

Complete Cure of Migraine through Ayurved

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Abstract

Migraine is the most common and disabling neurological disorder. It is characterized by severe headache often accompanied by other symptoms like nausea, vomiting, sensitivity to light, sound or smell. This case report highlights the importance of detoxification or purification therapy of treatment, which cures disease from its root cause. We evaluated a case report of migraine according to Tridosha principle of Ayurveda. A 43 years old previously diagnosed patient of migraine was suffering for 17 years, came to our OPD with other associated symptoms like: neck stiffness, insomnia, indigestion, acidity, burning sensation and heaviness in eyes and head. We diagnosed it as Ardhavbhedaka (migraine) with Pitta Dosha dominance. On the basis of this diagnosis we decided to give Virechana (medicated purgation) therapy as the first line of treatment which is completed in 16 days than Shirodhara (pouring medicated oil on forehead) given for 7 days. Then some Ayurvedic medicines are given like Mahavatavidhwanshka rasa, Shirashuladi-vajra -rasa, Godanti bhasma, Punnarnava Mandoor, each in 125 mg, Sitopaladi Churna 4gm with honey 1 BD for 45 days. Patient got significant improvement from the 8th day of intervention and still not suffering from headache and other associated symptoms. He visited in our OPD in the first week of June 2018. The assessment of improvement was done according to the subjective parameter and MIDAS (migraine disability assessment) questionnaires.

Keywords: Ardhavbhedaka; Virechana; Sansarjana Karma; Shirodhara

Introduction

Migraine is a chronic neurological disorder. It is a kind of headache affects 1 to 10 people worldwide [1]. Migraine has ascended the ranks of top causes of YLDs (years lived with disability) worldwide [2]. Unfortunately migraine has no known cure, but it can be cured effectively with the help of detoxification therapy, some medicines and little changes in lifestyle. Acharya Sushruta described 11 types of Shiroroga (diseases of headache) in Sushruta Samhita in Uttar-Tantra [3]. Ardhavbhedaka (migraine) is one of them. It is Tridoshaja or Sannipataja disease (imbalance between Vata, Pitta and Kapha Dosha). There are two types of treatment, described in Ayurvedic texts to create balance between these three Doshas, they are Shodhana (purification therapy or detoxification) and Shamana (alleviating therapy). Shodhana therapy is the most powerful therapy to eliminate Doshas. It is used to treat diseases when Doshas are highly aggravated. Once we expelled out these Doshas by this therapy, it will not aggravate again [4]. By following this principle, we treated this case of migraine (Ardhavbhedaka with Pitta Dosha dominant) with Virechana therapy, which is the most powerful therapy for Pitta Dosha Dushti (vitiation of Pitta Dosha) followed with other required treatment to create balanced between Tridosha.

Patients information

A 43-year-old male patient attended to our O.P.D. on 2/6/2018 with previously diagnosed case of migraine since 17 years. He had also been suffering from other associated symptoms like neck stiffness, insomnia, indigestion, acidity, burning sensation and heaviness on eye and head and anxiety throughout the years recurrently. He had been taking allopathic analgesic medicine since 17 years, but he did not get relief even after taking medicine. Then he came here for availing Ayurvedic treatment.

History and examination of the patient

Family history of migraine was not present, nature of work was sedentary (computer work). Personal history reveals that he had irregular food intake, poor digestion and disturbed sleep. Mostly he used to take stress from his work place and family.

Samprapti Ghataka (Pathological factors) are; Doshaja Prakriti-Vata-Pittaja, Dosha Dushti-Pitta-Vata, Dhatu and Shrotas Dushti-Rasa, Rakta, Mamsa, Ashthi and Majja, Dominant Rasa in Ahara-Amla, Lavana, Katu and Tikta, Dominant Guna in Ahara-Guru, sheeta, Dietetic habits-Adhyashana (overeating), Vishamasana (irregular diet).

On general examination the Pulse Rate was 80/min regular, Blood Pressure was 130/40 mm of Hg, Hemoglobin was 11 gm%, SGOT-30 units/liter of serum, SGPT-48 units/liter of serum, rest of the blood investigations were within normal limits.

Intervention and assessment

Intervention

First line of intervention – (1st day to 3rd day) Pachana Karma (digestion)

During the first 3 days we had given *Chitrakadi Vati* 500 mg 2 TDS with Luke warm water after meal.

Second line of intervention- (4th day to 8th day) *Snehapana* (oral administration of Ghrita), (9th, 10th day) rest

From the 4th day we had given 25 ml Luke warm *Panchatikta-ghrita*, empty stomach in the morning followed with Luke warm water in small quantity and light diet. It is increased daily by the same amount like; 50 ml-5th day, 75 ml-6th day, 100 ml-7th day, 125 ml-8th day. After completion of this therapy he advised to take whole body massage and steam fomentation for 2 days.

Third line of intervention – (on 11th day) *Virechana* (medicated purgation)

We had given decoction of Kutaki, Nishotha, Harada churna and Amaltasa phala majja 200 ml with 30 ml castor oil, empty stomach in morning. This is medicated purgative decoction and it was prepared according to our texts [5]. Till the end of the day patient gone through 22 vegas (bouts) of *virechana* (motion), which were considered as a *Samyaka Shudhi Lakshana* (ideal symptoms at the end of *Virechana* therapy) according to our texts [6]. In evening we advised to take 150 ml *Manda* (food preparation made by rice and water), followed with next *Sansarjan Karma* for the next 4 days.

Fourth line of intervention – (12th to 15th day) *Sansarjana* (Dietary regimen)

From the 12th day to 15th day, patient followed these food preparations *Manda*, *Peya*, *Vilepi*, *Yavagu*, *Krishra* and lastly normal light (easy to digest) diet. Each of these preparations had given two times a day respectively; continue it till the normal diet. We prepared all these food preparations according to texts [7].

Fifth line of intervention – (16th to 22nd day) *Shirodhara* (pouring medicated oil on forehead)

From the 16th day to 22nd day, *Shirodhara* with *Chandanabalakshadi* oil followed with whole body massage and steam.

Sixth line of intervention – (23rd day) medicines

We prescribed some medicine like; *Mahavatavidhwansa* rasa, *Shirahshuladi Vajra* rasa, *Punnarnava Mandoor Bhasma*, *Godanti Bhasma* each in 125 mg, *Shitopaladi Churna* 4 mg BD with honey after meal for 45 days. After completion of this course, we stopped all the medicines.

Assessments

The improvement of sign and symptoms and disability were assessed with the help of subjective parameters and MIDAS (migraine disability assessment test) questionnaires [8]. Statistical data of before and after treatment were analyzed statistically by applying paired 't' test. Various sign and symptoms of migraine had been considered and grading was given to analyze the results statistically (Table 2).

Sign and Symptoms of migraine	Grade
Assessment of severity of headache	
No headache	0
Mild headache, patient is aware only if he/she pays attention to it	1
Moderate headache, can ignore at times	2
Severe headache can't ignore but he/she can do his/her usual activities	3
Excruciating headache can't do anything	4
Assessment of frequency of headache	
Nil	0
Once/week	1
Twice/wee	2
Thrice/week	3
>Thrice/week	4
Assessment of duration of headache	
Nil	0
1-3 hours/day	1
3-6 hours/day	2
6-12 hours/day	3
More than 12 hours	4
Assessment of nausea	
No nausea	0
Occasionally	1
Moderate, but does not disturb the routine work	2
Severe, disturbing routine work	3
Severe enough, small amount of fluid regurgitating from Mouth	4
Assessment of vomiting	
Nil	0
Only if headache does not subside	1
1-2 times	2
2-3 times	3
Forced to take medicine to stop vomiting	4
Assessment of Giddiness	
No Giddiness	0
Mild (can do his/her work)	1
Moderate (Forced to stop work)	2

Severe (Forced to take rest)	3
Very Severe (Forced to take medicine)	4
Assessment of Aura	
Nil	0
Lasts for 5 minutes	1
Lasts for 15 minutes	2
Lasts for 30 minutes	3
More than 30 minutes	4
Gradation for associated symptoms	
Nil	0
Mild (can do his/her work)	1
Moderate (forced to stop work)	2
Severe (forced to take rest)	3
Excruciating (force to take medicine)	4

Table 1: Subjective Parameter.

Treatment outcomes

- Patient got significant relief in all sign and symptoms of migraine, ‘t’ value is 2.37. ‘P’ value is P<0.001 highly significant.
- Disability due to migraine is also reduced significantly. Before treatment MIDAS score was 84 days, it was belong to IV grade, and it shows severe disability. MIDAS score was after treatment is 04 days and gradation came under 0-5 days means no disability.

Discussion

Doshas are extremely aggravated because of hectic life style or stressful working environment, irregular diet, overuse of medication for long time period. By the administration of these therapies the vitiated *Doshas* are eliminated from the body through the ali-

Sign and symptoms of migraine	1 st day	7 th day	14 th day	21 st day	30 days	60 days	90 days	Comments
Severity of headache	4	0	1	0	0	0	0	P=<0.001
Frequency of headache	4	2	1	0	0	0	0	
Duration of headache	4	1	0	0	0	0	0	
Nausea	3	2	0	0	0	0	0	
Vomiting	0	0	0	0	0	0	0	
Giddiness	3	1	0	0	0	0	0	
Aura	3	1	0	0	0	0	0	
Gradation of associated symptoms	3	2	1	1	0	0	1	
MIDAS Score	84	27	7	0	0	0	0	0-5 days

Table 2: Showing the duration of follow-up and result according to subjective parameters and midas questionnaire score.

Duration of treatment	(Mean of difference ± SE)	T-value	P- (Probability) Value
1 day- 3 month	2.87 ± 0.48	5.97	P<0.001

Table 3: Showing statistical assessment of treatment.

mentary tract, the power of digestion and metabolism is enhanced, diseases are cured and his normal health is stored.

All symptoms of migraine reduced to a great extent, because they occurred due to the disturbance of Pitta and Vata Dosha. Shirah Pradesh (head) is the seat of Kapha, when Pitta is situated in excess amount in the seat of Kapha like in this case of Ardhavbhedaka (migraine). Then Virechana therapy will work well in migraine.

Virechana therapy can be able to destroy the Samprapti (pathology) of Ardhavbhedaka by the pharmacological properties of Virechana Dravya (herbs using for this therapy) to a great extend, Virechana Dravya spreads throughout the body by its pharmacological properties like; Vyavayi (quick absorption), Vikashi (softening or loosening of Dhatu), Ushna (liquefied), Tikshana (breaks toxins in micro form), Sukshma (reaches to micro channels), Anu-

pranav bhava (micro fined), than they pulled out all the waste products or toxins which are present in extracellular, intracellular or in plasma in to the intestine and eliminate them from our body by its Pravabha (potency) [9]. This therapy are also works as an anti-inflammatory, blood purifier, cleansing of gastro-intestinal tract, therefore relives in migraine and other associated symptoms also like: acidity, gaseous distention, constipation, neck stiffness etc.

Shirodhara works on the nervous system to calm and relax the mind and nerves. Shirodhara with Chandanabalalakshadi oil were extremely beneficial for Pitta and Vata Dosha Shamana [10].

Combination of drugs like; Shirahshuladi Vajra Rasa and Mahavatavidhwanska Rasa are having a property of Vata-Shamaka (analgesic), it is indicated for Shiroroga [11]. Punarnava Mandoor is works as a Shotha-Nashaka (anti-inflammatory) drug [12]. Godanti

Bhasma is works as Pitta Shamaka. Shitopaladi Churna works as a Kaph-Shamaka [13]. In a nutshell these combinations of drugs were helping to keep balance between Tridosha. With the help of this therapy we can cure it completely within a short time of period.

Conclusion

Now-a-days migraine is a burning problem, which affects millions of people every year. The causes of disability from migraine come under the top ranks from the 7th ranks. Due to the alarming rate of migraine, particularly in western country, we are trying to find out the specific as well as more effective treatment through Ayurvedic purification therapy. In this single case study, it is clear that if we expel out all toxins from the body it will not occur again. More research should be done on multiple cases to establish a main line of treatment of migraine effectively.

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Conflict of Interest

None.

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