

- When psychological stress is involved the migraine attack occurs often.

Pratyatma Linga of ardhavabhedaka (Cardinal Symptoms)

In *Ardhavabhedaka*, common symptom according to all *Acharyas* are *Vedana* (pain) in *Ardhashirsha* (half of the region of head). So the *Pratyatma Linga* of *Ardhavabhedaka* is "Pain in the half of the region of head."^[12]

Samanya Lakshana of Ardhavabhedaka (General Symptoms)

According to different *Acharyas* following are the *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).^[13]

Preparations used in Shirovirechana Karma are

Taila and Gritha	Swwarasa and Churna	Other Drugs
<i>Shadabindu Taila, Anu Taila, Dashmoola Taila, Gunja Taila, Goghritha, DevadarvadiGhritha, Lakshaditaila, Kumkumadi Ghritha, kusthadi ghritha</i> mixed with <i>sharkara</i> ^[17,18]	<i>Shirishadya Avapeeda, anshamooladya Avapeeda, Madhukadya Avapeeda</i> ^[19]	<i>Madanaphala</i> mixed with <i>mishri</i> and cow's milk should used before sun rise ^[20] Powder of fruit and root of <i>Shweta Aparajita</i> mixed with water ^[21] <i>Vidanga</i> powder and black <i>tila</i> paste mixed with water and extracted <i>rasa</i> (luke warm) ^[22]

➤ **Shiro-Basti**^[23]

In *Shiro Basti*, a cranial pouch or cuff around the head is prepared as told by *Acharyas* and medicated oil is filled into this pouch and kept it for about 1 *muhurta* (48 minutes). In *Ardhavabhedaka* *Vata* or *Vatakaphanashaka taila* like *Dashmoola taila* and four

- Tearing and throbbing type of pain with *Bhrama* (Vertigo/confusion).
- The disease develops either at the interval of fortnight (15 days) or 10 days 2 or a month and subsides of its own.^[14]
- *Shankhamoola Darana* (Tearing pain in tempora regions),
- *Gandashotha* (Swelling over Zygomatic area)
- *Chakshu-Virajyata* (Redness of Eyes)^[15]
- *Ardhashirsha Vikara* is elevated with the rise of Sun.^[16]
- If the disease lasts for advanced, it may destroy the sight and the hearing.^[13,14]

Ayurvedic management of ardhavabhedaka according to Acharyas

I. Nidana parivarjana (Avoidance of causative factors)

Nidana Parivarjana is the first line of treatment in the prevention and management of *Ardhavabhedaka*. The factors which are known to produce *Ardhavabhedaka* should be avoided.

II. Aushada chikitsa

In this both Oral Medications and *Panchakarma* Therapy in the form of *shamana chikitsa* are included. Under *panchkarma* some *Shodhana Karmas* (for radical removal of causative factors of the disease from the body) and some other procedures (for instant relief by using some procedures) are included.

1. Shodhana type of treatment

➤ **Shirovirechana Karma**

In which the drug is administered through nostrils. Medicines used for this purpose include oil powder, juice or paste of the drugs which may have irritant effect on nasal mucosa. *Nasyakarma* can be done for 7-21 days according to severity and chronicity of the disease.

types of *Sneha* viz. *Ghritha, Taila, vasa, majja* etc. are used.

➤ **Basti Karma (Medicated enema)**^[23]

In *Ardhavabhedaka*, *Niruha Basti* prepared with *Vatanashaka* drugs should be given first, followed by *Anuvasana Basti* prepared of *Ghritha, Taila* etc.

➤ **Dahana karma^[23] (Cautrization)**

Dahana Karma is indicated at last when the other treatments are not working in *Ardhavabhedaka*. According to *Acharya Charaka*, *Dahana Karma* should be done at *Shankha* and *Lalata Pradesha*, limited to dermal layer (*Twaka Daha*) with the help of *Shalakagra* or *Godanta*. *Acharya Bhela* has mentioned *Pippali* for *Dahana Karma*.

2. Shamana chikitsa (Pacifactory therapy)

❖ *Rasa Aushadhi*

Chandrakanta rasa, *Shirovajra rasa*, *Mahalaxmi vilasa Rasa^[24]*

❖ *Ghrita Pana*

Mahamayura Ghrita, *Mayuradya Ghrita^[25]*

❖ *Kwatha* (Decoction)

Pathyadi Kwatha^[26] *Dashmoola Kwatha*, *Dhatryadi Kwatha*

❖ *Shirolepa* (Head mask)

Kumkuma Ghrita lepa^[13]

Sarivadi lepa^[27]

Other drugs for *shirolepa* are

- 1) Process black pepper powder with *bhringaraja swarasa* & keep it in a bottle after drying. Use with *bhringaraja swarasa* during attack.^[28]
- 2) Black *tila*, *jatamansi* powder mixed with *saindhava* and honey.^[29]

❖ *Shiro-Abhyanga* (Massage over Head)

With *Dashmoola Taila*, *Mahamayura Ghrita*, *Prapondrikadi Taila^[30]*

Preventive treatment of ardhavabedhaka

Medications, nutritional supplements and lifestyle alterations. The goal of preventive treatment is to reduce the frequency, pain, duration of migraine and to increase the effectiveness of therapy. Also to avoid overuse of medications. This is a common problem and effect the routine activities. So one should follow *Pathya* And *Apathya^[31, 32]*

Pathya and Apathyas

Pathya	Apathya
<p>Ahara- Oily substances- <i>Purana Ghrita</i>, <i>Chatuhsneha (Ghrita, Taila, Vasa, Majja)</i> in <i>uttam matra Dhanya</i> - <i>Shalidhanya</i>, <i>Shathi dhanya</i>, <i>Yusha</i> Vegetables - <i>Patola, Shigru, Draksha, Vastuka, Karvellaka, Amra, Dhatri</i>, Fruits - <i>Dadima, Matulunga</i>, liquids - <i>Takra, Kanjika</i>, coconut water, Drugs - <i>Haritaki, Kustha, Bhringaraja, Kumari, Musta, Ushir, Chandrika, Gandhasara</i></p>	<p>Ahara- <i>Ruksha bhojana, Atimadyapana, Viruddhabhojana</i> etc. Do not overuse pain medicine</p>
<p>Vihara- Treatment- <i>Shiroabhyanga, Nasya, Dhoomapana, Virechana, Shirolepa, Shirobasti, Upnaha, Raktamokshana, Agnikarma</i> Practice good sleep habits Exercise daily, and another relaxation technique Do <i>Yoga, Pranayam (Anuloma - Viloma), Shavasana</i> Loose excess weight</p>	<p>Vihara- <i>Vegadharana, Atijalakrida, vriddhuajalakrida, Atimaithuna, Divaswapana, Ratrijagrana, Atibhasya, Adhyasana, Pragvata</i> and <i>Avashyaya sevana, Manastapa</i> and <i>Ativyayama</i> etc</p>

CONCLUSION

The frequent use of medications like analgesics in migraine headache may cause side effects such as gastric irritation etc, in which the headache become more severe and more frequent. So Ayurvedic treatment followed by *pathyas* should be adopted in case of migraine which not only reduce the symptoms but also prevents the recurency and complications.

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