

A Case study in a patient with *Ardhavabhedaka* i.e. Migraine**B. Gayathri Devi^{1*}, P. Srikanth Babu², A. Swaroopa³, K. Aruna Gayithri⁴***P. G. Scholar¹, Professor and HOD², Associate Professor³, Associate Professor⁴, Department of KayaChikitsa Dr. BRKR. Government Ayurvedic College, Hyderabad, Telangana, India – 500018***Corresponding Author:****B. Gayathri Devi**

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https://www.doi.org/10.63778/PDEASIJRAAS-ARJCPL/2021_22849**Abstract:**

The word *Ardhavabhedaka* is of two words – *Ardha* + *Bhedaka*. *Ardha* means half part and *Bhedaka* refers to breaking or piercing, which totally means “Piercing or breaking type of pain seen in half part. It is compared with Migraine as its main symptom is Half sided headache with associated symptoms. The lifestyle of people in present days has changed due to rapid urbanization. Migraine is the type of headache due to which subjects are disabled to attend their duties and proclaim out of pain. There have been many treatment procedures in Ayurveda, in current study a clinical experience with *Gandha tailam nasya* and *Pathyadi sadanga kwatha* orally was placed. A 68 year old female, diagnosed history of *Ardhavabhedaka* was treated by *Gandha tailam nasya* and *Pathyadi sadanga kwatha* orally. Gradual improvement was observed.

Key Words: *Ardhavabhedaka*, Migraine, *Gandha tailam*, *Nasya karma*, *Pathyadi sadanga kvatha***Introduction:**

Migraine refers to a syndrome of vascular spasms of cranial blood vessels. Unilateral headache varied in frequency, intensity and duration, lasting from 1 hour to 72 hours commonly associated with nausea, photophobia, phonophobia and sometimes relieves after vomiting. The cause for Migraine is unknown, however In Ayurveda, Acharyas have described that many environmental, habitual, dietary, occupational, psychological and genetic factors are responsible. In families it run about 2/3 of cases. Migraine sufferers may inherit sensitivity to trigger factors that produce inflammation in blood vessels and nerve in brain causing excruciating pain.

There are many symptomatic treatments available, the main objective of Ayurvedic diagnosis is to find out the root cause of *vyadhi* and eliminate it by following *Rtucharya*, *Dinacharya*, *Sadvritta* etc., *Ardhavabhedaka* is mainly through *Vata / vatakapra prakopa*, can be managed with *dravyas* having *ushna*, *snigdha* properties and *vatakaprahara karma*. *Gandha tailam* and *Pathyadi sadanga kwatha* having *vatahara*, *tridoshasamakara*, *vedanastapaka*, *snehana karma* have been selected. *Nasya karma* activates *Limbic system* and checks *raktavaha vikaras* and strengthens *Nervous system* functioning.

Clinical Study**Patient and Methods****Place of study-**

Inpatient of Department of Kayachikitsa, Dr. B.

R. K. R. Government Ayurvedic Hospital, Erragadda, Hyderabad, Telangana, India, 500038.

Chief complaints with duration:

A 68 years old female patient visited OPD of Kaya chikitsa, Dr. BRKR Government Ayurvedic Hospital, Hyderabad and presented with chief complaints of half sided headache since last 30 years and interval of headache is for every 7 to 10 days in a month.

Associated complaints with duration:

Nausea, photophobia, anger since 30 years and palpitation, burning in upper abdomen since 10 years. Aggravating factors of headache were stress, hunger, sun light, cold breeze and journeys, relieves on intake of analgesics. Patient was diagnosed with Migraine on the basis of clinical features and assessing *Dosha*, *Agni*, *Satmya*, *Bala*, *Vaya* etc.,

History of present illness:

Patient was asymptomatic 30 years back, then gradual onset of symptoms was seen.

Undergone allopathic treatment, found temporary relief and visited Ayurvedic Hospital for better treatment.

Past history:

No H/o Hypertension, Diabetes, Hypo/ Hyperthyroidism.

Family history:

No particular family history related on *Prasna Pareeksha*.

General examination:

Age/ gender: 68 years/ Female

Marital status: Married

Diet: Mixed (habituated to eat more non-veg)

Appetite: Good

Sleep: Adequate

Bowels: Regular

Prakriti: *Vatakapra*

Table No. 1: Ashta sthana pariksha

| | |
|-----------------|-------------------|
| Nadi- Vatakapha | Sabda- Madhyama |
| Mutra- Prakruta | Sparsha- Prakruta |
| Mala- Prakruta | Drik- Madhyama |
| Jihwa- Nirama | Akriti- Madhyama |

Method of Administration of Nasya: Treatment plan:

As prevention, patient was advised to avoid nidhana factors (cold breeze exposure, journey etc) Citrakadi vati (Deepana, Pachana) was given for 3 days after assessing her agni, kosta and followed by local Abhyanga with olive oil and Ushma sweda of face, neck and ears were done first as Purvakarma.

After Purvakarma, patient was asked to lie down in supine position with head extended. Then 2 drops i.e 3ml per day of lukewarm Gandha tailam was instilled slowly in either of nostrils one after the other. Patient was advised to sniff the instilled Gandha tailam. After the administration of Nasya, Patient was asked to remain in supine position for a while and spit out medicine that comes in mouth. Patient is again subjected to sweda and advised to gargle with warm water to expel the residual mucous in throat.

Patient was given Nasya with Gandha tailam for first 7 days once in a day, morning 1-2 hours after breakfast. The patient was advised to avoid dust, smoke, sunlight, day sleep, cold water intake and advised to take light liquid food and warm water as samsarjana karma. Along with nasya, orally Pathyadi sadanga kwatha 20 ml BD was advised, with equal quantity of water for 1 month. In this way, 2 cycles was done in 2 months

Ingredients of Gandha Tailam: (Reference –

Bhaishajya Ratnavali)

Tila tailam is main base, Kakolyadi gana, Eladi gana, Rala, Satapushpa, Anantamula, Kustha, Madhuka, Manjista Jatamansi, Devadar, godugdha (pittahara, jeevaniya,rasayana) etc. are the ingredients of Gandha tailam.

Table 1. Ingredients of Gandha Tailam: (Reference – Bhaishajya Ratnavali)

| Sl.No | Name of Drug | Rasa | Guna | Veerya | Vipaka | Karma |
|-------|--|----------------------------|--|--------|---------|---|
| 1. | Manjista Rubia cordifolia Family- Rubiaceae | Madhura, Tikta | Guru, Ruksha | Ushna | Katu | KaphaPittahara Vedana sthapana, Rakta shodak |
| 2. | Madhuka Glycyrrhiza glabra Family- Leguminosae | Madhura | Guru, | Shita | Madhura | Tridosahara Rasayana, Medhya |
| 3. | Kustha Saussurea lappaFamily- Asteraceae | Tikta, Katu, Madhura | Laghu, Teekshna | Ushna | Katu | Vatakaphahara Lekhaniya RaktaSodhaka Vrana Ropana Vrana Stapana |
| 4. | Jatamansi Nordostachys jatamansi Family- Valeriana- ceae | Tikta, Kashaya, Madhura | Laghu, Snigdha | Shita | Katu | Tridosahara, Balya, Medhya |
| 5. | Devadar Cedar deodar, Family- Pinaceae | Tikta, Katu, Kashaya | Laghu, Ruksha | Ushna | Katu | KaphaVatahara, Deepana, VranaShodak |
| 6. | Anantamula Hemidesmus indicus Family- Asclepidaceae | Madhura Tikta | Guru Snigdha | Shita | Madhura | Tridosahara Dahaprasamana |
| 7. | Shatapushpa Peucedanum graveolens Family- Apiaceae | Katu Tikta | Laghu Tikshna | Ushna | Katu | Vatakapha hara, Pittakrit, Deepana |
| 8. | Rala (Niryasa of sarja) Shorea robusta Family- Dipterocar- paeae | Kashaya Madhura | Ruksha | Shita | Katu | KaphaharaVrana shodana, ropana |
| 9. | Raktachandana Pterocarpus santalinus Family- Fabaceae | Tikta Madhura | Laghu Ruksha | Seeta | katu | Kaphapittahara Dahaprasamana |
| 10. | Eladi gana drugs (tvak, patra, agaru, na- priyangu, kumkuma, ushira etc.) - Vatakaphahara | gapuspa, | 11. Kakolyadi gana drugs(kakoli, ksheeraka- koli, jeevaka, rsbhaka, mudgaparni, meda etc.)- Vatahara, pittahara | | | |

Table 2. Ingredients of Pathyadi Sadanga Kwatha: Reference – Sharangadhara Samhita, madhyama khand, 2nd chapter.

| Sl. No | Name of The Drug | Rasa | Guna | Virya | Vipaka | Karma |
|--------|---|------------------|---------------------|-------|---------|--|
| 1. | Amlaki <i>Phyllanthus emblica</i> Family- Euphorbiaceae | Pancharasa | GuruRuksha Shita | Shita | Madhura | Tridoshahara Chakshusya Deepana Rasayana Vayastapana |
| 2. | Haritaki <i>Terminalia chebula</i> Family- Combretaceae | Pancharasa | Laghu Ruksha | Ushna | Madhura | Tridoshahara |
| 3. | Vibhitaki <i>Terminalia bellirica</i> Family- Combretaceae | Kashaya | Laghu Ruksha | Ushna | Madhura | KaphapittaharaBhedana Keshya |
| 4. | Kiratatikta <i>Swertia chirata</i> Family- Gentianaceae | Tikta | Laghu Ruksha | Shita | Katu | KaphapittaharaStanya shodana |
| 5. | Haridra <i>Curcuma longa</i> Family- Zingiberaceae | Katu Tikta | Laghu Ruksha | Ushna | Katu | KaphavataharaVishagna Lekhana |
| 6. | Nimba <i>Azadirachta indica</i> Family- Meliaceae | Tikta Kashaya | Laghu | Shita | Katu | KaphapittaharaDeepana Grahi Bhedana |

Assessment Criteria: The result is assessed based on symptoms reduced after treatment. Grading for the subjective parameters is given as below.

Table No. 3: Assessment Criteria

| Sl. No | Symptoms | Grade |
|-----------|-----------------------------------|-----------------------|
| 1. | Severity of Pain | |
| | Intolerance of pain | 4 |
| | Disturbs the routine work | 3 |
| | Do not disturb the routine work | 2 |
| | Mild pain | 1 |
| | No pain | 0 |
| 2. | Duration of Pain | |
| | Over 24 hours | 4 |
| | 13 to 24 hours | 3 |
| | 4 to 13 hours | 2 |
| | 1 minute to 4 hours | 1 |
| | No pain | 0 |
| 3. | Frequency of Attack | |
| | Continuous | 4 |
| | Once in 1-10 days | 3 |
| | Once in 11-20 days | 2 |
| | Once in 21-30 days | 1 |
| | No attack | 0 |
| | Associated Symptoms | Present/Absent |
| 4. | Chardi (vomiting) / Nausea | |
| 5. | Prakashaasahisnatva (photophobia) | |

Results:

The effect of Gandha tailam and Pathyadi sadanga kwatha in Ardhavabhedaka was observed very clearly. On first day of nasya karma, patient didn't allow to touch her affected half side of head to do Abhyanga also but procedure was done

slowly (sparshaahisnuta). But on the first day of second cycle of nasya karma, Gradually patient was normal while doing Abhyanga.

Based on the grading outcome was seen for every 15 days review.

Table No. 4: The effect of Gandha tailam and Pathyadi sadanga kwatha in Ardhavabhedaka

| Sl. No. | Symptoms | 0 th day | 15 th day | 30 th day | 45 th day | After treatment |
|---------|-------------------|---------------------|----------------------|----------------------|----------------------|-----------------|
| 1. | Severity of pain | 4 | 0 | 2 | 0 | 1 |
| 2. | Duration of pain | 3 | 0 | 2 | 0 | 1 |
| 3. | Frequency of pain | 3 | 0 | 1 | 0 | 1 |
| 4. | Vomiting/ Nausea | Present | Absent | Absent | Absent | Absent |
| 5. | Photophobia | Present | Absent | Present | Absent | Absent |

Discussion:

Ardhavabhedaka which is correlated to Migraine, based on symptoms is most common disease facing widely in all age groups. According to different acharyas the dosha predominance is different i.e vata/ vata kapha. Due to etiological factors like improper diet and sedentile lifestyle, vata gets vitiated. Imbalance of vata causes disorders of nervous system and alters brain activity. Vitiated vata reaches to kapha stana causing dilatation of srotas, Spasm of siras resulting pain in Shira(head).

As Nasya is considered as best therapy for all Urdhwajatrugata rogas, Nasya karma with Gandha tailam was performed according to the classics mentioned. The tridosha samaka, vata kapha hara, vatahara, vedanastapaka karmas of Gandha tailam was beneficial in Ardhavabhedaka. The Tikta, Madhura, Laghu properties and Kaphavata hara, Tridosahara, Rakta Sodhaka, Vrana Ropana, Rasayana karmas of Manjista, Madhuka and Vatahara property of Eladi gana and Kakolyadi gana in Gandha tailam helps in expelling the vitiated doshas in siras of shira through which srotoshodana was done.

The Tridosahara of Amlaki, Haritaki and kaphavatahara of Haridra and kashaya rasa of Nimba and Vibhitaki also helps in srotoshodana and normalizes the spasm of blood vessels. Maintains the equilibrium of vata dosha. The severity of pain and frequency of pain were simultaneously reduced.

Every 15 days follow up was done for 2 months, and the condition was progressive with no elevation of pain again. The number of episodes of attack was lowered after 2 months of chikitsa.

Conclusion:

Ardhavabhedaka disables patients by without attending their duties. This was a single case clinical trial on Ardhavabhedaka by using Gandha tailam as Nasya and Pathyadi sadanga kwatha orally has cleared that it was very effective in management of Ardhavabhedaka by assessing doshadushya in disease and guna, karma of dravya. Many treatment modalities are available for management of

Ardhavabhedaka, but Foremost step is shodana, Nasya karma pacifies the vitiated doshas and pays a path for planning of internal medicines.

Other medicines like Godanti basma, Laghusutasekhar ras are indicated internally. Kumkuma grita nasya, seetajala Nasya and external lepa are also indicated in management of Ardhavabhedaka. Ayurveda not only pacifies doshas but also uproots the vyadhi. Through herbal drugs, Panchakarmas, swastavritam, Dinacharya, yoga and pranayama Ayurveda treats Diseases and maintains the equilibrium of doshas

“Swasthasya Swasthya Rakshanam Aturasya Roga Nivaranam”

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