

## Efficacy of an Ayurvedic Intervention in the Management of Migraine: A Case Report

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### Abstract:

In present era, pharmacological, bio-chemical interventions are not success remedy for Migraine. Ayurveda and other complementary medicine have medication for Migraine. The main aim of the study was to assess the efficacy of therapeutic combination of *Shirsooladi vajra ras* and *Godanti bhasma* along with *Pathyadi kwatha* for management of Migraine on clinical sign and symptoms. It was a single case study of Migraine. *Shirsooladi vajra ras* (500 mg) and *Godanti bhasma* (500 mg) along with *Pathyadi kwatha* 20 ml twice in a day for four weeks used to the study participant. Visual Analogue Scale (VAS) score and clinical symptoms were significantly improved from baseline to end of the treatment. This study demonstrated the effectiveness of combine use of *Shirsooladi vajra ras* and *Godanti bhasma* along with *Pathyadi kwatha* in the management of Migraine.

**Key words:** Ayurveda, *Godanti bhasma*, Headache, Migraine, *Pathyadi kwatha*, *Shirsooladi vajra ras*

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**Introduction:**

Migraine is one of the most common neurovascular disabling disorders. It is defined as a paroxysmal affection having a sudden onset accompanied by usually unilateral severe headache and affected 30-50 years age group. Chronic migraine affects about 2% of world population. It is characterized by recurrent headache attack, throbbing pain is affected the half of the head and pulsating in nature. Intermittent pain occasionally radiates to temporal region, sweating and restlessness during the pain. The ratio of female and male is 3:1. A migraine is a still challenge for allopathic medical practice.<sup>[1]</sup> In India, High incidences of migraine were among urban people as compared to rural people. The migraine research foundation considers migraine is the third most prevalent illness and sixth most disabling health issue in the world.<sup>[2]</sup> Migraine sufferers have a higher chance of having depression, anxiety, sleep disorders, other pain conditions and fatigue. Migraine is a syndrome of episodic recurrent throbbing headache, more often unilateral, which is associated with nausea, vomiting, photophobia or phonophobia.<sup>[3]</sup> Management of migraine is symptomatically in allopathic system. In Ayurveda, Migraine can be correlate with *Ardhavabhedaka*, which is one among the 11 types of *Shiroroga* explained in Ayurvedic classics.<sup>[4]</sup> *Ardhavabhedhaka* is mainly caused due to an imbalance in the *Tridoshas*, namely *vata*, *pitta* and *kapha dosha*. Vitiating

*vata dosha* affected the *pitta* and *kapha dosha*. Selection of treatment is based on the classical reference of Ayurvedic text.<sup>[5]</sup>

**Case Report:**

A 42-year -old female reported with history of intermittent and throbbing pain in forehead, nausea, sensitivity to the exposure in light and every fifteen days repeatedly attack of pain in forehead in the past ten years. Patient was on allopathic medicines like Naproxen, Prochlorperazine and Valparin for four years, there was relentless which results in worsening of pain. Since last one month, the patient had stopped all medicines against medical advice.

On examination, pulse was 78/min, blood pressure was 126/82 mm of Hg, respiratory rate was 20/min, and temperature was 98.6-degree Fahrenheit. Systemic examination did not reveal any significant abnormality. According to Ayurvedic *dashavidhapariksha*, the patient was *pittakaphaj prakriti*, *medasara*, *madhyam samhanan*, *vyamishra satmya*, *avara satva*, *madhyam paramana*, *avar aahar* and *vyayam shaktijanya*. After that time of registration written consent was taken before the study.

**Intervention:**

The treatment was carried out with the following medicines (Table-1) for 28 days with follow up every 14th day. Curry and fried food items were restricted during the treatment.

**Table-1 Drug and posology:**

Name of medicine	Doses	Pharmacological action of Drug	Ayurvedic uses of drug
<i>Shirshooladi vajras</i> [6-7]	500 mg (2 tab each 250 mg) twice in a day with honey after breakfast for 28 days	Analgesic	It is used in the treatment of <i>ardhavabhedak, anantavat, shirshoola, suryavarta</i>
<i>Godanti bhasma</i> [8-9]	500mg twice in a day with honey after breakfast for 28 days.	Antipyretic, anti-inflammatory, analgesic, calcium supplement.	It is used in Ayurvedic treatment of <i>Agnimandhya, shirsoola, pitta jvara, jirnajvara, kasa, shvasa.</i>
<i>Pathyadi kwatha</i> [10-11]	20 ml twice in a day with normal water after food for 28 days.	Analgesic, antacid, laxative.	It is widely used in treating all types of headache, migraine, vascular headache, earache.

**Table 2: Effect of treatment on symptoms assessed by Visual Analogue Scale (VAS)**

Clinical Symptoms	Start of the treatment (Mean)	End of the treatment (Mean)	Percentage of relief
Pain is located in forehead	4	0	100
Nausea	4	0	100
Vomiting	3	0	100
Sensitivity to the light	4	0	100
Constipation	4	0	100

### Results and Discussion

After 7<sup>th</sup> day of the treatment, improvement was seen in reduction of pain, nausea and constipation. After twenty-eight days, remission was observed in all the symptoms (Table-2)

Patient was already diagnosed as chronic migraine came to OPD for ayurvedic treatment. Migraine can be clinically correlated with *Ardhavabhedak* which is explained in *shiroroga*. Etiological factors given by *Acharya vagbhatt*, for *shiroroga* are smoking, swimming, night awakening, day sleeping, excessive sweating, mental stress and excessive alcohol consumption. As per modern view, causes for brain lesions, a study was examined the relationship of cardiovascular risk factors (factors that increase your chance of having a stroke or heart attack), like smoking, high blood pressure, body mass index (BMI), high cholesterol to the presence of white matter hyperintensities in migraineurs.<sup>[12]</sup> In ancient times, doctors thought migraine disease was caused by vapors rising from the stomach to the head and vomiting would relieve some of the pain. Caffeine used in combination with ergotamine for treatment of an attack. It appears to benefit by augmenting constriction of cranial vessels by its direct action and enhancing absorption of ergotamine from gastro intestinal tract.<sup>[13]</sup> In Ayurveda, treatment of *Ardhavabhedaka* is *shiravedha*, *shirobasti*, *shirolepa*, *nasya*, *virechan* and *raktamokshan*, due to *raktamokshan* vitiated *shakhagata pitta* removed which gives relief to patient but as *koshthagatapitta* was not removed patient got 40-45% relief in his complaints.

*Virechan* is advised for its removes.<sup>[14]</sup> In this study, *Shirshooladi vajra ras* is a very potent medicine for severe headache due to pharmacodynamic activities like analgesic and anti-inflammatory properties. *Godanti bhasma* is effective due to the antipyretic, anti-inflammatory, analgesic properties and *Pathyadi kwatha* is also effective due to their pharmacokinetic activity like appetizer, digestive, analgesic and laxative. Possibly, a combination of all these formulations helped in breaking the pathology at different levels of Migraine.

### Conclusion:

*Shirshooladi vajra ras* with *godanti bhasma* and *pathyadi kwatha* followed by the oral medicines in the treatment of Migraine (*Ardhabhavedhak*) has provided significant improvement in this case. No conventional drugs were used during the course of treatment.

### Author's contribution:

AM contributed to conception, designation, and acquisition and drafted the study. SP participated in study analysis. PM helped in coordination and gave final approval of the version to be published. All authors read and approved the final manuscript.

### Patient consent:

Author has undertaken the consent of patient to publish this case report.

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