



ARDHAVABEDHAKAM (MIGRAINE) AND ITS MANAGEMENT WITH EKAL DRAVYA (SINGLE DRUGS)

Ayurveda

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ABSTRACT

Ardhavabedhakam defines 'Ardha Masthaka Vedana' which means half sided head ache along with other symptoms such as Chardi, Bhrama, Prakasasahatha, Sabdasahatha etc. The symptom complex is very much similar to migraine in modern science. Migraine is episodic, hemicranial throbbing head ache associated with nausea, vomiting, vertigo, visual disturbances. In modern science number of medicines like anti-inflammatory pain killer, NSAIDS, etc have been tried in the management of Migraine but final answer to its management is yet awaited. In Ayurvedic classics different treatment modalities like Nasyam, Sirolepam, Siravedam etc are explained in Ardhavabedhakam treatment. Managing this disease with single drugs are also explained and practically it is proved to be very effective. *Madhukam, Nalikeram, Shireesham, Maricham, Salaparni, Prapunnada, Patha, Mundi, Aparajitha, Suryavartham* are some medical plants used as single drug in the management of Ardhavabedhakam.

KEYWORDS

Ardhavabedhakam, Migraine, Single drug

INTRODUCTION

In Ayurveda our body is divided into '*Shad anga*'. Among these *Shadangas*, '*Shiras*' is considered as Uttamanga as it is the seat of Prana and all Indriyas. It is also considered as one among the *Trimarma*. So the disease pertaining to head should be treated carefully without any delay. Ardhavabedhakam is one among the *Shirotoroga* which is characterized by splitting /piercing pain on half of the head. Ardhavabedhakam defines Ardha Masthaka Vedana ie the disease producing piercing type of pain in the Ardha shiras. In addition to hemicranial pain, it is also associated with Chardi (Vomiting), Bhama (Vertigo), Prakasasahatha (Photophobia), Sabdasahatha (Phonophobia) etc³. This symptom complex is very much similar to Migraine in modern science. People can not pay attention to their physical and mental health. Irregular food habits, Suppression of natural urges, Lack of proper sleep and less time of relaxation are being part of our life which enhances incidences of many diseases mainly having psychosomatic origin at a drastic speed. Migraine is one among them. It is recognized as a chronic illness, not simply a head ache. Many medications have been tried and still in research work also, but modern drugs are not acceptable due to their side effects. In contrast to that Ayurveda has a variety of natural medication for Ardhavabedhakam. In different Ayurveda classics, use of single drugs are explained in every chikitsa prakarana. That single drug may be that much potent to resist that disease or it may directly act on the disease target organ. In the disease Ardhavabedhakam also use of many single drugs are explained in different Ayurvedic classics. *Nasya karma* is considered as an important modality of treatment of Ardhavabedhakam. Single drugs are explained for *Nasyam, Sirolepam, Kashayapanam* and even for *Karnabandhanam* (To tie on ears) to subside its pain.

REVIEW OF LITERATURE

Dosha predominance

Acharyas have different opinion about the dosha predominance.

Acharya charak & Vaidya Shodala--Vatikam/Vatakaphajam¹

Acharya Susruth & Acharya Madhav-- Tridoshajam²

Acharya Vagbatta --Kevala Vatikam³

Symptoms

1. Ardha shira shoola- Unilateral head ache (majority)
2. Shoola in akshi, Bhru, Manya, Shankha, Lalata- Pain especially on temples, frontal region and behind the ear.
3. Prakasa santrasa - Photophobia
4. Sabda asahishnuta- Phonophobia
5. Sirajala sphurana- Dilatation & throbbing of extra cranial arteries.
6. Bhrama- Vertigo
7. Chardi- Vomiting.
8. Pain is having sudden onset, episodic nature which is repeating every 15 days/ Monthly and it is self limiting.

Treatment

Specific line of treatment is mentioned mentioned for Ardhavabedhakam in classics.

#Anthaparimarjana chikitsa (Internally)-- Sodanam(Vamana, Virechana, Basti, Nasyam)& Samanam

#Bahiparimarjana chikitsa (Externally)-- Lepa, Upanaha, Swedana, Shirobasti etc.

#Sastrapranidana (Surgical) -- Sirovedha, Agnikarma.

Management with Single drug

Single drugs explained in the treatment of Ardhavabedhakam are shown in the below table (1).

Drug	Botanical name	Family
Madhukam	Glycyrrhiza glabra Linn.	Fabaceae
Salaparni	Desmodium gangeticum Dc	Fabaceae
Prapunnada (Chakramardh)	Cassia tora Linn.	Caesalpiniaceae
Patha	Cissampelos pareira Linn.	Menispermaceae
Mundi	Sphaeranthus indicus Linn.	Asteraceae
Girikarni/Aparajitha	Clitoria ternatea Linn	Fabaceae
Suryavartham	Cleome viscosa Lin	Capparidaceae
Narikelam	Cocos nucifera Linn	Arecaceae
Maricham	Piper nigrum Linn.	Piperaceae
Sireesham	Albizia lebeck Benth.	Mimosaceae

Single drug- Mode of application

Table (2) shown below describes the part used, mode of application and chemical constituent of single drug used in Ardhavabedhakam treatment in different Ayurvedic classics.

Drug	Parts used	Mode of application	Chemical constituents
Madhukam	Root ²	Avapeeda nasyam- Madhuka root power mix with honey and give Nasyam	Glycyrrhizine, ¹⁰ Glycyrrhizic acid, liqoumarin, liquoric acid, glabridin, glabrol
Salaparni	Whole plant ³	Nasyam- Mix juice of salaparni (whole plant) with vidlavana and give nasyam	Hypaphorine ⁹ , Hordenine, Cauficine, Gangetin, Desmodin
Prapunnada	Seeds ³	Sirolepam - Seeds of Prapunnada made paste with Kanji and apply on shiras	Emodin ⁹ , Chrysophanol, Physcion, Rubrofusarin, Sitosterol
Patha	Root ⁷	Nasyam-Root juice of Patha/Tailam prepared with roots is given as Nasyam	Beberine, ⁹ Hayatine, Hayatinine, Hayatidine, Quercitol
Mundi	Whole plant ⁶	Kashayapanam - Decoction made with Mundi taken orally along with pepper powder	Sphaeranthine ¹¹ , Eugenol, Chavicol, Ocimine, Terpinene, Sphaerene

Aparajitha	Fruit and Root ⁴	1.Nasyam-Fruit & root of Aparajitha grinded with water and give Nasyam 2.Karnabandhanam - Roots of Aparajitha is tied on ears	Root- Taraxerol ⁸ Taraxerone Seeds- Cinnamic acid, Anthoxanthin, Glucoside
Suryavartham	Seeds, Leaves ⁵	Sirolepam - Suryavartham seed powder along with its leaf juice is made into paste and apply on shiras	Seeds- Viscosic acid ¹¹ , Viscosin, Cleomin, B-sitosterol, Kaempferol Leaves-Amyrin, Lupeol, Rutin, Lupeolin, Kaempferol
Narikelam	Coconut water ⁴	1.Drinking of coconut water 2.Nasyam-Ghee prepared with coconut water is given as Nasyam	Sodium ⁹ ,Potassium, Calcium, Iron, Copper, Phosphorus, Vit. B, Vit. C
Maricham	Fruit ⁵	Nasyam- Mix burnt clay powder with Maricha choornam and give Nasyam	Piperettine ¹¹ , Pipericide, Piperine, Piperonal, Terpinene, Essential oil
Shireesham	Root, Fruit, Leaf ²	Avapeeda Nasyam - Shireesha root & fruit is grinded with its leaf juice and give Nasyam	Caffeic acid ⁸ , Kaempferol, Myricitrin, Quercitin, Lupeol, Saponin, Lebbecksteroine

CONCLUSION

Head ache has troubled mankind from dawn of civilization. Neurovascular headaches are the second most common primary headaches which includes migraine. The term migraine refers to a syndrome of vascular spasm of the cranial blood vessels. In Ayurvedic classics there are several types of shiro rogas described by Acharyas. Amongst them the clinical features of Ardhavabedhakam are very much similar to migraine. As in case of Migraine mainly analgesics are prescribed which have side effects on the other organs. So the people started to take Ayurvedic medicine for migraine as it is a safe option. Many single drugs are described for Ardhavabedhakam which is administered as Nasyam, Sirolepam etc and they are very effective also.

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