

## TREATMENT OF ARDHAVBHEDAKA (MIGRAINE) WITH LAGHU SUTASEKHARA RASA - A CASE STUDY

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### ABSTRACT

Migraine is one of the most disabling of neurological disorders. Migraine headache is unilateral in 60% but can be bilateral. In *Sushruta Samhita* eleven types of *Shiro Roga*/headache in *Uttara Tantra* are mentioned, among them, *Ardhavabhedaka* - paroxysmal unilateral headache associated with vertigo and pain of varying intensity is seen, which is also the cardinal feature of migraine/headache in modern literature. The word migraine is basically derived from hemicranias-half headache if one half of the head develops severe tearing and pricking pain, giddiness and piercing pain, suddenly after a fortnight or ten days. This should be diagnosed as *Ardhavabhedaka* caused by all the three *Doshas*. 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.. *Laghu Sutasekhara Rasa* is mentioned in *Rasatantrasara* and *Siddhayogasangraha* book with special indication to *Ardhavabhedaka*. So, an attempt has been made to assess the efficacy of *Laghu Sutasekhara Rasa* in the management of migraine in this single case study. After 2 months of administration of *Laghusutasekhara Rasa* considerable improvement was seen in the clinical features of Migraine.

**Keywords:** Migraine, *Ardhavabhedaka*, *Laghu Sutasekhara Rasa*, *Rasatantrasara*

### INTRODUCTION

The World Health Organization (WHO) has identified migraine among the world's top 20 leading causes of disability<sup>1</sup>. Migraine is estimated to account for 2.0% years of life lost due to a disability in women of all ages. In both sexes of all ages, migraine is responsible for 1.4% of total years of life lost due to a disability. Based on large epidemiologic studies from around the world, the prevalence of migraine was about 18% in women and 6% in men<sup>2,3,4</sup>. Migraine is an illness of long duration and the prevalence is highest from the

ages of 25 years to 55 years. Migraine can occur at all ages and usually begins before the age of 20 in 50%. As adolescence approaches, incidence and prevalence increases until approximately age 40, after which it declines<sup>5,6</sup>. According to *Acharya Sushruta*, pathologically it is a *Tridoshaja* disease<sup>7</sup> and according to *Acharya Charaka* it is *Vataja* or *Vatakaphaja*<sup>8</sup>. If one half of the head develops severe tearing and pricking pain, giddiness and piercing pain, suddenly after a

fortnight or ten days. This should be diagnosed as *Ardhavabhedaka* caused by all the three *Doshas*

### AIM AND OBJECTIVE

To assess the effect of Ayurvedic treatment in the management of Migraine.

### CASE REPORT:

A female patient of 59 year age came to the hospital on 30/04/2019. OPD no-.32795 with history of recurrent episodic continuous rhythmic unilateral headache with aura mostly in temporal side which becomes severe at night and it is associated with nausea, vomiting, vertigo since 9 years which got worsened in last two years. Simultaneously she was suffering from ptosis, eyelid oedema, supra orbital pain, heaviness of eyes, severe photophobia, severe phonophobia during and after episode of headache. She has got

complaint of severe constipation and acidity since 2 years. With this she has got disturbed sleep, recurrent mood swings, memory loss, unsatisfactory awakening. She has taken treatment with allopathic medicines for 6 years but was not satisfied. General examination was done listed in Table No. (1). She was habitual of *samshana, vegdharana, diwaswapna adhika vyayama, dhoopa sevana*. She has got her headache triggered with sunlight, coffee, fermented eatables, cheese and Journey. Ayurvedic treatment was planned for two months for her and improvement was seen during treatment period in chief and associated complaints. Then in the follow up period of one month, headache with aura phase reduced with relief in associated symptoms like nausea, vomiting, vertigo. She did not take any medicine in follow up period.

**Table 1:** General examination:-

B.P.	P/R	R/R	Temp.	Built	Height	Weight	BMI
120/80mm of Hg	78/min	14/m	98.4 <sup>0</sup> F	Obese	1.45m	60kg	28.53kg/m <sup>2</sup>

She was administered with *Laghu Sutasekhara Rasa* 500mg after meal with warm water for 2 months. The details of posology are mentioned in Table no. (2).

Routine investigations were carried out before treatment. The values are listed in Table no. (3).

**Table 2:** Treatment protocol followed in the patient

Drug	Dose	Duration	Time	Route	Form
<i>Laghu Sutasekhara Rasa</i>	500mg TDS.	2 month	After meal with luke warm water.	Orally	Tablet

**Table 3:** Investigations carried out

Investigations	Results
Hb	11.4gm%
TLC	7800/Cumm
DLC	N-56,L-26,E-14,M-04,B-0 (within normal limits)
ESR	26mm/hr (wester green)
FBS	97mg/dL
urine routine	No any deformity
CT Brain	No Intracranial abnormality found

**Table 4: (Observation and Result chart):**

Chief Complaints	0 day	15 days	30 days	45days	60 days
1. <i>Shirah Shoola</i> (Headache)	Persist for 7 times in a week continuously	4 times in a week continuously	4 times in a week but not continuous	2 times in a week. It was intermittent	Not a single episode

2. <i>Hrillas</i> (Nausea)	Happens everytime with episode	Happened 3 times with episode	Not happened	Happened once with episode	Not happened
3. <i>Chhardi</i> (Vomiting)	Everytime during episode	3 times with episode	Not occurred	Not occurred	Not occurred
4. <i>Bhrama</i> (Vertigo)	Not usual	One time during episode	One time during episode	Not occurred	Not occurred
5. <i>Purvabhasa</i> (Aura -Visual / Auditory)	Everytime before episode	Everytime before episode	Everytime before episode	Everytime before episode	Not occurred

### Discussion on the contents of *Laghu Sutasekhara Rasa*:

**Table 5:** Contents of Drugs (*Laghu Sutasekhara Rasa*):

No.	Sanskrit Name	Latin/English Name	Part used	Ratio	Rasa	Guna	Virya	Vipaka
1	<i>Gairika</i> (Fe <sub>2</sub> O <sub>3</sub> )	Oxide of Iron	-----	2 parts	<i>Madhura kashaya</i>	<i>Snigdha, Vishada</i>	<i>Shita</i>	<i>Madhura</i>
2	<i>Shunthi</i>	<i>Zingiber officinale</i> Roxb.	Rhizome	1 part	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>
3	<i>Nagavalli</i>	<i>Piper betle</i> Linn.	Leaves	As required	<i>Katu, Tikta</i>	<i>Laghu, Tikshna, Vishada</i>	<i>Ushna</i>	<i>Katu</i>

**Table 6:** Action of *Laghu Sutasekhara Rasa*

Sr.no	Drug	Dosha karma	Pradhan karma
1	<i>Gairika</i> (Fe <sub>2</sub> O <sub>3</sub> )	<i>Kapha-Pradhana Shamaka</i>	<i>Rakta Pitta Shamaka, Udara Roga</i>
2	<i>Sunthi</i>	<i>Kapha-Vata Shamaka</i>	<i>Triptighana, In Agnimandya</i>
3	<i>Nagvalli</i>	<i>Kapha-Vata Shamaka</i>	<i>Vedanasthapana, Shothhara</i>

### Probable mode of action of *Laghu Sutasekhara Rasa*:

*Katu* and *Tikta Rasa* and *Ushna virya* have *Deepana* – *Pachana Karma*, which causes *Amapachana* and thus provides proper metabolism and ultimately balances the *Agni*. Thus these *Rasa* works at *Agni Dushti* stage in the *Samprapti* of *Ardhavabhedaka* and pacify the *Kapha Dosha*. It also softens and liquefies the morbid *Doshas* which are ultimately removed due to *Virechaka Karma*, thereby relieving Constipation. *Snigdha Guna*, and *Madhura Rasa* having the property *Srushtavinamutra*, which relieves the symptoms of Constipation and Hyperchlorhydria and pacify the *Vata Dosha* and *Pitta Dosha*. *Laghu Guna* and *Tikshna Guna* have *Sroto-shodhaka* property. *Laghu Sutasekhara* relieves *Amlata* and *Tikshanta* of *Pitta* by acting on *Amashaya* and *Pakvashaya*. Thus it regularizes *Pittotpati*. The driver *Dosha Vata* also gets pacified by the contents hence *Chhardi* (vomiting) and

*Bhrama* (vertigo) subsides in *Ardhavabhedaka* by use of *Laghu Sutasekhara Rasa*.

### CONCLUSION

Migraine is a disabling medical illness. *Ardhavabhedaka* is clinically *Pitta* dominantly *Tridoshaja Vyadhi*. It works as *Doshapratynika* and *Vyadhipratynika Chikitsa* in *Ardhavabhedaka*. In present era due to high level of stress, there is imbalance in the hormonal level. Indigestion alongwith constipation and acidity is one of the causative factors of Migraine. So it should be treated carefully. So it can be concluded that the drug *Laghusutasekhara Rasa* was effective not only in relieving the cardinal features like paroxysmal unilateral headache associated with vertigo, giddiness, vomiting, pain of varying intensity, severe tearing, piercing and pricking kind suddenly after a fortnight or ten days but it also helps in relieving constipation and acidity. It can be concluded that

there is satisfying scope of suggesting this *Ayurvedic* management as safe and effective medicine for *Ardhavabhedaka*.

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