

A REVIEW ON ARDHAVABHEDAKA (MIGRAINE) W.S.R. TO AYURVEDA

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Received on: 15/10/2021

Revised on: 05/11/2021

Accepted on: 25/11/2021

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ABSTRACT

Ardhavabhedaka (Migraine) is a condition associated with moderate to severe headache with throbbing type of pain that lasts from hours to days. It begins on one side of the head and spread to both temporal, occipital region and is frequently accompanied by symptoms such as nausea and vomiting, tiredness, sometimes giddiness. It is the most common disease affects around 15-20% of the population worldwide. *Ardhavabhedaka* can be correlated with migraine, due to its cardinal features of half sided headache. According to classical texts of *Ayurveda* all the three *Doshas* (*Vata*, *Pitta* and *Kapha*) are involved in the manifestation of *Ardhavabhedaka*. The management of these *Dosha* can be done through *Panchakarma* (Five internal Bio- Cleansing Therapies) like *Nasya Karma* (Medication through Nasal route), *Abhyanga* (Therapeutic Massage) and *Swedana* (Sudation). Here an attempt is made to highlight the causative factors, symptoms, and management of *Ardhavabhedaka* as per classical *Ayurvedic* texts.

KEYWORDS: *Ardhavabhedaka*, Migraine headache, *Shiroroga*, *Nasya* etc.

INTRODUCTION

Ardhavbhedaka is one type of the *Shiroroga*^[1] in which the vitiated *Vata/ Vata-Kapha* caused severe/bursting headache in one half of the head with involvement of forehead, eyebrows, eyes, ears, temporal region etc. In Modern Medicine, this can be correlated with the Migraine. Percentage age of *Ardhavbhedaka* (Migraine) in Indian population. 213 million of Indian population is suffering from migraine and among all the cases 65% of these cases were reported by women, aged between 35-59 years of age. According to classical texts of *Ayurveda* all the three *Doshas* (*Vata*, *Pitta* and *Kapha*) are involved in the manifestation of *Ardhavabhedaka*. The management of these *Dosha* can be done through *Panchakarma* (Five internal Bio- Cleansing Therapies) like *Nasya Karma* (Medication through Nasal route), *Abhyanga* (Therapeutic Massage) and *Swedana* (Sudation). Diet and lifestyle have the main role in having any particular disease.

DISCUSSION

The diet and lifestyle factors responsible for migraine headache are discussed as follows;

Diet related factors

- Consumption of excess dry foods.
- Over eating.
- Excessive consumption of chilled eatables.

Lifestyle related factors

- Excessive indulgence in sex.
- Forcible withholdings of natural urges.

- Excessive physical activities/ exercises.
- Excessive weight lifting etc.

Pathogenesis

- According to *Acharya Charak*^[2] - *Vata* gets vitiated by the above-mentioned factors and either itself or with *Kapha*, it causes the severe or bursting/intolerable headache in one half of the head. In chronic stage, this can also destroy the functions of eyes and ears and can make a person even blind & deaf.
- According to *Acharya Sushruta*^[3] - This disease is *Tridoshaj*.
- According to *Acharya Vagbhata*^[4] said, this disease is only caused by vitiated *Vata* and if headache manifests in full head then it is called *Shirastap* and if in half of head then it is known as *Ardhavbheda*.

This disease is particularly seen in adults and aged people, Mild to moderately seen in children called pediatric migraine.

The Symptoms of *Ardhavebhedaka*^[5] are

- Severe/Intolerable/throbbing pain in one half of the head with involvement of forehead, eyes, eyebrows, ears, temporal region etc.
- Light and Noise insensitivity.
- Nausea and Vomiting
- In severe cases, it can lead to unconsciousness.
- The episodes are on sudden and could be once in 3-5, 15-20 days or in chronic cases, the episodes could be once or twice/more than twice in a week.

General Management of *Ardhavabhedaka*^[6,7,8]

- *Vatadi Tailam, Mayur Ghrita, Raktamokshana, Dhoomvarti, Nasya.*
- In *Ardhavbhedaka*, first line of treatment is *Snehana & Swedana* along with *Virechana, Sharir Shodhan, Nasya, Asthapana* or *Anuvasana Basti, Dhoomapana*, Greasy and hot food. *Lepana* and *Nasya* of *Vidanga* and sesame seeds, *Katphaladi Nasya, Kshirini Bindu, Aja Dugdhd* etc. In liquid-*Dugdhapana, Ghritapana*, coconut water is beneficial.
- *Avapidana Nasya* of *Vanshmula & Karpura, Vacha & Pippali, Yasthimadhu- Chandan-Manashila churna*. After application of *Avapidana Nasya, Madhuradi Nasya* is useful.

Pathya- Apathya (Do's and Don'ts)

Pathya- *Abhyanga, Basti Karma, Nasya, Ghrita(Ghee), Tailam*, sweet, sour, salty, *Snigdha*(Demulcent) food, swimming, *Goduma*(Wheat), *Masha, Purana Shali*(An old rice), *Shasthikashali*(Rice variety cultivated in 60 days), *Kulatthi* juice, sesame seeds, *Parwal, Sahanjana, Brinjal*, garlic, pomegranate, mango, *Khas* water, lemon, orange, *Prasarini, Gokshura, Kshirkakoli, Neem*, cow-goat-buffalo milk, coconut milk, mustard oil, *Mishri, Paan, Chinch*a (Tamarind) etc.

Apathya- Forcible with holdings of sneezing, yawning, urine, tears, sleep during the day, *Virudh Aahar* (Incompatible food articles), muddy water etc.

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