



ASSORTMENTS OF AYURVEDIC TREATMENT IN MIGRAINE: A CASE STUDY

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ABSTRACT

Case history: In September 2023, a 47-year-old male patient having migraine for the past 8 years came with complaints of unilateral headache, stretching, and throbbing pain for 8 years. He sometimes complained of nausea and vertigo also. He was assessed for signs and symptoms like the severity of pain, duration of pain, frequency of attacks, and associated symptoms (Nausea, vomiting, photophobia, phonophobia, and vertigo). He was treated with *virechana karma*, after *virechana karma* oral medicaments *shirahshuldrivajra rasa*, *pathyadi Kvatha*, and *nasya karma* for the next two weeks.

Results: He got satisfactory relief in all the signs and symptoms. He got satisfactory relief from headaches, and associated symptoms like nausea and vertigo were absent after treatment.

Keywords: Migraine, *Virechana karma*, *Pathyadi kvatha*, *Shirahshuldrivajra rasa* and *nasya karma*.

INTRODUCTION

Migraine is a central nervous system disorder characterised by vascular headache¹. Migraine headaches range from moderate to very severe, can cause debilitating pain, and can last from 4 to 72 hours². Mi-

graine pain results primarily from the increased activity of several agents that regulate blood vessels and the sensory function of the brain³. In about 15% of patients, migraine attacks may be accompanied by

aura (visual, sensory, or language symptoms). Other accompanying symptoms may include photophobia (excessive sensitivity to light), phonophobia (fear of loud sounds), osmophobia (hypersensitivity to smells), nausea, or vomiting⁴. Treatments from conventional care mostly fail to cure or even reduce the symptoms of migraine and also have adherence effects along with adverse effects such as anxiety, nausea, vomiting, reduced sleep time, drowsiness, and weakness⁵. This situation leads the patient to take some alternate therapy for better relief. An estimated 18% of women and 6% of men experience migraine, but many go undiagnosed and undertreated⁶. Migraine is the 3rd most prevalent and 7th leading cause of disability worldwide. India, where the prevalence of migraine is unknown, is the 2nd most populous country in the world. Migraine is highly prevalent in Karnataka and South India and associated with substantial disability, especially among women and rural populations⁷.

Shiroroga is mentioned in *Ayurvedic* classics, with headaches as the main characteristic feature. It occurs due to the vitiation of *Vatadosha* associated with other *dosha* and *rakta*⁸. Mainly, five types of *Shiroroga*, i.e. *vataja*, *pittaja*, *kaphaja*, *tridoshaja* and *krimija*⁹, are mentioned in *sutrasthana*, while the other four types of clinical varieties, i.e. *Suryavarta*, *Anantavata*, *Ardhavabhedaka* and *shankhaka* are also mentioned elsewhere¹⁰. Severe pain started without any cause was mentioned in *vatajashiroroga*¹¹.

PRESENT HISTORY AND CLINICAL CONCERNS

A 47-year-old male patient had been diagnosed with migraine for 8 years. He was taking paracetamol 500mg and Duloxetine 20mg during intolerable headaches. He had complained of unilateral headaches, stretching and throbbing pain for the last 8 years. He had complained of anorexia, sometimes feeling nauseous and tired after waking up. The pa-

tient took modern medicine but didn't get relief and was admitted here for 4 days and afterward discharged with oral medicaments and *nasya karma* for 2 weeks.

CLINICAL FINDINGS:

On his first visit, the patient was conscious with an intact mental status but looked anxious. His blood pressure was 130/80 mm of Hg, Pulse 72/min, Respiration rate 20/min, and regular drug intake as mentioned above.

DIAGNOSTIC FINDINGS:

The presence of migraine features in the absence of tension criteria indicates a diagnosis of migraine.

Migraine headache characteristics:

Minimum five headache attacks in the last 6 months, each attack lasting 4-72 hours if untreated.

Any 2 of the following:

Unilateral headache

Pulsatile headache

Moderate to severe intensity (the most critical differentiation from tension headache)

Worse with exertion

And at least one of the following:

Nausea and/or vomiting

Photophobia and/or phonophobia

THERAPY:

He was hospitalized and treated with *sarvanga abhyanga* and *sarvanga Bashpa Svedana* once a day for 1st two days and *mridu virechana karma* with *eranda taila* on 3rd day. The dose of *eranda taila* varied from 40ml according to the *koshta* of the patients. *Samsarjana karma* was performed for the next two days. After the *mriduvirecana karma*, patients were treated with oral medicaments *shirahshuladrivajra rasa* one tab thrice/day with water, *pathyadi kvatha* 40 ml twice/ day (empty stomach) for the next two weeks. *Nasya karma* with *Narayana* oil (8 drops in each nostril) will be given after the completion of *samsarjana karma* for the next 2 weeks.

OUTCOMES:

Table no. 1: Assessment of signs and symptoms

Sign and symptoms	Before Treatment	After Treatment	
	06/10/2023	2 weeks	
Severity of pain	Intolerable pain	No pain	
Duration of pain	13 to 24 hr	1min to 3 hr	
Frequency of attack	Once in 1 to 10 days	Once in 21 to 30 days	
Associated symptoms	Nausea and vertigo sometimes	Absent	

DISCUSSION

Virechana yoga gets absorbed, and due to virya, it reaches the hridaya, then the dhmani and thereafter, it reaches the macro and microchannels of the body. The *Vyavayi guna* of the drug is responsible for quick absorption. The *vikasi guna* causes softening and loosening of the bond by *dhatushaithilya karma*. Due to *ushna guna*, the *doshasanghata* is liquefied. The action of *tikshna guna* is to break the *mala* and *dosha* in microform. According to *Dalhana*, it is responsible for quick excretion. Due to *sukshma guna* by reaching in micro channels, disintegrates endogenic toxins, which are then excreted through micro channels. Due to the *prabhava, Prithvi, and Jala* constitution, *sara guna virechana* occurs.

Shirahshuladrivajra rasa is specially indicated in all types of Shiroroga, but according to its properties, it is highly effective in vatika shiroroga because it contains dashamula kvatha, which is highly effective in vata provocation disease. Pathyadi kvatha is indicated in shiroroga adhikara and is indicated as *shirahshulahara and ardashirahshularujahara*.

In *Ashtanga, samgraha – nasa* (Nose) is the gateway of *Shira* (Head). The drug administrated through the nostrils reaches *Shringataka*. It then spreads in the *murdha* (brain), taking the *marma* of *Netra, Karna, Kantha, and Shiramukha*. Scratches the morbid *dosha* in the supra clavicular region and expels them from *Uttamanga*.

CONCLUSION

The assessment of observations and results proves that the use of multiple ayurvedic treatments can help in the management of *vatika shiroroga* (migraine).

Furthermore, studies are required to establish the principle.

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