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## ARDHAVBEDHAKA (MIGRAINE): A CASE STUDY

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### Abstract

A middle aged male patient suffering from the symptoms of migraine headache, slurred speech and Poor concentration was treated with the Ayurvedic medicines for 1 month and the symptoms of the patient were subsided. Patient was treated on the line of Shiroroga (Ardhavbedhaka) and the effect of the treatment was very good. Patient recovered completely.

**Keywords:** Migraine, Ardhavbedhaka, Shiroroga, Headache.

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## INTRODUCTION

Shira (head) occupy a prime position in the urdhwajatrugata vikaras, as it is the seat of prana and indriyas [1]. It is sadhyopranahara marma and is ashraya (moola) for other parts of the body [2]. Mostly the term shiroroga is used as synonym of shirashoola. The term shirashoola encompasses all the aches and the discomfort located in the head. Headache is the most common reason for seeking medical help. In general 64% population reports headache. Importance of shiras as described by the classical texts: Charaka explains shiras as the sthana of prana [3]. Vagbhata explains shiras is ashraya of pranavayu which is responsible for Bhuddhi and other functions of indriyas [4]. Sushruta opines prana is the combination of agni, soma, vayu, panchaindriyas and panchamahabhootas. Such pranas are located in shiras [5]. Madhukosha commentator of Madhavanidana clarified the definitions of shirorogas. According to this commentary the term shiroroga refers to such clinical conditions where the shiroroga is a cardinal feature. Madhukosha also explains that shirashoola can be explained as the pain experienced by the patient in shiropradesha [6]. Doshas seated in shiras are Pranavayu, Alochaka pitta, sadhaka pitta, Tarpakakapha and bhodakakapha. Madhukosha also explains that shirashoola can be explained as the pain experienced by the patient in shiropradesha. Doshas seated in shiras are Pranavayu, Alochaka pitta, sadhaka pitta, Tarpakakapha and bhodakakapha. In Ayurveda much importance has been given to Shiras. Headache is one of the most disturbing symptoms. The most important thing is knowing the dosha involved and the *sadhayaasadhyatava* (curability and incurability) of the disease. Acharya Charaka has described 5 types of the Shiroroga [7] whereas Sushruta has mentioned 11 types of the Shiroroga [8]. *Ardhavbedhaka* (Migraine) is *Vatakaphaj* according to Acharya Charaka and *tridoshaja* according to the Acharya Sushruta.

### Case Presentation

A young male patient aged 33 years presented in the OPD of the B.K Govt ayurvedic college Jhansi U.P. with the complaints of Headache (2-3months), Slurred speech (1-2months) and Poor concentration (15 days). Patient was under treatment of the modern physician 2 months, without any improvement. Social history revealed appetite was low, sleep-disturbed, digestion reduced, Bowel habits irregular and maturation was normal. On general examination, the PR was 78 beats/ min. and BP was 140/90 mm of Hg. Blood investigations revealed Hb-9.4gm %, Alkaline phosphatase - 159 (Increased) and GGT -50 (Increased) There was history of irregular intake of alcohol. Rest all the blood investigations were within normal limits. CT of the brain showed no any significant abnormalities.

The patient was prescribed the following treatment for 15 days:

1. Tab. Sutshekhar Ras(svarna yukta) 1 tablet bid . before meal with water.
2. Pathyadi kwath 20 ml. B.D. with equal quantity of water after meal
3. Tab. Shiraha shuladi vajra rasa 2 tablet (250 mg) T.D.S. after meal.
4. Syrp cognium 2tsf bid after meal with water.

Patient was strictly advised to stop C-5 (Cheese, Coffee, Chocolate, Cold drinks and Chinese / Fast food) in diet. Patient was advised to take proper food specially breakfast at time and sleep early.

Patient again presented after 15 days with the symptoms of giddiness) On examination, B.P. was low (90/60 mm of Hg) and P.R. was 66/min. The patient was prescribed the following medications:

Tab. ashvagandha (Himalaya) 1 tab. B.D

Patient was advised to continue the rest of the medicines as usual for 7 days.

On next visit, the symptoms of headache and giddiness were reduced and the sleep of the patient was improved. The patient was advised to continue the rest of the medicines as usual for 7 days.

On next visit, the symptoms of headache were markedly reduced and giddiness was absent, burning in micturation was noticed by patient. There was improvement in the speech and the sleep of the patient was improved. Appetite, Bowel habits, and digestion were normal. On examination, B.P. improved (110/70 mm of Hg) and P.R. was 72/min.

The patient was prescribed the following medications:

Chandra prabhavati 500 gm bid after meal

The patient was advised to continue the rest of the medicines as usual for 7 days. On next visit, dated, the symptoms of headache and slurred speech were absent. Sleep was sound and normal. Appetite, Bowel habits, Micturation and digestion was normal. Chandra prabhavati stopped now. Patient complained of cough. On examination, B.P. improved (120/90 mm of Hg) and P.R. was 84/min. The patient was prescribed the following medicines:

1-Cephagraine drops (Charak) 1 drop B/L B.D.

The patient was advised to continue the rest of the medicines as usual for 7 days.

On next visit, all the symptoms of headache, slurred speech and loss of memory were absent. Sleep, Appetite, Bowel habits, Micturation and digestion was normal

On examination, B.P. was normal (120/84 mm of Hg) and P.R. was 70/min. Patient complained of retrosternal burning sensation and the following mixture of medicines were prescribed twice before meal:

Madhuyasti Powder -3 gm

Kamduda Ras -250 mg

The patient was advised to continue the rest of the medicines as usual for 7 days

On next, all the symptoms of headache, slurred speech and loss of memory were absent. Sleep, Appetite, Bowel habits, Micturation and digestion was normal..The patient was in full remission phase. The follow up of the patient was done for the next 3 months and the patient was completely cured and all the symptoms subsided.

## DISCUSSION

Acharya Charak has basically described 5 types of Shiroroga whereas 4 other types have been described in Siddhi Sthana. Sushruta has mentioned 11 types of the Shiroroga. Ardhavbedhaka (Migraine) is Vatakaphaj in nature according to Acharya Charaka and Sannipataj according to the Acharya Sushruta. The patient was treated on the line of the Ardhavbedhaka. While there are many theories of migraine pathophysiology, migraine is a vascular headache and hence the blood vessels are again involved. most importantly it is free of any kind of side effects.

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