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Review Article

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A Step Towards Inner Peace



A COMPREHENSIVE REVIEW OF AYURVEDIC APPROACHES FOR MANAGING ARDHAVABHEDAKA (MIGRAINE)

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ABSTRACT:

In the modern era, people's lifestyles have changed due to rapid urbanization. Changes in job expectations for a better lifestyle are leading to an increase in the frequency of acute and chronic disorders due to stress. A significant portion of the population suffers from migraines, a chronic condition that varies in intensity. This chronic neurological disease is characterized by recurrent moderate to severe headaches that impair with everyday activities. Frequently, a variety of autonomic nervous system symptoms accompany the headaches. One side of the brain experiences a severe headache after a sensory disturbance, which is the hallmark of a migraine. People between the ages of 16 and 60 are primarily affected. In Ayurvedic literature, Acharyas describe a variety of Shiro Rogas, or head diseases. Clinical signs of ardhavabhedaka are strikingly similar to those of migraine. Analgesics are usually used for migraines, yet they might be harmful to other organs. Thus, this article addresses an Ayurvedic approach to this issue.

KEYWORDS: Ardhavabhedaka, Shiro Rogas and Shirovirechan

INTRODUCTION:

Nearly all Acharyas refer to Ardhavabhedaka as Vataja or Vatakaphaja, however Acharya Sushruta refers to it as Tridoshaj Shiroroga. Cutting and churning pain in the head, neck, eyebrows, temporal region, ears, eyes, and frontal head are all present in Ardhavabhedaka, and the symptoms are very similar to those of migraine. Unilateral headaches, which affect only one side of the head, often last between three and seventy-three hours and vary in intensity, frequency, and duration. Nausea and vomiting are frequently experienced during this time. A few are linked to issues with mood, motor, and sensory perception^[1,2,3].

Quick facts about migraine

Certain individuals who suffer from migraines are able to pinpoint certain triggers or contributing elements, such light, stress, and allergens, that result in the headaches. A warning symptom may appear for some people before to the onset of the migraine headache. Many migraine sufferers can avert a full-blown attack by identifying and responding to the warning signals. Certain over-the-counter (OTC) drugs can help some people with migraines, and OTC treatments can also help eliminate or minimize pain. Preventive medications can be taken by those who experience severe attacks^[12].

The Aetiology of Ardhavabhedaka's Nidana

Women are more likely than males to get migraines, which often strike in the second and third decades of life. There is no recognized cause of migraines. On the other hand, a combination of genetic and environmental variables are thought to be involved. About two thirds of instances run in families, and a single gene deficiency is rarely the cause. This suggests that migraineurs may inherit a sensitivity to trigger factors that cause inflammation in the blood vessels and nerves surrounding the brain, which results in pain. Acharyas have outlined the particular Ayurvedic reasons, which can be conveniently categorized into the following classes^[3,4,5,6].

1. Aaharaja Nidana

- a. Adhyashana: Overindulging in food or eating when experiencing dyspepsia
- b. Overconsumption of Ruksha Bhojana—Dry, coarse food
- c. Meal skipping, fasting, or hunger
- d. Atimadyapana: Overindulgence in drinking
- e. Atiambupana: Overconsumption of water

2. Viharaja Nidana

In particular, Mutravega, Purishavega, Kshavathuvega, and Nidravega are suppressed. Overtraining or exhaustion

Differences in sleep habits, such as sleeping during the day after eating or waking up during the night, Atimaithuna, Overexposure to strong light or the sun, Asatmyagandha, Atibhashya, and staying in unsanitary conditions are all causes, Hormonal conditions

3. **Mansika Nidana:** When there is psychological stress, migraine attacks frequently develop.

4. **Shiroabhighata:** Minimal related brain damage

Migraine triggers because^[21]

1. The exact origin of migraines is still unknown. It's thought that aberrant brain activity is the cause of them.

2. This may have an impact on brain chemistry, blood vessel function, and nerve transmission.
3. A person may be more susceptible to migraine triggers due to genetics. Nonetheless, migraines are likely to be triggered by the following factors.
4. Changes in hormones: Because their hormone levels fluctuate during menstruation, women may suffer from migraine symptoms.
5. Emotional triggers: A migraine can be brought on by stress, despair, worry, excitement, or shock.
6. Jet lag and low blood sugar levels can also serve as triggers.
7. Dietary triggers: Caffeine and alcohol may be part of the migraine trigger chain.
8. Physical causes: Overexertion, tightness in the neck or shoulders, poor posture, and fatigue have all been connected to migraines.
9. Certain foods, such as citrus fruits, chocolate, cheese, and meals with the ingredient tyramine, can also have this impact.
10. Medication: Several sleeping pills, drugs used in hormone replacement treatment (HRT), and the combination pill have all been identified as potential causes.
11. Other potential factors include dehydration and irregular food schedules.
12. Environmental triggers: Loud noises, strong odors, secondhand smoke, and flickering screens can all cause migraines.

Ardhavabhedaka Signs and Symptoms^[22]

The Rupa of Ardhavabhedaka can be classified into the two subsequent groups.

1. Cardinal signs and symptoms: All of the Acharyas in Ardhavabhedaka Roga have spoken of Vedana (pain) in Ardhashirsha, or the half of the skull. Thus, the Ardhavabhedaka's Pratyatma Linga must be pain in the half region of head^[7].
2. Common Symptoms: A sharp, churning pain in the temporal region, earlobes, eyes, frontal head, and part of the cervical region. Vertigo and bewilderment accompanied by excruciating, searing pain. The illness manifests itself either every 10 days or every two weeks and goes away on its own. Swelling across the zygomatic area, redness in the eyes, and tearing pain in the temporal regions Ardhashirsha Vikara is increasing as the sun rises^[2,8,9,10,11].

Migraine symptoms^[12]

The symptoms of migraine might differ significantly from person to person. There can be a wide range in the intensity of migraine symptoms as well. Head pain, usually characterized by a throbbing sensation on one side of the head, is the most characteristic symptom of migraine. Most individuals who suffer from migraines also tend to be sensitive to light and sound. A lot of people report feeling lightheaded, numb, or tingly during an attack.

Maintaining a journal might assist in identifying symptoms associated with migraines, as certain symptoms may appear unrelated to them. Prodrome symptoms could include food

cravings, exhaustion, mood swings, diarrhea, and neck pain. For additional information, check this article on migraine prodrome. One-sided paralysis, vertigo, parasthesia, aphasia (difficulty with talking), and other symptoms can all occur during the aura phase of a migraine.

Modern science also indicates that migraine usually manifest as a self-limited, recurrent, intense headache accompanied by autonomic symptoms. Aura-producing migraineurs account for 16–31% of all migraineurs, and aura-producing migraineurs also regularly experience aura-free migraines. There is variation in the headache's duration, intensity, and frequency of bouts.

Migrane Types^[20]

Migraine comes in two major forms. This categorization is based on whether the person has any sensory abnormalities prior to a migraine. We refer to these as auras.

Aura-accompanied migraine

Many migraine sufferers see their auras as a warning sign that a headache is on the way.

An aura's impacts can include

1. Blind spots or blank patches in eyesight are caused by zigzagging lines in the visual field.
2. Doubting ideas or sensations the impression of odd, dazzling, or flashing lights
3. Having trouble speaking
4. An arm or leg covered in pins and needles.
5. A migraine that is exceptionally intense
6. A stiff neck, shoulders, or limbs
7. A visual disturbance
8. Odors that are unpleasant

Additionally, they might have partial vision loss or even perceive a portion of their field of vision to appear, vanish, and then reappear. When someone is seeing an aura, they can compare the visual disruption to what happens after they are subjected to a really strong camera flash.

Aura-free migraine

The majority of the time, a migraine will occur without any preceding sensory disruption. Auras are absent in between 71 and 91 percent of migraine cases.

Other types^[19]

1. Menstrual migraine: This refers to migraine episodes that follow a pattern related to the menstrual cycle.
2. Abdominal migraine: This condition links migraine episodes to aberrant stomach and abdominal function. It mostly affects kids younger than 14 years old.
3. Hemiplegic migraine: This condition results in momentary weakness on one side of the body.

Migraine diagnosis

There are several criteria and tests that doctors use to diagnose migraines. The diagnosis of migraines usually involves describing the various symptoms, their duration, and their occurrence. Your migraine specialist will use this information to assess what tests are required to rule out other possible causes of your symptoms.

A few of the tests that can be performed are lumbar punctures, EEG, magnetic resonance imaging, computed tomography, urine analysis, and spinal taps.

Administration based on ayurvedic principles

In this case, oral treatment in the form of Shamana Chikitsa as well as Panchkarma Chikitsa are recommended. Certain Shodhana Karmas and other processes are indicated under Panchkarma. The first and most effective technique for managing and preventing Ardhavabhedaka is Nidana Parivarjana. Avoiding the things that are known to cause Ardhavabhedaka is advised.

1. The Panchkarma method

- a. Shirovirechana Karma (Nasya procedure): The medication is inhaled during the Nasya Karma treatment. Oils made with medications that may irritate the nasal mucosa, such as drug powder, juice, or paste, are among the medications utilized for this purpose. Nasyakarma treatments range from seven to twenty-one days, depending on the disease's severity and chronicity.
- b. Taila/Ghrita - Anu Taila, Gunja Taila, Devadarvadi Ghrita, Kusthadi Ghrita coupled with Sharkara are the preparations utilized in Shirovirechana Karma^[13].
- c. Danshamooladya Avapeeda, Madhukadya Avapeeda are the juice/kalka varieties. Before sunrise, other individual medications for Nasya Madanphala together with Mishri and cow's milk should be taken. Shweta Aprajita fruit and root powder combined with water. Rasa (lukewarm) was extracted by mixing water with a mixture of black Tila paste and Vidanga powder^[14].
- d. Basti Karma (Enema with medication)- When taking Ardhavabhedaka, Niruha Basti made with Vatanashaka medications ought to be administered initially, and then Anuvastana Basti made with Ghrita, Taila, and other ingredients^[15].
- e. Shiro-Basti- A cranial pouch, or cuff, around the skull is made in Shiro Basti, and therapeutic oil is poured into it for approximately one Muhurta (50 minutes). Medicated oils such as Dashmoola Taila and four varieties of Sneha, such as Taila Vasa, Majja, etc., are utilized in Ardhavabhedaka Vata or Vatakaphanashaka^[15].
- f. Upnaha-A paste made from heated milk and other Vatanashaka medications, such as Dashmoola, cotton seeds, mustard seeds, etc., can be applied to the head and wrapped in a cloth^[15].
- g. Cautionary Dahana Karma
When pharmaceutical methods do not work in Ardhavabhedaka, Dahana Karma is the last resort.
- h. Acharya Charaka states that Dahana Karma, with the aid of Sharkandagra or Godanta, should be applied at Shankha and Lalata Pradesha, restricted to the dermal layer. Pippali is recommended by Acharya Bhela for Dahana Karma^[15].

2. Shamana Chikitsa (treatment with pacifiers)

It is a therapeutic intervention.

The following medications are used to treat Ardhavabhedaka:

- a. Chandrakanta Rasa and Mahalaxmi Vilasa comprise Rasa Aushadhi^[16].
- b. Shirolepa (Head mask)- Sarivadi lepa^[16]
- c. Dashmoola, and Dhatriyadi Kwatha Ghratapana are the names of the Rasa Kwatha (Decoction)

- d. Mahamayura Ghrita, Mayuradya Ghrita are used in treatment of *Ghritapana*^[16]
- e. Yoga: Yoga can undoubtedly aid in the prevention of both tension and migraine headaches, as stress is a major contributing element to the development of these headache types. Additionally, yoga can ease tension in the neck, head and back muscles that cause headaches. Yoga facilitates the release of tense muscles and enhances blood flow to that area. Yoga also promotes mental relaxation^[17].

Migraine prevention measures include

prescription drugs, dietary supplements, and way of life changes. Reducing discomfort and improving therapy efficacy are the two main objectives of preventative care. Preventing medicine misuse is another consideration. This is a frequent issue that may cause a persistent headache every day.

Do's^[18]

1. Aahara:

- a. Yusha, Shathi, Dhanya, and Kustha, Kumari, Ushir, and Gandhasara are examples of drug users.
- b. Fruits: Matulunga;
- c. Vegetables: Shigru, Vastuka, Amra;
- d. Oily substances: Chatuhsnehan Uttama Matra;
- e. Liquids: Takra, coconut water;

2. Vihara:

- a. Practice good sleep habits
- b. Exercise daily, and another relaxation technique
- c. Loose excess weight
- d. Doing Yoga

Don'ts

1. *Aahara*: Avoid using painkillers excessively

2. *Vihara*: Viruddhabhojana, Atimadyapana, Ruksha Bhojana, and so on.

CONCLUSION:

A crippling ailment is migraine. Migraineurs are often prescribed a variety of acute and preventive medications to address recurrent headaches. Those who suffer from migraines seek nonpharmacologic (alternative) means of alleviating their symptoms. The constant use of drugs in this condition might result in medication overuse headache, which makes headaches worse and more frequent. Thus, in the event of a migraine, Ayurvedic treatment is advised since it not only lessens symptoms but also shields against further side effects. The traditional Indian medical system known as Ayurveda opens up new therapy options for headaches, including migraines. According to Ayurvedic medicine, each person is a unique combination of five elements and three life source energies, hence Ayurvedic treatments are holistic therapies that are tailored to the individual. Ayurveda uses a range of treatments, such as lifestyle modifications, Panchakarma, meditation, Pranayama, aromatherapy, points, and gem therapy, to treat migraine headaches. These treatment approaches support the preservation of a sound physiology. This complete balance in the body-mind healing process may aid in the illness's resolution and the disappearance of its symptoms.

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