

AN AYURVEDIC APPROACH IN THE MANAGEMENT OF MIGRAINE- A CASE REPORT

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ABSTRACT

Background: Migraine is a widespread, chronic and intermittently disabling disorder characterized by recurrent headaches with or without aura. Allopathic management of Migraine is having only a short term effect. So, it is very necessary to adopt an effective treatment protocol. Case history: A 47 year old male patient presented with complaints of headache, nausea, vomiting and vertigo for the past 1 year. He has continuous, unilateral headache in frontal, parietal lobe in left side sometimes right side. For a better management she came to OPD of Immanuel Arasar Ayurveda Hospital. Materials and methods: Patient was managed with internal medicines and pratimarsha nasya using anutaila. Kapha vatahara line of management was followed. Result: Outcome was measured based on the relief of symptoms and was found clinically significant and this condition has not reoccurred for a period of 6months Conclusion: Kapha Vātahara treatments were adopted mainly focusing on Kapha. Pitta prakopa lakshanas have observed at some stages and was managed. With a thorough understanding of Dosha involved we can manage the complex conditions like Migraine.

Keywords: Ardhavabhedaka, Migraine, Nasya, Shira shula

INTRODUCTION:

Migraine is a widespread, chronic and intermittently disabling disorder characterized by recurrent headaches with or without aura. Recent studies estimate the prevalence of migraine at about 6-8% in men and 12-15% in women.

In terms of actual numbers of attacks, combined figures from prevalence and incidence studies suggest 3000 migraine attacks occur a day for each million of the general population. According to WHO, the cause for migraine is not exactly known. Migraine can be defined as a

benign and recurrent syndrome of headache, nausea, vomiting and other sign and symptoms of neurological dysfunctions. Migraine can often be recognized by its activators like stress (psychological as well as physical), lack of sleep, worries, red wine, menses, cigarette, etc. The authentic text books of medicine clearly state that there is no proper standardized treatment for migraine. Aspirin, Paracetamol, Ibuprofen, and Diclofenac etc. are non-specific abortive therapy usually used for symptomatic relief from migraine.

In Ayurvedic text, Acharayas have referenced *Ardhavabhedaka* in *Shiro-roga*. Acharaya Sushruta has mentioned 11 types of *Shiro-roga* in *Uttar Tantra*. One among them is *Ardhavabhedaka* in which paroxysmal unilateral headache associated with vertigo is seen and this can be associated with Migraine.

As indicated by Acharaya Sushruta, it's a *tridoshaja* disease and according to Acharaya Charaka it is *Vataja* or *Vata-Kaphaja*.

Ardhavabhedaka can be symptomatically correlated with Migraine due to its cardinal feature

'half sided headache' which is also explained by commentator *Chakrapani* as '*Ardha Mastaka Vedana*' and also due to its paroxysmal nature. All the three doshas are involved in the pathogenesis of the *Ardhavabhedaka* with the predominance of *Vata* or *Vata kapha*. *Ardhavabhedaka* (migraine), which presents as a paroxysmal unilateral headache associated with vertigo and pain of varying intensity. According to ayurvedic classics, *Nasa* (nose) the gateway of the *Shira* (head), and *Nasya Karma* (Medication through nasal route) is specifically indicated to clear away the diseases located in the head, since medication is administered through the nostrils

A 47 year old male patient presented with complaints of headache, nausea, vomiting and vertigo for the past 1 year. He has continuous, unilateral headache in one side .

The nature of pain was moderate to severe associated with nausea and sometimes vomiting. Blackouts and vertigo were also present. Family history was not contributory. He has to take allopathic medicine for pain.

Patient was treated in

Panchakarma OPD of Immanuel Arasar Ayurveda Hospital with internal medications, *Prathimarsha Nasyam* (nasal instillation-daily). Associated complaints occurred throughout the treatment were managed symptomatically. Outcomes were measured based on the relief of symptoms presented at the baseline and found clinically significant. Even after the follow up of up to 8 months no recurrence was observed.

CASE REPORT:

Patient was a 18 years old female student, a pre diagnosed case of Migraine and was on allopathic medication for a period of 4 years (Fevedom every 4 hourly, Flunarizine 5 mg HS, Metoprolol 100 mg bd, Propranolol 40 mg bd). She complaints of severe headache, nausea, belching and vomiting. She don't have history of any other illness or accidents. She has continuous, throbbing, unilateral frontal lobe pain during each episodes. She complaints of 3-4 episodes per month. This started affecting her

studies also. Family history revealed her mother also have the same problem. Since 4 years she is under allopathic medication and she is getting only temporary relief. For better management and to prevent the recurrence of disease she came to Immanuel Arasar Ayurveda Medical College and Hospital .

The treatment was planned based on the *dosha* involved and *avastha* of patient.

CLINICAL FINDINGS

This case was reported on 20-7-2021 in outpatient department of Immanuel Arasar Ayurveda Medical College and Hospital. Physical examination revealed patient is anxious with normal appetite, bowel movements and urination. Neurological examination was carried out and found that higher mental functions and all cranial nerves are normal. Motor examination showed, tone, power, coordination and bulk were normal on both sides. As the patient was suffering from this condition since past 4 years, she have already consulted few

allopathic doctors and as per their advice CT brain was taken to rule out other pathological conditions and was found normal.

Initially, *Vata kapha samana* treatments were adopted. *Pitta prakopa lakshanas* observed in some stages of treatment was managed symptomatically.

THERAPEUTIC INTERVENTION

FIRST VISIT			
	INTERNAL	EXTERNAL	OBSERVATIONS
20-07-2021 to 31-07-2021	<p>1. <i>Varanadi kashayam</i> (20 ml with 60 ml boiled and cooled water three times daily before food)</p> <p>2. <i>Avipathy choornam</i>- 5 gm bd with <i>kashayam</i></p>	<p>1. <i>Rasnadi choorna</i>, mix with lime juice apply over forehead</p> <p>2. <i>Rasnadi choornam</i> mix with <i>ksheerabala taila</i> external application on <i>murdha</i></p>	<p>After the treatment considerable improvement noted during episode, appetite become normal, acidic belching reduced</p>
SECOND VISIT			
1-08-2021 to 10-08-2021	<p>1. <i>Pathyashadangkashayam</i> (20 ml with 40 ml boiled and cooled water three times daily before food)</p> <p>2. <i>Avipathy choornam</i>- 5 gm bd with <i>kashayam</i></p>	<p>1. <i>Rasnadi choorna</i>, mix with lime juice apply over forehead</p> <p>2. <i>Rasnadi choornam</i> mix with <i>ksheerabala taila</i> external application on <i>murdha</i></p>	<p>No recurrence of headache. Slight headache noticed after having chocolate. Allergic sneezing after cold exposure</p>

THIRD VISIT			
11-08-2021 to 21-08-2021	1. <i>Drakshadikashayam</i> (20 ml with 40 ml boiled and cooled water three times daily before food) 3. <i>Kanchanara Guggulu</i> 1-1-1 afterfood 4. <i>Haridrakhandam</i> – 1 tsp thrice daily afterfood	1. <i>Rasnadichoornam</i> mix with <i>ksheerabala taila</i> external application on <i>murdha</i> 2. <i>Prathimarsha Nasyam</i> (nasal instillation) with <i>Anutailam</i> 2 drops in each nostril.	Symptomatic relief from all complaints. Mild symptoms reappeared only when she has not taken food at proper time
FOURTH VISIT			
21/09/2021	MEDICINES REPEATED AS IN THIRD VISIT		Symptoms has not reoccurred
Outcomes were assessed based on the relief of pain and other symptoms presented by the patient at the baseline and found clinically significant.			
TIME LINE			
DATE	CLINICAL FINDINGS		
5/10/2017	Had first episode of migraine Started analgesics, Calcium channel blockers and Beta blockers		
20/07/2021	First visit – Started ayurvedic medicines Improvement noted, appetite become normal, acidic belching reduced		
1/08/2021	Second visit – No recurrence of headache. Slight headache noticed after having chocolate. Allergic sneezing after cold exposure		
11/08/2021	Third visit- Symptomatic relief from all complaints. Mild symptoms reappeared only when she has not taken food at proper time		
2/09/2021	Fourth visit – Symptoms has not reoccurred		

The symptoms has not reoccurred for a period of 7 months after this treatment.

DISCUSSION

Migraine has got similarities with that of *Ardhavabhedaka*. The case was presented with severe headache, nausea, belching and vomiting. She has continuous, throbbing, unilateral frontal lobe pain during each episodes. She complains of 3-4 episodes per month. Hence it was treated with *kapha vata shamana chikitsa* followed with *brumhana chikitsa*. *Varanadi kashayam* acts as *kapha vata shamana, srotoshodhaka, shula prashamana*. *Avipatti choornam* is *pitta kapha shamana, sroto shodhaka, dahaghna*. External application of *Rasnadi choornam* and lime juice showed a markeable reduction in the symptoms, since it is having *ruksha, ushna guna, shiro abhishyanda hara, kapha vata haratva*. *Ksheera bala tailam* is *rakta prasadana, balya, indriya prasadana*. *Pathya shadangam kashayam* act as *Tridosha Shamana* by virtue of its *urdhwa jatru visheshatwa*. *Drakshadi kashayam* is *pitta vata shamana* and *rakta prasadana*. *Kanchanara guggulu* has *lekhana* and *chedana* property helps to remove the excess

Kapha from the *shiras*. Allergic sneezing during the course of treatment was managed by *Haridrakhandam*. *Pratimarsha nasyam* was done with *Anu Tailam* which resulted in overall relief in the symptoms. The *Nasya dravya* reaches to *Sringataka Marma* from where it spreads into various *strotas* (vessels and nerves) and alleviates the vitiated *dosha*. *Nasya* provides nourishment to the nervous system by neural, diffusion and vascular pathway. *Anutaila* is *vataghna, brumhana* and *sneha karaka* and is having *sukshma, vyavayi guna*, so it can spreads through minute channels easily. Profuse secretions occur after its administration indicates the mobilization of *kaphadi doshas* from its *sthana*. The *sneha* reaches in the *srotasas* and it does oleation and strengthening action also. Outcome was a combined effect of both internal and external treatments. After the first course of treatment itself the patient showed marked improvement in symptoms of headache and radiating pain to jaws. Almost all symptoms have subsided in the treatment period itself and the allopathic medicines

were stopped. Even after the follow up of 8 months, no recurrence in symptoms were observed.

CONCLUSION

The case study presented suggest that an integrated approach will be effective in managing Migraine. Ayurveda medications can arrest the progress of the disease. *Kaphavātahara* treatments were adopted mainly focusing on *Kapha*. *Pitta prakopa lakshanas* have observed at some stages and was managed. With a thorough understanding of *Dosha* involved we can manage the complex conditions like Migraine

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