

A CLINICAL STUDY ON THE EFFECT OF GODANTI BHASMA WITH PATHYADI KWATH AS ANUPANA IN ARDHAVBHEDHAKA W.S.R TO MIGRAINE

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ABSTRACT

It has been estimated that the life time prevalence of Migraine is about 20% in females and 6% in males. Over 90% of migraine sufferers will have their first attack by the time they are 40years old. In *ayurvedsamhita* it is said that *godantibhasma* And *Pathyadikwath* is effective in *shirshula*, so the present study was conducted to assess their efficacy in patients of *ardhavbhedak*. Overall 67.70% result was observed by the treatment.

Keywords: Migraine, *Ardhavbhedak*, Headache, *Shirshula*, *Godantibhasma*, *Pathyadikwath*.

INTRODUCTION

It has been estimated that the life time prevalence of Migraine is about 20% in females and 6% in males. Over 90% of migraine sufferers will have their first attack by the time they are 40years old¹. Today many people are suffering from migraine, Consuming Bakery items, packed and preserved foods, prolonged watching of tv or computer, excessive physical and stress, air and sound pollution, night arousals, adaptive life for A.C rooms and cooled items cause disharmony of *tridoshas* create episodes of migraine. About 35% headaches are migraine type. There is no effective treatment is available for migraine in modern science. In *ayurvedsamhita* it is said that *godantibhasma* useful in *Shirshula*² and *Pathyadikwath* is also effective in *shirshula*³ so clinical study was carried out in patients of migraine it is ob-

Criteria of inclusion:

1. All patients of any age group, sex ful-

served that *godantibhasma* with *pathyadikwath* as *Anupana* is very effective in treating migraine.

AIMS

- 1) To study all the modern literature regarding migraine as well as *ayurvedic* literature regarding *Ardhavbhedak*.
- 2) To study the efficacy of *godantibhasma* with *pathyadikwath* as *ANUPANA* in migraine.

OBJECTIVES:-

To contribute by adding the unstated efficacy of *godantibhasma* with *pathyadikwath* as *Anupana* in migraine

MATERIALS AND METHODS

Criteria of Diagnosis:

Patients were diagnosed on the basis of sign and symptoms of *ardhavbhedak* in *Ayurvedic classics* supported by symptomatology of migraine.

fill the criteria of migraine.

2. All patients resembling sign and symp-

toms of migraine.

Criteria of exclusion:

1. Patients not willing for treatment

Table no.1, Criteria of assessment:

Sign/Symptom	Scoring →	Absence	Mild	Moderate	Severe
Headache		0	1	2	3
Nausea/vomiting		0	1	2	3
Photophobia		0	1	2	3
Giddiness		0	1	2	3
Decrease in frequency of episodes.		0	1	2	3

Subjective criteria:

1. Headache
2. Nausea/vomiting
3. Photophobia
4. Giddiness
5. Decrease in frequency of episodes.

Table No.2 Showing Effect of Treatment on Signs & Symptoms on Patients Of migraine

Sr. No.	Sign/Symptom	Symptom score			% of relief
		BT	AT	Difference	
1	Headache	20	8	16	80
2	Nausea/Vomiting	20	9	11	55
3	Photophobia	14	6	8	57.14
4	Giddiness	15	6	9	60
5	Decrease in frequency of episodes	13	8.25	4.75	36.53
	Total	72	38.25	48.75	67.70

OBSERVATIONS AND RESULTS

All the patients of migraine of this series were examined in detail with respect to the special proforma. Before starting the treatment, symptoms present in all patients were graded and their values were noted as before treatment (BT). After completion of treatment, they were noted as after treatment (AT). The data was assessed as percent of relief as shown in Table-3. It was observed that, all symptoms showed marked progress.

DISCUSSION

In these study patients suffering from migraine got satisfactory relief from every sign and symptoms of migraine, the main symptoms in migraine is headache and got 80% relief from headache, this management was not much costlier or did not show any side effect. *Godantibhasma* and *Pathyadikwatha* were found effective in breaking the pathogenesis of *Ardhavb-*

hedak by pacifying vitiated *vata,-pittadoshas*. It is very obvious from this study that *Ayurvedic* concept of management of Migraine plays major role in present era to serve mankind. It will be of interest to compare the treatment like this with standard established having large number of samples.

CONCLUSION

Out of five subjective criteria, patients got, 80% relief in Headache, 55% relief in Nausea/Vomiting, 57.14% in Photophobia, 60% relief in giddiness, 36.53% relief in frequency in episode, and total 67.70% relief from all sign and symptoms. From above study it is clear that *Godantibhasma* with *pathyadikwath* as *Anupana* is effective in Migraine.

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