

MANAGEMENT OF MIGRAINE (ARDHAVABHEDAKA) WITH MRIDU VIRECHANA AND BRUHANA NASYA: A CASE REPORT

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ABSTRACT

Migraine is the world's most disabling medical illness. It is three times more common in women than men. It is an episodic headache disorder usually characterized by pain involving either half of the head. According to International headache society, Migraine constitutes 16% of the primary headache and affects about 10-20% of the general population. *Ardhavabhedaka* is mentioned under *Shiroroga* (Diseases of head) which can be correlated with migraine. The available treatment is also not free from drawbacks like – drug dependence, drug withdrawal syndrome, relapse of headache within hours and chances of getting chronic headache. Hence, to explore an effective line of treatment for Migraine. In contrast to that Ayurveda has a variety of natural medications in the treatment of various types of *Shiro Rogas*. *Nasya Karma* (Errhine Therapy) is considered as the best therapeutic intervention in *Shiro Roga* by *Acharya Charaka*. *Mishraka sneha* is mentioned by *Acharya Vagbhata* in *Gulma Chikitsa* for *Vatavyadhi*, *Kostha suddhi* and *Bruhana Nasya* with *Sarpi* and *Kshira* mentioned by *Acharya Yogaratnakar*, *Acharya Sharangdhar*. So, an attempt has been made to assess the efficacy of *Bruhana Nasya* in the management of migraine in this single case study. After 7 days of *Nasya Karma*, and *Mridu Virechana* considerable improvement was seen in the clinical features of Migraine.

Keywords: Migraine, *Ardhavabhedaka*, *Mishraka Sneha*, *Mridu Virechana Nasya*, *Kshira*, *Sarpi*.

INTRODUCTION

Migraine is a highly prevalent disorder worldwide; the most sensitive criterion for migraine is headache worsening with activity. Migraine is the most common vascular headache. Vascular theory of brain held that migraine symptoms were a function of hyperaemia and ischemia. Pain appears to be related to desensitization of peripheral perivascular nerve terminals, possibly a consequence of distended meningeal blood vessels leading to activation and sensitization of the

central trigeminal system¹. Prevalence of Migraine in India is 16-20%². *Acharya Sushruta* has mentioned 11 types of *Shiro Roga* (Diseases of head)³; one of them is *Ardhavabhedaka* in which paroxysmal unilateral headache associated with vertigo and pain of varying intensity is seen⁴. This can be correlated with Migraine in modern context. *Urdhvajatrugata Rogas* (Diseases of supraclavicular region) and their management have a special place in Ayurveda. *Shirah* (Head) being the

prime seat of knowledge and also the prime controller of the entire body has been termed as *Uttamanga* (superlative organ)⁵. Hence, the diseases occurring in the *Urdhvajatru* have been very clearly highlighted in the Ayurvedic classics along with their management. *Nasa* (nose) has been considered as the gateway of *Shirah*⁶. *Nasya karma* is indicated to uproot the deep-seated diseases of head. In this case study migraine has been correlated with *Ardhavabhedaka* for the purpose of modern parlance. For this single case study, *Kshira-Sarpi* were selected for *Nasya Karma*.

AIM: To evaluate the efficacy of *Mridu-virechana* (*Mishraka Sneha*) and *Bruhan Nasya* (*Kshira-Sarpi*) in the management of Migraine (*Ardhavabhedaka*).

CASE REPORT:

A 46 years old female patient visited OPD of Shalakyatantra, IPGT and RA Hospital, Jamnagar.

- Chief complaints:
 - ✓ Headache involving half side since last 8 years.
 - ✓ Interval of headache was 15 days to one month. Severity of headache was increased since last one month and interval was on alternate day since 15 days.
 - ✓ Vertigo since 2 year
 - ✓ Associated complaints were heaviness in abdomen, bowel habit-irregular, distension of abdomen, burning in upper abdomen, Nausea, Vomiting, Photophobia, irritability, anger.
- Aggravating factors of headache
 - ✓ During menstruation it provokes
 - ✓ Stale food
 - ✓ Lack of Sleep
 - ✓ Stress
 - ✓ Hunger
 - ✓ Sun light
 - ✓ Noisy surroundings
 - ✓ Beverages
- Relieving factors were only Analgesics. She used to with Migrest solo (10mg) medicine for headache.
- Past history: Costipation, Allergic rhinitis.
- Patient was diagnosed with Migraine (*Ardhavabhedaka*) on the basis of clinical features and after assessing *Dosha*, *Agni*, *prakriti*, *satva*, *Satmya*,

Abhyavaran –Shakti, *Jaran-shakti*, *Bala*, *Vaya*, etc., *Nasya* with *Kshira-Sarpi* was planned for 7 days. Ingredients of *Bruhana Nasya* are mentioned in Table 1. *Mishraka Sneha* was given to the patient in the dose of 2-3ml at night for 7 days before administration of *Bruhana Nasya*. Ingredients of *Mishraka Sneha* are mentioned in Table 2. After completion of *Nasya Karma Shadanga paniya* was start for 15 days.

PATHYA-APATHYA

- ✓ *Nidanparivarjana* is also important, the patient was advised to avoid *Nidana* (caus. Patient was advised to avoid heavy-food, Stale food, missing meals and avoid beverages and not to avoid natural urges.
- ✓ Diet regimen like intake of half boil *Dhanyaka* water, *Narikel jala*.
- ✓ Intake of *Madhura*, *Laghu* (light) food items such as *Kushmanda*, *Mudga*, *Shastisali*
- ✓ Psychiatric condition such as depression, mania, social phobias, and anxiety may also aggravate the symptoms. So, she was advised to avoid any kind of physical or mental stress, if possible.

ASSESSMENT CRITERIA:

The improvement was assessed on the basis of relief in the signs and symptoms of the disease. Scoring pattern for subjective criteria is recorded in Table 3.

METHOD OF ADMINISTRATION OF NASYA

- *Sthanika Abhyanga* (*Urdhvajrugata*) with *tila taila* (local massage) of scalp, forehead, face, and neck were performed.⁷
- Then *swedana karma* (Hot fomentation) done.
- Patient was made to lie down in supine position with head low position.⁸
- Then lukewarm *Kshira-Sarpi* (mix) was instilled slowly in either of the nostrils in increased dosage.
- The patient was advised to sniff the instilled drug once followed by slow breathing. The dosage form is mentioned in Table 4.
- After the administration of *Nasya*, the patient was advised to remain in supine position for a minute (time of counting up to 100)⁹

- Spit out medicines which come in mouth. Patient was again subjected to fomentation on supraclavicular region and then advised to gargle with warm water to expel out the residual mucous lodged in throat¹⁰.
- The patient was advised to avoid dust, smoke, sunshine, alcohol, riding, anger, excess fatty and liquid diet, day sleeping, cold water for any purpose like *pana* (Drink), *snana* (Bath) etc.¹¹

RESULTS:

After 7 days of *Bruhana Nasya* improvement was observed in almost all clinical features, which are summarized in Table 4. Intensity of headache was reduced and duration and frequency of pain was also decreased considerably. There were also improvement in symptoms like photophobia and phonophobia. Observations during *Nasya* are placed in Table 3.

DISCUSSION

Migraine can be a challenging disease to diagnose being based on clinical symptoms only that are subjective and verifiable only by the patient. The clinical correlation of migraine in Ayurveda can be done on the basis of etiopathology, symptomatology, and prognosis etc. *Ardhavabhedaka* has been explained as *Tridoshaja Vyadhi* by *Acharya Sushruta*¹², *Vata-Kaphaja* by *Charaka*¹³ and *Vataja* by *Vagbhatta*. *Nasa* is considered as therapeutic gate way of head. Thus, the medicine administered through *Nasya Karma* can affect the vitiated *Doshas* in head. So, systemically performed *Nasya Karma* cures almost all the diseases of *Urdhvajatrugata Rogas*¹⁴. *Snehana* kind of *Nasya* with *Kshira* and *Sarpi* has been selected here to pacify the *Tridosha* mainly Vata Dosh by virtue of its *Snehana Guna* and *Pitta* by its *Sheeta Veerya*. According to *sharangdhara Bruhana Nasya (Marsh-Pratimarsha)* useful in *Ardhavabhedaka Vyadhi*¹⁵. According to *Yogaratanakar Virek kayasudhi* and *Kshira sarpi* are given good result in *Ardhavabhedaka Vyadhi*¹⁶. which are having *Sheeta Veerya* thus pacifying the *Pitta Dosh* which is responsible for nausea, vomiting & Photophobia. *Acharyas* have mentioned that *Sarpi* and *Kshira* has *vata-pitta Shamana* property. According to *charaka Shirah* and *kaya virechana*

is fruitful with the help of *Chatusneha* in the management of *Ardhavabhedaka*.¹⁷ so we can use here *Mishraka Sneha* in this *vyadhi* because it pacify the *vata* and *kapha doshas*, it does *dipan, pachan, Mridu-virechana*. According to *Ashtang Hridaya Mishraka Sneha* is good for *vatavyadhi*¹⁸. It is having *ushna* and *tikshna* properties of *dravyas*, it excavates the *dosha* which are sticks in *amashaya*. *Shadanga paniya* given after *Nasya karma* for 15 days, being *Sheeta* in *veerya, Balya, Deepana, Pachana, Pitta- Jwarahara* was prescribed after completion of *Nasya Karma* for the digestion & alleviation of residual *Doshas*.

CONCLUSION

This was a pilot study to manage migraine by using *Bruhana Nasya*. By this single case study it may be concluded that *Mrudu Virechana with Mishraka Sneha* and *Bruhana Nasya* is effective in the management of Migraine (*Ardhavabhedaka*) by virtue of its *Tridosha Shamaka* property. Better results were found through *Nasya* by reaching actual site of pathogenesis. However, to produce more effective conclusions in this regard study needs to be conducted on a larger sample for a longer duration with a follow up period of about fifteen days.

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Table 1: Ingredients of *Bruhana Nasya*

Sr.No.	<i>Bruhana Nasya</i> contents
1	<i>Go –ghrita (Sarpi)</i>
2	<i>Go –dugdha (Kshira)</i>

Table 2: Ingredients of *Mishraka Sneha*

Sr.No.	Contents of <i>Mishraka Sneha</i>
1	<i>Pippali</i>
2	<i>Amalaka</i>
3	<i>Draksha</i>
4	<i>Shyama</i>
5	<i>Arandtaila</i>
6	<i>Ghrita</i>
7	<i>Dugdha</i>

Table 3: Observations of *Nasya* therapy

Day	Drops	Observations
1	6	<i>Laghavta</i> in <i>sirah</i> and <i>urah pradesh</i> (Feeling of lightness in head and chest)
2	8	<i>Laghavta</i> in <i>sirah</i> (Lightening in head)
3	10	<i>Indriya prasad</i> (Clarity in sense organs)
4	12	<i>Mana Prassanta</i> (Happiness)
5	12	<i>Sukhswapna prabodh</i> (Easy sleeping)
6	12	<i>Utsaha</i> (happiness), <i>Laghavta</i> (Lightness)
7	12	<i>Vikar Prashaman</i> (No headache since last 7 days)

Table 4: Effect of therapy on symptoms of Migraine

Sr No.	Symptoms	AT
1	Intensity of Headache	Decreased
2	Frequency of headache	Decreased
3	Vertigo	Nil
4	Photophobia	Nil
5	Phonophobia	Nil
6	Nausea	Nil
7	Vomiting	Nil

AT*-After treatment

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