

Ayurvedic management of Ardhavabhedakaw.s.r. to Migraine- A Pilot Study

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ABSTRACT:

Ardhavabhedakais one of the shiroroga which can be correlated with migraine having symptoms like paroxysmal unilateral headache sometimes associated with vertigo, nausea, vomiting, photophobia, phonophobia. Ardhavabhedaka occurs because of tridosha or vata dosha or vata kapha dosha. Along with 213 million people in India were found to be affected from migraine. Worldwide 10% prevalence. It is more common in women than in men (3:1). Various treatment protocols are applied in this disease with partial success. In present clinical study, 15 patients of clinically proven Ardhavabhedaka were treated with Ashwamritadikwath to evaluate its efficacy. The ingredients of Ashwamritadikwath are Ashwagandha (withaniasomnifera), shankhpushpi (convolvulus pluricaulis), jatamansi (nordostachys jatamansi), brahmi (bacopa monnieri), guduchi (tinospora cordifolia), amlaki (emblica officinalis), haritki (terminalia chebula), bibhitki (terminalia bellirica), haridra (curcuma longa), nimba (azadirachta indica), bhunimba (Andrographis paniculate). Ayurveda parameters (Nidan and Lakshan) and modern symptoms of Ardhavabhedaka were used as subjective parameters, and investigations were used as objective parameters to assess the efficacy of the drug. Analysis was done and results were calculated statistically using P test. Results obtained are encouraging and indicate the efficacy of Ashwamritadikwath (Anubhoot yoga) in the management of Ardhavabhedaka exploring many aspects of this clinical entity.

Keywords: Ardhavabhedaka, Migraine, Headache, Ashwamritadikwath

I. INTRODUCTION

Ayurveda denotes the “science of life” which also covers the ‘art of living’. Ayurvedic medicine is one of the world’s oldest integral relieving systems. It was developed more than 5000 years ago in India. Ayurveda not only cures the diseases, but also gives concerning promotion, prolongation and maintenance of a cheerful and healthy life.

ARDHAVABHEDAK is one among the shirorog which is characterized by splitting/ Pricking / Throbbing pain on half of the head. **ARDHAVABHEDAK** defines ‘**ARDHA MASTISHAK VEDANA**’ is the disease producing pricking type of pain in the Ardh Shirah.

Hemicranial pain it is also associated with **chardi (vomiting), bhrama (vertigo), prakasasahatwam (photophobia), shabdasahatwam (phonophobia) etc.** This symptom complex is very much similar to migraine in modern science. People cannot pay attention to their physical and mental health, irregular food habits, use of alcohol, stress, suppression of natural urges, lack of proper sleep and less time of relaxation are being part of our life which increase frequency of many diseases mainly having psychosomatic origin at a drastic speed. Migraine is one among them. **CHARAK** has considered **SIRAH** as the supreme important and major part of the body which is known as **UTTAMANG.SIRAH** has been compared with the sun. Charak explains that all the sense organs and the channels carrying the sensory and vital impulses from the sirah are like the rays from the sun (Ch.Si. 9/4) **VAGBHATTA** has compared human being with a tree, with root at the top and branches at the bottom and defined head as a site where all sense organs all with the prana resides. Thus, being the site of conscience, it is the supreme of all organs which require prime protection. The Indian mythology

emphasize the prime importance of shirah in the body. Shirahshula is a chief symptom of shiroroga, which comes under urdhwajatrugatavikara.

AIMS AND OBJECTIVE

To evaluate the efficacy of Ashwamritadikwath in management of ArdhavbhedaK.

A meta analysis and systemic review of the published data looking at the the efficacy and safety of ayurveda interventions in the management of Ardhavabhedak.

Material and method –

Patients attending the OPD of Kayachikitsadepartment fulfilling the criteria for selection were incorporated into the study irrespective of caste religion etc. patient’s detailed history regarding present illness, past illness, family history, and clinical finding pertaining to Dosha, Dushya, Agni, Strotus etc. A special preformed were prepared, total 15 patient were registered for this study.

Study design – Open clinical randomized trial

Criteria for selection of cases-

A) Criteria for inclusion-

1. Patients between 16-60 years of age.
2. Patients of either sex.
3. Patients presenting with classical sign and symptoms of ArdhavbhedaK.

B) Criteria for exclusion-

- Patients below 16 year and above 60 years of age.
- Pregnant and lactating women.
- Patients who have undergone surgery.
- Patients having history for epilepsy, stroke, and head injury.
- Malignancy, brain tumour.

C) Subjective Criteria for assessment –

1. Severity of headache
2. Frequency of headache
3. Durations of headache
4. Hrillas / Nausea
5. Chardi / Vomiting
6. Bhrama / Vertigo
7. Aura
8. Sabdasahatwam / Phonophobia
9. Prakasahasatwam/ Photophobia

Selection of drug:

- Ashwagandha has vedanasthapan property. It can also be used in murcha, Bhram, Anindra.
- Guduchi is tridoshar herb. It has vedanasthapan effect on body.
- Shankhapushapi is Tridoshar especially vatapittashamak. Along with this, it is providing strength to the nervous system. Due to its Medhya property, it is used in Mastishkaduarbalya, Bhram and Anindra.
- Jatamansiis tridoshar herb, it is beneficial in nervous system related disorders like memory loss, convulsions, anxiety and anidra. It is popular herb for shirahshool.
- Haritikibalances tridosha because it contains fiverasaexpect lavan rasa. Especially it is vatashamak. It is also helpful to give strength to nervous system.
- Amalaki enhances power of sensory organs as well as nervous system. It is also effective in shirahshool.
- Nimbaand Haridra also have vedanasthapak properties.
- Bramhi is an extremely beneficial herb that improves and enhances memory and intelligence

**TABLE NO.1
ASHWAMRITADI KWATH [ANUBHUT YOG]**

SN	DRUG	LATIN NAME	FAMILY	PART USES	PROPERTIES	DOSHA KARMA	RATIO
1	Haritaki	Terminalia chabula	Combrataceae	Fruits	Rasa- Panchrasa Kashaypradhan Guna- Laghu Ruksha Virya – Ushana Vipaka – Madhur	Tridoshar Specially Vatshamak	1 Part

2	Bibhitaki	Terminalia bellirica	Combrataceae	Fruits	Rasa- Kashaya Guna- Ruksha Laghu Virya – Ushana Vipaka – Madhur	Tridoshhar Specially Kaphashamak	1 Part
3	Ashwagandha	Withenia Somnifera	Solanaceae	Root	Rasa- Tikt Katu Madhur Guna- Laghu Snigdha Virya- Ushana Vipaka- Madhura	Vata Shamak	1 Part
4	Shankhapushapi	Convolvulus Pluricaucis	Convolvulaceae	Panchang	Rasa- Tikt Guna- Snigdha Pichchhil Virya – Sheeta Vipaka -Madhur Prabhava Medhya	Tridoshhar Specially Vatapitta Shamak	1 Part
5	Bhunimba	Andrographis paniculate	Acaanthaceae	Panchang	Rasa-Tikta Guna-Laghu ruksha Virya-ushna Vipaka- katu	Kaphapittahar	1 Part

6	Jatamansi	Nordostachys jatamansi	Valerianaceae	Root	Rasa-Tikt Kashay Madhur Guna-Laghu Snigdha Virya-Sheeta Vipaka-Katu Prabhava-Manas doshahar	Tridoshar	1 Part
7	Haridra	Curcuma longa	Zingiberaceae	Kand	Rasa-TiktKatu Guna-Laghu Ruksha Virya-Ushana Vipaka-Katu	Kaphapitta shamak	1 Part
8	Bramhi	Bacopa Monnieri	Scrophulariaceae	Panchang	Rasa-tikta Madhur Guna- Laghu Virya- sheeta Vipaka- madhur	Tridoshar	1 Part
9	Guduchi	Tinospora cardifolia	Menispermaceae	Stem	Rasa-Tikt Kashaya Guna-Guru Snigdha Virya – Ushana Vipaka – Madhur	Tridoshshamak	1 Part

10	Aamlaki	Emblica officinale	Euphorbiaceae	Fruits	Rasa- Pancharasa Amalapradhan Guna- Guru Ruksha Sheeta Virya – Sheeta Vipaka – Madhur	Tridoshar Specially Pittashamaka	1 Part
11	Nimba/ Neem	Azadiracta indica	Meliaceae	Leaf Flower s Bark Seed Oil	Rasa- Tikt Kashaya Guna- Laghu Virya – Sheeta Vipaka- Katu	Kaphapitta shamak	1 Part

Treatment/ Therapeutic regime-

Ashwamritadikwath-

Dose - 30 ml. BD [After meal]

Duration - 15 days

Follow up - Every 15 days

II. RESULT AND DISCUSSION –

Patient has given with Ashwamritadikwath along with advising a proper diet plan and yoga. By this treatment plan symptoms of Ardhavabhedaka like hrillas (nausea),

chardi (vomiting), bhrama (vertigo), prakashasahatwam(photophobia), shabdasahatwam (phonophobia) was also relieved to a great extent the statistical analysis of the data to study the efficacy of treatment is below.

Table No. 2

N	SD	SE	T calculated Value	T table value	P Value
15	1.72	0.44	25.9	2.15	<0.001

The statistical analysis of data from a 15 patients trial group treated with Ashwamritadikwath revealed a calculated t- value of 25.9, surpassing the tabulated t- value of 2.15. as a result, the null hypothesis is rejected, and the alternative hypothesis is accepted at a 5% level of significance, indicating highly significant efficacy of the treatment. Ashwamritadikwath was found to be effective in reducing symptoms. Clinical feature like unilateral throbbing pain in head, vertigo, vomiting, nausea, photophobia, phonophobia etc were significantly reduced after the treatment. This proves the effectiveness of the drug in this

condition making it a miraculous drug. There was no adverse effect were noted down this Ashwamritadikwath.

III. CONCLUSION–

Ardhavabhedakais one of the shirorogawhich can be correlated with migraine having symptoms like paroxysmal unilateral headache. If uncontrolled, it can lead to serious adverse health effect and ultimately death. After analysing this study, it was concluded that Ashwamritadikwath administered orally, have definite role in the treatment of Ardhavabhedak, to

provide better and earlier relief to the patients of Ardhavabhedak. Present study revealed that various AyurvedicShaman treatment modalities are found to be significantly effective in Ardhavabhedaka. These drugs are safe as no adverse effects were reported in any of these studies. It is important to avoid aggravating factors like stress and include compatible diet and exercises in addition to the drug. At the end we can say that ayurvedic treatment regimen can provide promising results in the management of Ardhavabhedak. It followed as per the prescribed guidelines of Ayurveda.

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