

## MANAGEMENT OF ARDHAVABHEDAKA w.s.r MIGRAINE BY SHODHANA (VAMANA KARMA) – A CASE REPORT

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### ABSTRACT

**Objectives:** Treatment of *Ardhavabhedaka* by *Shodana* therapy in order to reduce the severity of the pain and the frequency of attacks **Methods:** The case report is of a 26 years old female patient who was given *Rukshana* for four days by *Udwartana* and *takrapaana*, *deepan paachan* for 3 days, followed by *snehapana* for 3 days in *arohana karma* and one day of *vishramakala* wherein *abhyanaga* followed by *Bashpa Sweda* and *Kaphakara Aahara* was advised. *Vamana karma* was done with *Vamana Yoga (MadanphalaPippali Churna, Vacha, Saindhava, honey)* *Samsarjana Karma* was given for 7 days. The patient was assessed using the standard headache disability index. **Results:** Significant reduction was seen in the symptoms and frequency of attacks. **Conclusion:** *Shodhana* proves to be effective in reducing the severity and frequency of attacks in *Ardhavabhedaka*.

**Keywords:** *Ardhavabhedaka, migraine, neurovascular, Pitta, Shiroroga.*

### INTRODUCTION

*Ardhavabhedaka* is one among the 11 types of *Shiroroga*. It can be co-related to Migraine in modern science which is an episodic headache as a triad of paroxysmal headache, vomiting and an 'Aura' of focal neurological events. Migraine has an estimated global prevalence of 14.7%.<sup>[2]</sup> Chronic migraine affects 2% of the world population.<sup>[3]</sup> Although *Ardhavabhedaka* is said to be a neurovascular disorder, the Gastro intestinal disturbance and vitiated pitta also has a significant role in its pathogenesis. The word *Ardhavabhedaka* has three components. *Ardha* which means half, *Ava* suggests bad prognosis and *Bhedaka* mean perforating pain. It

affects one half of the head either right or left. *Ardhavabhedaka* is *Vatakaphaja* but can also be taken as *Tridoshaja* or a purely *vataja* disease.<sup>[4]</sup> The *vata*, getting provoked by *vatajaahara* and *vihaara*, either alone or in combination with *Kapha*, affects one half of head and causes acute neuralgic pain in the sides of the neck, eyebrow, temple, ear, eyes or forehead of one side. *Vamana* is said to be the best treatment for *kapha dosha* but can also be given in *pittaja* conditions when *pitta* is lodged in the seat of *kapha*. It sequentially expels out *kapha*, and then *pitta* and relieves the symptoms of the disorder.

## Case report

A Twenty six years old female patient approached the OPD of KLEU's BMK Hospital with complains of severe headache on the left side, associated with heaviness of head since 8 years. The duration of headache was 10 – 12 hours. Shooting up of Blood Pressure during episodes of migraine, burning sensation in eyes and giddiness was experienced during the episodes. Frequency of episodes was 3 - 4 per month which increased in severity and frequency during last one year. Relief from symptoms was seen after vomiting.

## MATERIALS AND METHODS

### Materials:

Medicines: *Udwartana churna, chitrakadi vati, moorchita Ghrita, moorchitaitala taila, MadanphalaPippali Churna, Vacha churna, Saindhava, Madhu, Abhyanga table, Vamana tub, chair, Vamana tray* with all requirements.

### Methods

The patient was given *Rukshana* for four days by giving *Udwartana* with *Udwartana churna* and *Triphala Kashaya* 100ml OD. Then she was

given *Deepan Paachan* for 3 days with *Chitrakadi Vati* 2 tid. *Snehapana* was given for 3 days with *Moorchita Ghrita* (30 ml, 80ml, and 120ml). On day of *Vishramakala Sarvanga Abhyana* with *Moorchita Tila Taila* followed by *Bashpa Sweda* and *KaphakaraAahaara* was given. On day of *Vamana, Sarvangaabhyana* and *Bashpa Sweda* was given followed by *AkanthaPana* with milk and *Vamaka Yoga (MadanphalaPippali Churna 7gms, Vacha 4 gms, Saindhava 2 gms, honey- QS)* was given. *SamsarjanaKrama* was given for 7 days and oral medications, *Sootashekhara Rasa* 1tid, *Triphala Kashaya* 50 ml BD and *anulomaka aushadhi* were given for 15 days

### Duration of treatment: 12 days

**Aims and Objectives:** Treatment of *Ardhavabhedaka* by *shodana* therapy (*Vamana Karma*) in order to reduce the severity of the pain and the frequency of attacks.

**Type of Study:** Single Case Study

**Study Centre:** KLEU's BMK Ayurveda Hospital, Shahapur –Belagavi

## RESULTS

**Table 1:** Symptom wise assessment

Symptoms	Baseline	15 days after Vamana	1 month after Vamana
Frequency of episodes	4-5 times / month	No episodes	No episodes
Burning sensation in eyes	Present	Absent	Absent
Giddiness	Present	Absent	Absent
Blood pressure	Increased during every episode	Normal	Normal

**Table 2:** Assessment by Headache Disability Index

Time points of assessment	Headache disability index score	Remarks
Baseline	84%	Complete disability
After 15 days of Vamana	30%	Moderate disability
After 1 month of Vamana	10%	Mild disability

## DISCUSSION

Due to faulty eating and sleeping habits owing to today's lifestyle, the *Agni* is hampered leading to improper digestion. This leads to the *Vidagdhatta* of *Anna* which vitiates the *pitta dosha*. Hence here it is observed that when *shodhana* is given in the form of *Vamana*, evacuation of the vitiated stagnant *pitta dosha* gives relief from *Ardhavabhedaka*.

## CONCLUSION

Migraine mimics most of the symptoms of *Ardhavabhedaka* in *Ayurveda*. Although it is taken as a neurovascular disease in modern system of medicine, there is a role of Gastro Intestinal disturbances in the pathogenesis of this disease. Other than symptomatic treatment for pain relief, *Shodhana* proves very effective in reducing the severity and frequency of attacks in *Ardhavabhedaka*.

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