

AN AYURVEDIC MANAGEMENT OF MIGRAINE- A SINGLE CASE STUDY

Dr. Ann Rani Jose*¹ and Dr. Ananta S. Desai²¹P.G Scholar Dept. of PG Studies in Panchakarma, Govt Ayurveda Medical College Bengaluru.²Professor and HOD, Dept. of PG Studies in Panchakarma, Govt Ayurveda Medical College Bengaluru.***Corresponding Author: Dr. Ann Rani Jose**

P.G Scholar Dept. of PG studies in Panchakarma, Govt Ayurveda Medical College Bengaluru.

Article Received on 05/01/2021

Article Revised on 26/01/2021

Article Accepted on 16/02/2021

ABSTRACT

Migraine is the most common disorder affecting the day to day activities of an individual. The prevalence of Migraine as per the NAONAD – (National Association for Neuro Associated Disorders) are 11.8% among one million population. Episodic or Intermittent Migraine (EM) is characterized by <10 headache days per month and chronic migraine is characterized by ≥ 15 headache days per month. The World Health Organization (WHO) estimated that there are 3000 migraine attacks occurring daily for every million population. As it is a cause for massive reduction in quality of life, medicines which impart good potency and having prophylactic effect should be used. Migraine can be correlated with Suryavartha in *Ayurveda* based on its similarity in symptoms. A 40 year old female patient with complaining of severe headache and occasional nausea came to OPD of Panchakarma GAMC Bengaluru. She was treated with *snehapana* of *varunadhi ghitha* followed by *virechana* with *ichabedi rasa*. In the next course administered *Nasya* with *anutaila* and was given internal medicines like *Pathyakshadhathryadhi kashayam*, *Dhanwantharam gutika* and *Shirashoola vajrarasa*.

KEYWORDS: Migraine, Suryavarta, Snehapana, Virechana, Nasyam, Varunadhighritha, pathyaksha dhathryadhi kashayam, Dhanwantharam gutika.

INTRODUCTION

Migraine is a common neurological disorder hampering day to day activities of an individual. It is a neural condition characterized by a severe recurrent vascular headache, usually on one side of the head, often accompanied by nausea, vomiting, and photophobia, sometimes preceded by sensory disturbances. It has been estimated that migraine is the second most prevalent psychosomatic disorder after anxiety, affecting nearly 40 million adult. Episodic migraine or intermittent migraine is characterized by <10 headache days per month and chronic migraine (CM) is characterized by ≥ 15 headache days per month. The World Health Organization (WHO) estimated that there are 3000 migraine attacks occurring daily for every million population.

Acute attacks are usually managing with different analgesics. But there is no such permanent remedy in other system of medicine to reduce or prevent the frequent attacks. Prophylactic drug treatment of migraine should be considered when the quality of life is severely impaired. The medicines using to mask the pain and other symptoms in migraine are having side effects like obesity, digestive problems sleep disturbances etc. There is a need for hour to study the *Ayurvedic* treatment protocol of migraine and its significant mode of action.

AIM AND OBJECTIVE

- To study regarding migraine & *Surayavarta*^[1]
- Assess the effect of *Ayurvedic* treatment in the management of Migraine.

MATERIAL AND METHODS:

A 40 year old female patient who is a known case of Chronic Migraine was taken from *Panchakarma* OPD of GAMC Bengaluru. Detailed history of the patient was taken. Assessment was done after complete treatment.

CASE REPORT: A 40 year old female patient came to OPD with c/o of severe headache since 1 week associated with nausea, sensitivity to light, the pain used to aggravate during the menstrual cycle, which disturbs her routine work.

All other systemic examination was done which was stable.

Patient used to get 2 to3 episodes of headache within a week. Patient has started the problem of headache 3 years before. She used to take spicy and oily food more. Patient has mental tension due to family problem. She also has history of reduced sleep at night. Patient on Regular Tablet Migratan 50 mg OD for relief, But she didn't get any desired effect so she came to take *Ayurvedic* treatment.

On examination

GC-afebrile,

Pulse- 78 per minute,

Blood pressure -110/80 mmHg

Treatment given

Patient was given *snehapana* with *varunadi ghrita* on empty stomach for 4days, followed by *virechana* with *ichabedi rasa*.^[2] In the next course administered *Nasya* with *anutaila*. She was given internal medicines like *Pathyaksha dhathryadi kashayam*^[3], *Dhanwantharam gutika*^[4] & *Shirashoola vajrarasa*.^[5]

Snehapana(oleation therapy) was given with *varanadi Ghrita* in increasing dose for 4 days, started with 30ml dose and *arohana snehapana krama* has been followed. *Abhyanga* (whole body oil massage) with *moorchitha tila taila* and *Swedana* (steam) was given on 5th, 6th and 7th day. On 8th day *Abhyanga* and *Swedana* was done and *Virechana* was given with *Ichhabedi Rasa* 2 tablets on empty stomach in morning, *madhyama shudhi* achieved (12 Vegas /urges). After *Virechana* patient was advised to follow *Samsarjanakrama* (dietary regimen). After that second sitting of treatment started of *nasyam*^[6] with *anutailam 8 bindu* in each nostril. Internal medicine was given for next one month.

1st sitting of treatment – Virechana karma

Day 1 to day3-*Amapachana* done with *Chitrakadi vati* 1TID, after *nirama lakshana*'s achieved, *Snehapana* was given.

SNEHAPANA	DRUG	DOSE
Day 4	<i>Varunadi ghrita</i>	30ml
Day 5	<i>Varunadi ghrita</i>	70ml
Day 6	<i>Varunadi ghrita</i>	110ml
Day 7	<i>Varunadi ghrita</i>	170ml
Day 8 to day 10	<i>Vishrama kala</i>	<i>Sarvanga abhyanga</i> with <i>murchita tila taila</i> and <i>swedana</i> was done
Day 11	<i>Virechana karma</i> with <i>ichhabedi rasa</i>	2 tablets
Day 11 to day 15	<i>Samsarjana krama</i>	

2nd sitting of treatment- Nasya karma

Following treatment is given for 7 days:-

<i>Mukhabhyanga</i>	With <i>murchita tila taila</i>
<i>Swedana</i>	<i>Pata sweda</i>
<i>Nasya</i>	<i>Anu taila 8 bindu</i> in each nostril

Shamanoushadhi given

1. <i>Pathyaksha dhathryadi kashaya</i>	20ml with 40 ml of warm water (BD), before food	For one month
2. <i>Shirashooladi vajra rasa</i>	1BD, After food	For one month
3. <i>Dhanwantaram gulika</i>	1BD, After food	For one month

RESULT

In overall treatment period patient's vitals and health status were stable. After *virechana* patient had got 30-40% relief in headache. She has only 2 episodes of Headache which persist for 1-2 hours only which don't hamper her routine work. After *Nasya* patient got up to 60% relief in headache. Intensity and frequency of head ache typically reduced after one month of treatment. Now patient don't have long episode of headache which increased her level of confidence. After two months patient had 95% relief.

DISCUSSION:

Patient was already diagnosed as chronic migraine came to OPD for Ayurvedic treatment. Migraine can be clinically correlated with *Suryavarta vyadhi* which is explained in *Shiroroga* (diseases of head). Etiological factors given by *Acharya Vagbhata* for *Shiroroga* are spicy, unhealthy food habits, swimming, night awakening and day sleeping, excessive sweating, mental stress etc. Symptoms of *Suryavarta* are headache, pain in

frontal region, in eye and nearby eye, in cervical region, photophobia.

Suryavarta

Line of treatment for *Suryavarta* is mainly *Nasya* (drug administration through nose) and *Virechana* (therapeutic purgation) Patient seems to have *kapha pitha prakuthi*, and also *shiras* the *vikrutha sthana* is *kapha pradhana*. So *varanadi ghrita* is advised for *snehapana*. For removing *Koshtagata Pitta*, *Virechana* was advised. *Virechana* was given because it is said to be best for *Pitta dosha shodhana*. *Pathyaksha dhathradhi kashayam* 20ml with 40ml hot water was given before food twice daily. It is a good remedy for headache of Migraine which balances *pitta* and *vata*. It is *Deepana*(appetizer), *Pachana*(digestive), *Shoolaghna*(analgesic) and *Jwaraghna* (antipyretic). *Shirashooladivajra rasa* is very good medicine for headache, even severe headache. The *Dhanwantharam gulika* known to be one of best *vatanulomaka* reduces the associated symptoms like nausea etc. So in this way all medicine either pacifies or

removes the vitiated *doshas* and subside the symptoms of Migraine.

CONCLUSION

The diseases like migraine etc. should manage in such a way that it should be treated from the root cause. The analgesics which are available in the market having masking effect only, not a permanent solution. But the *ayurvedic* treatment protocol of migraine treats the basic cause and corrects *Agni* maintain a proper healthy status of the body. After this treatment of migraine Patient got more than 90% relief. So we can use this treatment in other cases of Migraine. But it is only a single case. Multiple clinical trials should be conducted to establish this treatment as general treatment for Migraine.

REFERENCES

1. Agnivesha, Charaka Samhita, Siddhi Sthana 9/79, revised by Charaka and Dridhabala with Ayurveda Dipika commentary by Chakrapani Datta; Edited by Vaidya Jadavaji Trikamji Acharya; Published by Chaukhamba Prakashan; Varanasi; Edition-reprint, 2011; 721.
2. Sri Sharma Sadananda. Rasa Tarangini. Edited by Pandit Kashinatha Shastri, 11th edition. Varanasi: Motilal Banarasidas Publication; 1979. 24th Taranga, Verses, 321-328, 706.
3. Sharangdhar, Sharangdhar Samhita with Deepika & Gudharthdeepika hindi commentary by Vd. Addhmalla & Pt. Kashiram, edited by Pd. Parshuram Shastri Vidyasagar; pub. by Chaukhamba Surbharati Prakashan, Varanasi, 1st edi. 2006; Madhyam khand 2/143-145: 162-163.
4. Sahasrayogam, Dr.K. Nishteswar & Dr. R. Vidyanath, Chowkhamba Sanskrit Series Office, Varanasi, Gutikaparakaran, 56.
5. Govinda Dasa, Bhaishajya Rathnavali, Shirorogadhikara 65/55-59; Edited and Enlarged by Bhishagratna Shri Brahmanshankar Mishra and Shri Kaviraja Ambikadatta Shastri Ayurvedacharya, Editor Shri Rajeshwadatta Shastri, Chaukhambha Prakashan, Varanasi, 19th Edition, 2008; 102.
6. Pandey Gangasahay, editor. Pt. Kashinath Sastri Vidhyotini Hindi commentator of Caraka Samhita of Agnivesa- 2nd volume, Siddhi Sthan chapter 9 verse 88. Varanasi: Chaukumba Bharti Academy, 2012; 1070.