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A LITERARY REVIEW ON *ARDHAVABHEDAKA* W.S.R. TO MIGRAINE

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Abstract:

In Ayurveda, Curing a diseased person and redefining his healthy status, is the primary goal of physician. It is the science which laid emphasis on the curative and preventive aspect¹. Ayurveda has mentioned the eight disciplines i.e. Ashtanga Ayurveda which includes various Tantras. Which deals with the diseases of Ear, Nose, Throat etc. Shirorogasare the important diseases in Shalakyata. In which Ardhavabhedaka found commonly in today's era. It can be compared with Migraine in modern science. Migraine is derived from the Greek word which means pain on one side of the head. Headache comes from Migraine has a unilateral origin. There is description about Nidana, Samprapti, Chikitsa in Ayurveda about Ardhavabhedaka. In Modern science the type of pain in Migraine is described as throbbing type of pain. There are various sites at head region which are commonly found in Migraine.

Keywords: Literary review, Ardhavabhedaka, Migraine.

Introduction:

In Ayurveda there is prime importance given to *Shira sthana* i.e. Head; which is considered as one of the three important principal vital organs of the body where the Prana means Life resides. *Acharya Charaka* has considered as *Shira* as one of the important, Major and supreme part of body which is called as '*Uttamanga*'². *Acharya Charaka* explains that all the sense organs [*Indriyas*] and its channels [*Strotasa*] which are carrying sensory and vital impulses from the *Shira pradesha* like the rays comes from the sun³.

Ardhavabhedaka is the disease which is mentioned among *Shirorogasin Ayurveda*. In *Ardhavabhedaka* there is severe pain in one half of the *Shira sthana* i.e. *Manya, Shankha, Bhru, Akshi, Karna* and *Lalata*. The intensity of the pain is similar as produced by cuts of sharp objects

like *Shastra* and *Arani*⁴. There is description of attacks of *Ardhavabhedaka* which are produced by once in ten days, fifteen days or once in month. If there is no proper *Chikitsa* of *Ardhavabhedaka* which leads to deafness and blindness⁵.

Migraine is the second most commonest cause of Headache; which affects approximately 15% of women and 6% of men. This disease affects professional and social life which hampers the health of a person. According to W.H.O. the underlying cause of Migraine is unknown. But there is important role of Trigeminal nerve palsy. Therefore early intervention of Migraine is important to cure.

Paribhasha of Ardhavabhedaka:

It is defined as it is a piercing type or breaking type of pain in half part of the head region⁶.

Paryaya:

Ardhabedha, Ardhavabheda, Ardhashiroruja, ArdhaShirashoola.

Nidana of Ardhavabhedaka [Etiology]:

The *Nidana* or etiological factors are important for every disease formation. There are various factors described which are as follows;

Ardhavabhedaka Nidanas are of 2 types; a) *Samanaya Nidana* & b) *Vishesha Nidana*

<i>Samanya Nidana</i>	<i>Vishesha Nidana</i>
<p>1. Aaharaja Nidana -<i>Adhyashana, Ati-amla sevana, Ati-madhura, Ati-sheetambu, Ati-tikshnaushnaahara, Ati-guru aharasevana.</i></p> <p>2. Viharaja Nidana - <i>Abhyanga dvesha, Asatmyagandhagrahana, Atapasevana, Ati-maithuna, Ati-bharavahana, Avashyaya, Bashpanigraha, Desha viparyaya, Diwasvapa, Dhoomasevana, Raja sevana, Ratrijagarana, Vegadharana etc.</i></p> <p>3. Manasika Nidana :<i>Manastapa - Vaichitya, Arati, Glani, Rodana.</i></p> <p>4. Agantuja Nidana :<i>Krimi & Abhighata</i></p>	<p>1. Aaharaja Nidana -<i>Adhyashana, Atiashana, Rukshana, Sambhoja.</i></p> <p>2. Viharaja Nidana - <i>Ayasa, Chardinigraha, Kshavayathunigraha, Ati-Vyayama, Diwasvapa, Vegadharana.</i></p>

Triggering factors for Migraine:

A] Dietary factors - Alcohol, Fatty foods, Cheese, Citrus fruits, Onion, Caffeine, Beans, Nuts, Yogurt, Dairy products, etc.

B] Environmental factors - Bright light, Perfumes, Strong odors, Air pollution, Cigarette smoking, Travelling, Weather changes, Fumes, etc.

C] Medications - Anti-hypertensives, Analgesics, Anti-asthma medications.

D] Physical factors - Head Trauma, Exertions, etc.

E] Lifestyle factors - Stress, Disturbed sleep, Cigarette smoking, Irregular eating habits, etc.

F] Other factors - Reduces Magnesium level, Hypertension, Progesterone, Estrogen hormones.

Bheda of Ardhavabhedaka:

In the classification of *Ardhavabhedaka* there are 2 main types ;

1) According to *Charaka*⁷, *Madhava Nidana*⁸ -

A. *Vataja*

B. *Vata - Kaphaja*

2) According to *Dalhana*⁹-

A. *Vataja*

B. *Vatapittaja*

Poorvarupa of Ardhavabhedaka:

There are no specific *Poorvarupas* mentioned for *Ardhavabhedaka* in *Ayurveda*.

Rupa of Ardhavabhedaka:

The *Lakshanas* of *Ardhavabhedaka* are mentioned in three categories as follows;

Site of pain	Nature of pain	Associated symptoms
<i>Ardhashira</i> [Half head], <i>Manya</i> [either sides of neck], <i>Bhru</i> [between eyebrows], <i>Shankha</i> [temporal region], <i>Akshi</i> [Eyeball, orbit], <i>Lalata</i> [Frontal region], <i>Karna</i> [Ear].	Pain as cut by <i>Shastra / Arani</i> , <i>Bhedavata</i> [Breaking pain], <i>Todavata</i> [Pricking pain], <i>Manthanavata</i> Pain.	<i>Bhrama</i> , <i>Chakshu Shavayathu</i> , <i>Ganda Shavayathu</i> , <i>Netra</i> <i>avadeerana</i> , <i>Dalana</i> , <i>Skanda</i> <i>garah</i> , <i>Hanugraha</i> .

Cardinal symptoms of Migraine:

Headache, Dizziness, Vertigo, Nausea & associated symptoms, Ocular symptoms, Nasal symptoms, Abdominal symptoms and Abnormal bowel actions etc.

Comparison between *Ardhavabhedaka* and Migraine:

<i>Ardhavabhedaka</i>	Migraine
➤ Pain - Unilateral	➤ Pain - Unilateral or Bilateral
➤ Attacks of pain - 10 / 15 days / 1 month	➤ Periodical attack of pain
➤ <i>Shamana</i> by self	➤ Spontaneous relief
➤ <i>Toda</i> in <i>Shankha</i> , <i>Bhru</i> , <i>Lalata</i> , <i>Akshi</i>	➤ Pain - Temporal, Occipital, Peri-orbital, Ear, parital region.

Samprapti of Ardhavabhedaka:

A] Samanya Samprapti:

It is due to the consumption of *Nidana* factors, in which the *Vatadi doshas* get aggravated, further vitiates the *Rakta dosha* in the vessels of *Shira Pradesha* and causes different types of *Shirorogas*².

B] Vishesha Samprapti:

The etiological factors of *Vata* and *Kapha dosha* vitiates and invades the half region of the head region and causes formation of pain¹⁰.



Upashaya and Anupashaya:

The onset of *Ardhavabhedaka* is sudden with the regular intervals therefore it is reduced by self i.e. *Swayam Shanti*¹¹.

Upadrava⁴: *Nayana Nasha* [Blindness] and *Shravana Nasha* [Deafness]

Complications of Migraine:

- Permanent damage to Neurologic structures.
- Lesions in Retina, Cerebral hemisphere and Brain stem.

Sadhyasadhya:

According to Acharya Bhela it is *Sudustaru - Kashtasadhya*¹².

Chikitsa of Ardhavabhedaka:

1] Nidana parivarjana¹³ :

Treatment protocol for every disease should have first line of treatment is 'Nidana Parivarjana'.

Avoid - Stress, Triggering factors, *Vegadharana*, *Aaharaja* and *Viharaja Nidana* should be avoided.

2] The treatment principles mentioned for *Ardhavabhedaka* is grouped in 3 headings¹⁴ ;

- A. Antaparimarjana
 B. Bahiparimarjana
 C. Shastrapranidhana

<i>Antaparimarjana</i>	<i>Bahiparimarjana</i>	<i>Shastrapranidhana</i>
<i>Snehana - Uttamamatra</i>	<i>Lepa - Vidanga + Krishna tila</i>	<i>Agnikarma - Over Lalata &</i>
<i>Vamana</i>	<i>Dhoopana</i>	<i>Shankhpradesha</i>
<i>Virechana</i>	<i>Nadisweda, Upanaha Sweda</i>	<i>Siravyadha - Lalatapradesha</i>
<i>Niruha & Anuvasana Basti</i>	<i>Shirobasti</i>	
<i>Nasya</i>		

C] Non-pharmacological treatment for Migraine: Yoga, Exercise, etc.

D] Pharmacological treatment for Migraine: Anti-inflammatory drugs, Dopamine antagonists.

Conclusion:

Ayurveda is the science which deals with prevention & cure of the disease and diseased person. It has various principles and treatment modalities which are explained in *Ayurveda*. *Shirorogas* are the important diseases in which *Ardhavabhedaka Vyadhi* is one of the important and commonly found disease in today's era. Migraine is one of the commonest cause of headache. Most of the patients having no etiological factors for the development of disease. In *Ayurveda* migraine can be compared with *Ardhavabhedaka*. Its *Nidana*, *Lakshanas* and *Chikitsa* well explained in *Ayurveda* science. So therefore management of *Ardhavabhedaka* with the help of *Ayurveda* helps to cure the disease from its roots.

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