



AN AYURVEDIC REVIEW OF ARDHAABHEDHAKA W.S.R. TO
MIGRAINE

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ABSTRACT

One of the most prevalent neurovascular debilitating illnesses seen in *Shalakyas* clinic is migraine. Migraine is a paroxysmal headache disorder characterised by a fast onset and frequently unilateral severe headache. Migraine is known as *Ardhaavabhedhaka* in *Ayurveda*, and it is a severe health problem that affects persons between the ages of 30 and 50. Recurrent headaches with or without aura characterise this common, chronic, and intermittently disabling disease. Before the onset, the patient notices black spots or a sparkling zigzag line in front of his eyes, or has blurred vision or part of his eyesight blanked out. It's also known as a "sick headache" since the intense pain can last up to three days and is accompanied by nausea and vomiting. Migraine discomfort can be relieved temporarily with NSAIDs analgesics, but the headache can return. Medicine dependence reduces the body's natural pain-relieving mechanism, and long-term use can harm the kidneys, liver, and other important organs. *Ayurveda* believes in curing sickness from the inside out. As a result, treatments focus on restoring balance to the digestive and neurological systems' vitiated *Doshas*. To establish a balanced physiology, eliminate triggering variables and prescribe *doshic* specific nutrition, stress management, herbal formulae, modification, *Panchakarma*, *Kriyakalpa*, and other holistic therapies

Keywords: Migraine, *Ardhaavabhedhaka*, *Tridosha*, *Ayurvedic* Therapies

INTRODUCTION: Migraine is the world's third most common ailment and the sixth most disabling health condition, according to the Migraine Research Foundation. Migraine is the third most frequent ailment in the world, according to the WHO, with a global frequency of 14.7 percent (around 1 in 7 people).¹ About 2% of the world's population² suffers from chronic migraines. The prevalence of the condition with female to male ratios is 3:1.³ Migraine sufferers are more likely to suffer from depression, anxiety, sleep difficulties, various types of discomfort, and exhaustion.⁴ It is the leading cause of disability on the planet. It has a complex history that includes genetic, environmental, metabolic, and pharmaceutical factors.⁵ The causes that

cause migraine attacks differ from patient to patient. It does, however, follow a typical occurrence pattern, with peak incidence in adolescence and peak prevalence in middle life. Migraine is a common, chronic, and intermittent headache illness marked by recurring headaches with or without aura, which are usually unilateral and of varying intensity. Approximately two-thirds of the cases are hereditary in nature. The headaches affect one half of the head, are throbbing and pulsating, and persist between 4 and 72 hours.⁶ Migraine affects more boys than girls before puberty and two to three times more women than men, thus changing hormone levels could be a factor.⁷ Physical exercise tends to aggravate the pain. Up to one-third of people experience

an aura, which is a brief period of visual disturbance that precedes the onset of a headache. Over the last decade, a highly prevalent headache problem has had a significant impact on society. It can affect the brain, eyes, and nervous system. Migraines are thought to be a neurovascular condition, with data indicating that the disease begins in the brain and spreads to the blood vessels. Migraine pain sensitivity is influenced by serotonin (5-hydroxytryptamine) and oestrogen hormones. Serotonin constricts cerebral blood arteries selectively while also causing a large activation of peripheral nerve endings, which plays a significant role in migraine headache onset. Estrogens primarily affect women in their reproductive years.⁸

1. Migraine with aura (classic migraine): Aura is a collection of sensations that occur before and occasionally during the pain of migraine. Aura means "wind," and just as wind is often a precursor of impending storms, so is an aura a sign of impending migraines. Blurred vision, blind patches, brilliant flashing lights, transient vision loss, wavy or jagged lines, numbing or tingling of the skin, and muscle weakness are some of the symptoms of an aura.

2. Migraine without aura (common migraine): Although this type of migraine has no warning indications, some people may nevertheless experience symptoms that indicate a migraine is on the way. The migraine attack's pain is still intense, and nausea or vomiting may occur. Migraine is clearly related to *Ardhavbhedak* in *Ayurveda* because of its cardinal aspect of 'half-sided headache,' which is also referred to as *Ardhamastakavedna* by commentator *Chakrapani*, and its paroxysmal nature.⁹ *Vatapitta Vardhak* -

Dietary changes, allergic reactions, bright lights, loud noises, scents or fragrances, physical or mental stress, changes in sleep patterns, smoking or exposure to smoke, and alcohol are all triggers¹⁰

DISCUSSION:

AYURVEDIC CAUSES OF MIGRAINE HEADACHE¹¹

In *Ayurveda*, headaches are categorised according to *doshic* participation (body-mind-spirit). *Ardhavbhedaka* has been described as a *Tridoshaja Vyadhi* dominated by *Vata and Pitta*, but it can also be induced by any of the individual doshas.¹² *Vata-kaphaj* was said by *Acharya Charak*, and *Vataja* was said by *Acharya Vagbhata*. The nerve system and brain activity are under the direction of *Vata*. The condition is caused by an imbalance of the *vatadi doshas*, which happens as a result of poor food and lifestyle. *Ayurveda* believes that headaches are caused by two main factors: a sensitive nerve system and poor digestion. The nervous system's sensitivity reduces the *ojas*, which is the essence of all bodily tissues and gives the nervous system and body power.

In the same way, poor food and lifestyle aggravate *Pitta* in the body, impairing digestion and contributing to the creation of metabolic pollutants known as *ama*. *Vata* and other *Doshas* moved this *ama* to the head and neck region, creating headache.

Ardhavbhedaka is of 3 types mainly:

1. *Vataja* headache - Sleeplessness, hurry, worry, indigestion, fasting, irregular food habits, fear, stress, extreme cool condition, suppression of natural urges are all symptoms of *Vata prakopakahaar* (diet) and *vihar* (lifestyle). etc.

2. *Pittaja* headache- caused by *Pitta prakopaka* diet like hot spicy food, junk

food, beverages, sunlight, heat, profuse sweating, stress, etc.

3. *Kaphaja* headache-caused by *Kapha pakopaka* practises such as guru *ahara* eating high-calorie foods, processed canned foods and drinks, dairy products, fermented foods, meat products, lack of exercise, excessive daytime sleep, and so on.

Symptoms:¹³

Migraine caused by *Vata dosha* is characterised by constipation, dry skin, and acute pain; *Pitta dosha* is characterised by irritability, sensitivity to light, and a burning feeling in the eyes; and *Kapha dosha* is characterised by throbbing pain, nausea, and exhaustion. *Manya*, *Bhru*, *Shankha*, *Karna*, *Akshi*, and *Lalaata* suffer from *Ardha shira* (unilateral) pain.¹⁴ The pain is strong, stabbing or cutting in nature, and it becomes worse with each pulse. It may radiate to the same side's neck and shoulder. Migraines occur once every week, once every fifteen days, or once every month for migraine sufferers. The headache lasts three to four hours, but in the worst-case scenario, the discomfort can last two to three days.

TREATMENT OF MIGRAINE THROUGH AYURVEDA¹⁵

Migraine is only managed prophylactically in today's science. However, *acharyas* in *Ayurveda* describe distinct therapeutic procedures. Avoiding triggers and prescribing doshic-specific diets, stress management (meditation, relaxation techniques, breathing exercises, yoga, and mantra), herbal formulations, lifestyle modification, *panchakarma*, and other holistic modalities can help migraine patients achieve complete relief by balancing their body-physiology and body-mind. Among the *Tridoshas*, *Vata Dosha* is the most vitiated in *Ardhavbhedaka*.

ShirorogaChikitsa and *Vatvyadhi Chikitsa* are used to develop a treatment plan. The treatment is insufficient if only herbal drugs or other topical methods are used.

First and foremost, *Shodhana karma* is needed to strengthen the *Doshas* anevitiated. Internal therapies such as *Mridu Shodhan*, *Nasya*, *Basti*, *Shirobasti*, *Shirolepa*, *Shirodhara*, *Kavala Graha*, and others are modified according to the vitiated *Doshas*.

Sanshodhana Therapy¹⁶ - All *Acharyas* in *Shiroroga* recommend *Virechana*. It is the initial line of defence in the fight against the disease. Because of the vitiation of primarily *Vata*, *MriduVirechna* is especially recommended. In *Vatvyadhi*, *Acharya Charaka* mentions *Mridu Virechana*. According to the *Prakriti* and *Agni* of the patient, *Snehana* and *Swedana* should be performed before to *Virechana*.

Nasya¹⁷ - *Nasya* Therapy is one of the most promising treatments in *Ayurveda* for all *Urdhwajatrugataavikaras*. There are three *Nasya* that aid in the administration of *Ardhavbhedaka*: *Virechananasya*, *Brimhan nasya*, and *Shaman nasya*. The nasal route is used to deliver this treatment. In the nostrils, medical oils such as *Shidbindu Taila* or *Anu Taila* are used. Other relevant measures include: In the *Trimarmiya Siddhi Adhyaya*, *Basti*¹⁸ *Acharya Charak* mentioned *Ardhavbhedak*. Among all *Trimarma*, *Shira Marma* is one of the most important. *Basti* is the most effective treatment for both *Vata* and *Shiroroga*.¹⁹

Shirovasti²⁰ - *Shirovasti* is also effective therapy. In *shirovasti* medicated oils can be used that pacify *vata* and *kapha doshas*. This therapy helps in curing diseases related to the brain such as migraine, throbbing pain and depression.

Shirolepa²¹- *Shirolepa* is considered to be highly effective in curing migraines caused due to stress. It is a specific technique in which certain herbs are mixed to form pastes which are applied on the head and left for an hour and wiped off with warm water.

Shirodhara²²- *Shirodhara* is an excellent Ayurvedic therapy that has a profound impact on the nervous system. A thin stream of liquid (usually warm oil) is continuously poured over the *Shiro Marma*(forehead), which is where our nerves are concentrated. The oil's pressure causes a vibration on the forehead, allowing our minds and nervous systems to enter a deep state of mental rest. It's almost as if you're in a meditative state. The *pitta* and *vata doshas* benefit from this treatment. In *pittaja* type Cow milk can also be used to perform *shirodhara* called *ksheeradhara*. Buttermilk is used for *shirodhara*, also known as *takradhara*, to relieve headaches caused by *Vata* obstruction.

Kavala Graha²³- *Kavala graha* (oil pulling) is highly recommended in *Ayurveda*. It has a very powerful detoxifying effect. *Chandanadi taila* and *Mahanarayani Taila* are used to cure migraine attacks in clinical practice.

Diet & Lifestyle²⁴:-According to *Ayurveda*, maintaining a good diet and Lifestyle are essential to restore stability and balance in the body. Depending on the symptoms, frequency and intensity of the attack, a healthy diet can manage migraine headache includes:

A. Remove sugar, chilli, cold temperature foods & drinks from diet.

B. Drink more water and eat more fibre, fruits and vegetables, and whole grains.

C. Avoid excessive sugar or salt, refined foods, animal products (meats and dairy),

caffeine, tea and alcohol as they may lead to aggravation of *Pitta*.

D. Avoid direct exposure to the sun, as migraine headaches are predominantly a *Pitta* disorder and can be triggered by the hot sun.

E. Head massage with *Manjisthadi taila* and *Balaaswagandhadi taila* is also beneficial. This massage gives a calming effect to nervous system.

F. Stress Management: → Simple Yoga(*Pranayam*) and meditation practices can rectify the imbalances that cause the onset of migraine attacks. → Maintaining regular sleep timing and sleep for enough time (8-9 hours). → Regular morning walk for 10 minutes in fresh air increase oxygen supply to the brain and reduce the chances of migraine attacks. → A well-disciplined lifestyle can help you keep away from this severe situation

G. Headaches caused due to tension and worry can be alleviated through deep breathing and relaxation, especially in a lying down position in a quiet place.

CONCLUSION:

Migraine is an episodic neurovascular debilitating condition characterised by half-sided headache, stomach upset, nausea, photophobia, and phonophobia. It is closely related to *Ardhavyabhedak* in *Ayurveda*. *Ayurvedic Nidanas* are *aharaja*, *viharaja*, and *manasika* variables that trigger migraine attacks and are also important in the diagnosis and management of the disease. Migraine sufferers are looking for nonpharmacologic (alternative) treatments to help them manage their headaches. Through holistic techniques, *Ayurveda* provides new opportunities for migraine treatment. To cure migraines, *Ayurveda* believes in purifying the body and

pacifying the *Doshas* from the root using a variety of therapies including nutrition, lifestyle changes, herbs, *Panchakarma*, *Kriyakalpa*, *yoga*, *pranayama*, meditation, relaxation techniques, and *marma* therapy. These treatment approaches create a balanced physiology which brings healing the body and mind. This helps to achieve complete treatment as well as control of migraine through *Ayurveda*.

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