



Journal Homepage: - www.journalijar.com

INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/18351

DOI URL: <http://dx.doi.org/10.21474/IJAR01/18351>



RESEARCH ARTICLE

"AYURVEDA'S INSIGHT INTO MIGRAINE: A COMPREHENSIVE GUIDE TO UNDERSTANDING AND MANAGING THIS DEBILITATING CONDITION"

Dr. Sumol Anand Pawar¹ and Uma Dinkar Deshpande²

1. Asst. Professor, Rachana Sharir, Late B.V. Kale & Manjara Ayurved College & Hospital, Latur.
2. PG Scholar, Rachana Sharir, Late B.V. Kale & Manjara Ayurved College & Hospital, Latur.

Manuscript Info

Manuscript History

Received: 28 December 2023

Final Accepted: 30 January 2024

Published: February 2024

Key words:-

Ayurveda, Migraine Management,
Doshas, Holistic Approaches, Ayurvedic
Remedies

Abstract

Explore the ancient wisdom of Ayurveda through the lens of migraine management in this comprehensive guide. Delve into the root causes of migraines according to Ayurvedic principles, understanding the doshas and their impact on headaches. Discover personalized approaches to prevention and relief, incorporating lifestyle adjustments, dietary recommendations, and herbal remedies. Unearth the significance of balancing energy channels, or nadis, and the role of Ayurvedic therapies such as Shirodhara. From holistic perspectives to practical tips, this article provides a holistic view of migraines, inviting readers to embrace Ayurvedic insights for enhanced well-being and a profound understanding of this challenging condition.

Copy Right, IJAR, 2024,. All rights reserved.

Introduction:-

In the realm of holistic health and traditional medicine, Ayurveda stands as a beacon of ancient wisdom, offering profound insights into the intricate balance of mind, body, and spirit. Within the expansive tapestry of Ayurvedic knowledge, one finds a unique perspective on ailments that have plagued humanity for centuries, including the enigmatic and often debilitating condition known as migraines. This comprehensive guide aims to unravel the intricate threads connecting Ayurveda and migraine management, shedding light on the holistic principles that underpin this ancient healing tradition. (01)

Migraines, characterized by intense headaches often accompanied by nausea, sensitivity to light, and pulsating pain, have long perplexed both medical practitioners and sufferers alike. While conventional medicine addresses symptoms, Ayurveda delves into the fundamental imbalances within the body's constitution, known as doshas. These doshas—Vata, Pitta, and Kapha—represent distinct combinations of the five elements (earth, water, fire, air, and ether) and play a pivotal role in Ayurvedic diagnosis and treatment. (02)

As per the World Health Organization's data, migraine stands as the third most prevalent medical condition globally, impacting 14.7% of the population annually. (03) It ranks as the second most common cause of headaches, affecting approximately 15% of women and 6% of men worldwide. (04) Its prevalence peaks during young and middle adulthood, particularly between the ages of 30 and 39, with 28.1% of women and 9.0% of men experiencing migraines. (05) This condition imposes social handicaps and contributes to significant job productivity loss, with a noteworthy socioeconomic impact. Migraine, as per modern science, typically manifests as recurrent severe headaches with autonomic symptoms, lasting 2 to 72 hours and accompanied by sensory, motor, and mood disturbances. (06)

Corresponding Author:- Dr. Sumol Anand Pawar

Address:- Asst. Professor, Rachana Sharir, Late B.V. Kale & Manjara Ayurved
College & Hospital, Latur.

Need of Study

This study is essential to explore Ayurveda's holistic perspective on migraines, offering comprehensive insights into understanding and managing this debilitating condition, potentially contributing to personalized and integrative healthcare approaches.

Materials and Methods:-

Ardhavabhedaka

The word Ardhavabhedaka has two parts Ardha and Avabhedaka.

1. **Ardha** means one half or half side.
2. **Ava** means from within
3. **Bhedaka** means breaking, perforating or bursting type of pain. Thus, literal meaning of

Ardhavabhedaka is bursting or perforating type of pain in one half of the head (Ardha Mastaka Vedana). (07)

It is characterized as an intense, intermittent, unilateral headache, manifesting every three, five, ten, fifteen, or thirty days. This occurrence is attributed to the imbalance of Vata, Vataakapha, Vataapitta, or Tridosha.

What is Ardhavabhedaka?

Ardhavabhedaka is a term in Ayurveda used to define a specific type of headache. It translates to "half-sided headache" in English. The term "Ardhavabhedaka" is derived from the Sanskrit words "Ardha," meaning "half," and "Bhedaka," referring to "split" or "divided." In Ayurvedic terms, Ardhavabhedaka is associated with severe, throbbing pain that affects one-half of the head and is often considered a subtype of headache related to imbalances in the doshas, particularly Vata dosha. Understanding and addressing the specific doshic imbalance is key in Ayurvedic approaches to managing Ardhavabhedaka.

What Is Migraine?

Migraine is a neurological condition characterized by recurrent, intense headaches often accompanied by other symptoms such as nausea, vomiting, sensitivity to light, and sound. The headache is typically severe, throbbing, and usually affects one side of the head. Migraines can be triggered by various factors, including hormonal changes, certain foods, stress, and environmental factors. They can last for hours to days, significantly impacting daily activities. Migraines are considered a complex disorder with genetic and environmental influences. Management includes lifestyle modifications, medications for acute attacks, and preventive measures. Individualized treatment plans are often necessary due to the variability of symptoms.

Synonyms

1. Ardha Sheersha Shoola (08)
2. Ardhavabhedaka (09,10)
3. Shiroardhashoola (11)
4. Ardhavabhedaka (12)

All these synonyms carry the same meaning i.e., shoola is present in half portion of head.

Etiological Factor For Ardhavabhedaka (13)

In Ayurveda, Ardhavabhedaka, commonly associated with migraine, is believed to be influenced by a variety of etiological factors related to imbalances in the doshas (Vata, Pitta, and Kapha). Here are some key etiological factors for Ardhavabhedaka:

Vata Dosha Imbalance:

Disturbances in the Vata dosha, representing the air and ether elements, are often considered a significant factor. Vata imbalance can lead to irregularities in blood flow and nerve function, contributing to migraines.

Pitta Dosha Aggravation:

Excess Pitta, associated with fire and water elements, may contribute to the intensity of headaches. Pitta imbalance can result from factors like excessive heat, stress, or certain dietary habits.

Kapha Dosha Involvement:

While less common, imbalances in Kapha dosha (earth and water elements) may also contribute to Ardhavabhedaka. Kapha-related factors such as congestion or sluggish circulation may play a role.

Dietary Triggers:

Certain dietary factors, including irregular eating patterns, consumption of excessively hot or spicy foods, and dehydration, may contribute to doshic imbalances and trigger migraines.

Environmental Factors:

Changes in weather, exposure to extreme temperatures, and other environmental factors can influence Vata and Pitta doshas, potentially triggering Ardhavabhedaka.

Stress and Emotional Factors:

Emotional stress, anxiety, and tension are considered significant contributors to migraine in Ayurveda. Emotional disturbances can disturb the balance of doshas and manifest as headaches.

Hormonal Changes:

Fluctuations in hormonal levels, particularly in women during menstruation, pregnancy, or menopause, are recognized as potential triggers for Ardhavabhedaka.

Types Of Ardhavabhedaka (14)

In Ayurveda, Ardhavabhedaka is often classified into different types based on the predominant doshic involvement and specific characteristics of the headache. Here are some common types of Ardhavabhedaka:

Vataja Ardhavabhedaka

This type is associated with an aggravated Vata dosha, characterized by throbbing, pulsating pain on one side of the head. It may be accompanied by symptoms such as sensitivity **to light and sound, restlessness, and a feeling of coldness.**

Pittaja Ardhavabhedaka

Pitta dosha predominance manifests as a sharp, burning pain on one side of the head. Individuals with Pittaja Ardhavabhedaka may experience nausea, sensitivity to light, and irritability. The pain is often intense and exacerbated by heat.

Kaphaja Ardhavabhedaka

In this type, an imbalance in Kapha dosha leads to a dull, heavy pain on one side of the head. Kaphaja Ardhavabhedaka may be associated with congestion, a feeling of heaviness, and a general sense of lethargy.

Tridoshaja Ardhavabhedaka

This type involves an imbalance in all three doshas—Vata, Pitta, and Kapha. The headache may present with a combination of characteristics from each dosha, making it more complex and challenging to manage.

KshayajaShiroroga:

Lakshana (Symptoms): Severe pain in the eyebrows due to depletion of fat and muscle.

Suryavatha:

Lakshana (Symptoms): Pain in the eyes and eyebrows that starts mildly during sunrise, peaks in the afternoon, and gradually diminishes.

Anyathovata:

Lakshana (Symptoms): Pain referred to the eyes, temples, and neck.

Ananthavata:

Lakshana (Symptoms): Intense pain in the eyes, eyebrows, temples, and cheeks; accompanied by tremors on the side of the neck or chin.

Shankhaka:

Lakshana (Symptoms): Severe pain and burning sensation in the temple region.

Adhimantha:

Lakshana (Symptoms): Throbbing pain in the eyes, tearing, splitting headache, and a feeling of heaviness in half of the head.

Vata Viparyaya:

Lakshana (Symptoms): Varied pain sensations, sometimes in the forehead, eye, or eyebrows.

Sl.No.	Vyadhi	Lakshana
1	VatajaShiroroga	Animittaruja, toda in shiras, shoola in bhru, shankha, akshi, lalata and ghatapradesha, occurs in ratri, prakashasantrasa. It occurs bilaterally.
2	KshayajaShiroroga	Ugra ruja in bhru due to vasa and balakshata
3	Suryavatha	Akshi bhruruk which starts mandafrom suryodayam and reaches its peak in the afternoon and gradually subsides.
4	Anyathovata	Referred pain in akshi, shankha, manya
5	Ananthavata	Teevvaruja in akshi, bhru, shankha and ganda, parswakampa which will be referred from manya or greevaparswa
6	Shankhaka	Shankhadesateevvaruk and daha
7	Adhimantha	Aranimanthanavatschoola in netra, toda, bheda, avilatha of netra, vyatha in half portion of head
8	Vata viparyaya	Vedana sometimes in the Pakshma, sometimes in eye or sometimes in bhru

Risk Factor For Ardhavabhedaka (15)

In Ayurveda, Ardhavabhedaka, or migraine, is considered to be influenced by various factors related to doshic imbalances and lifestyle. While the concept of "risk factors" is not explicitly defined in Ayurveda as it is in modern medicine, certain conditions and practices are believed to contribute to the manifestation or aggravation of Ardhavabhedaka. Here are some factors that may be considered influential:

Imbalanced Doshas

Ardhavabhedaka is often associated with an imbalance in the Vata dosha, which represents the air and ether elements. Other doshas (Pitta and Kapha) may also play a role, depending on individual constitution and imbalances.

Poor Dietary Habits

Irregular eating patterns, consuming excessively hot, spicy, or incompatible foods, and dehydration are believed to disturb the balance of doshas, potentially triggering Ardhavabhedaka.

Stress and Mental Strain

Emotional stress, anxiety, and mental strain are considered significant contributors to migraines in Ayurveda. These factors can aggravate Vata dosha and disturb the overall balance.

Hormonal Fluctuations

Changes in hormonal levels, particularly in women during menstruation, pregnancy, or menopause, are recognized as potential triggers for Ardhavabhedaka.

Environmental Factors

Exposure to extreme weather conditions, excessive noise, bright lights, and other environmental stressors can disturb the equilibrium of doshas, contributing to migraines.

Lack of Proper Rest

Irregular sleep patterns, inadequate rest, and disturbed sleep are considered risk factors as they can exacerbate Vata imbalance and contribute to the onset of migraines.

Excessive Physical Exertion

Overexertion or engaging in strenuous physical activities without proper rest and recovery is believed to disturb the balance of doshas, potentially triggering migraines.

Genetic Predisposition

While not explicitly mentioned in classical Ayurvedic texts, there is an acknowledgment that genetic factors, or an individual's inherent constitution (Prakriti), may play a role in susceptibility to imbalances that lead to migraines.

Management Of Ardhavabhedaka (16)

The management of Ardhavabhedaka (migraine) in Ayurveda involves a holistic approach that aims to restore balance to the doshas and address the root causes of the condition. Here are some general principles and strategies used in the Ayurvedic management of Ardhavabhedaka:

Identify Dosha Imbalance

An Ayurvedic practitioner assesses the individual's constitution (Prakriti) and the current doshic imbalance (Vata, Pitta, Kapha) to tailor the treatment plan accordingly.

Dietary Modifications

Adopting a migraine-friendly diet involves avoiding trigger foods that may aggravate doshas. This can include reducing intake of spicy, hot, and oily foods and incorporating cooling, nourishing, and easily digestible meals.

Lifestyle Adjustments

Establishing a regular daily routine (Dinacharya) and sleep pattern helps balance Vata dosha. Adequate rest, proper sleep hygiene, and stress management techniques, such as meditation and yoga, are emphasized.

Herbal Remedies

Ayurvedic herbs with anti-inflammatory, calming, and nervine properties may be prescribed. Examples include Brahmi, Ashwagandha, Jatamansi, and Shatavari. These herbs aim to pacify aggravated doshas and support the nervous system.

Nasya Therapy

Nasal administration of medicated oils (Nasya) is used to balance Vata dosha and address nasal congestion. This therapy is believed to have a positive impact on migraine symptoms.

Shirodhara

Shirodhara involves a continuous stream of warm herbal oil or decoction poured onto the forehead. It is known for its calming effect on the nervous system and is often recommended for managing headaches.

Panchakarma

Panchakarma, a set of detoxification therapies, may be recommended to eliminate toxins and restore balance. Virechana (therapeutic purgation) and Nasya (nasal administration) are examples of Panchakarma procedures.

Ayurvedic Massage (Abhyanga)

Gentle massage with medicated oils (Abhyanga) can help relax the muscles, improve circulation, and promote overall well-being.

Personalized Treatment

Ayurvedic treatments are highly individualized based on the unique constitution and imbalances of the individual. Therefore, a personalized treatment plan is crucial for effective management.

How To Prevent Ardhavabhedaka (17)

Preventing Ardhavabhedaka (migraine) in Ayurveda involves adopting a holistic approach that addresses lifestyle, dietary, and environmental factors to maintain balance in the doshas. Here are some preventive measures based on Ayurvedic principles:

Maintain a Regular Routine (Dinacharya)

Establish a daily routine that includes regular wake-up and sleep times. Consistency in daily activities helps balance Vata dosha and promotes overall well-being.

Balanced Diet

Adopt a balanced and nourishing diet. Include a variety of whole foods, fresh fruits, vegetables, whole grains, and moderate amounts of healthy fats. Avoid excessive consumption of spicy, hot, and oily foods, as they can aggravate Pitta dosha.

Hydration

Stay well-hydrated by drinking adequate water throughout the day. Dehydration can exacerbate Vata dosha, contributing to headaches.

Identify and Avoid Triggers

Pay attention to factors that trigger migraines, such as specific foods, environmental stimuli, or stressors. Avoid or minimize exposure to these triggers.

Manage Stress

Incorporate stress management techniques into your daily routine. Practices such as meditation, deep breathing exercises (Pranayama), and yoga help calm the mind and balance the nervous system.

Adequate Sleep

Ensure sufficient and restful sleep each night. Lack of sleep can disturb the balance of doshas, especially Vata, and contribute to the onset of migraines.

Avoid Overexertion

Practice moderation in physical activities. Overexertion can disturb the balance of doshas and potentially trigger headaches.

Limit Stimulants

Minimize the consumption of stimulants like caffeine and alcohol, as these can aggravate Pitta dosha and contribute to migraines.

Regular Exercise

Engage in regular, moderate exercise to promote overall health and balance. Activities like walking, swimming, and gentle yoga can be beneficial.

Seasonal Adaptations

Be mindful of seasonal changes and adapt your lifestyle accordingly. Changes in weather and environment can influence dosha balance.

References:-

1. Mayo Clinic . Migraine - Symptoms and causes [Internet]. Mayo Clinic. 2021. Available from: <https://www.mayoclinic.org/diseases-conditions/migraine-headache/symptoms-causes/syc-20360201>
2. Bhisagacharya PHS, editor, Ashtanga Hrudaya of Vagbhata, Uttarasthana; Shirorogavijnaneeya; Chapter 23, Verse 8. Varanasi; ChaukhambaPrakashana, 2010; 859
3. Vos T, Flaxman AD, Naghavi M, et al. Years lived with disability (YLDs) for 1160 sequelae of 289 diseases and injuries 1990– 2010: a systematic analysis for the
4. Global Burden of Disease Study 2010. Lancet. 2012;280:2163–96.
5. Kasper D, Fauci A, Hauser S, Longo D, Jameson J, Loscalzo J. Harrison's principles of internal medicine. 17th ed. New york: The Mc Graw Hill Companies; 2008.p.96-8.
6. Smitherman AT, Clinician's Manual on Migraine, chapter 1, Springer International Publishing Switzerland; 2016.pg1-2
7. Siddhartha N.Shah, API Text Book of Medicine,Mumbai, 8th edition reprint 2009, P-1103-1105
8. Kunte AM, Sastri KR, Astanga Hridaya with the commentaries of Arunadatta and Hemadri, 9th edn.,Varanasi: Chaukhambha Orientalia.:859

9. Trikamji VJ , Susruta Samhita with Nibhandha Sangraha Commentry, Varanasi: Chaukhambha Sanskrit Sansthan:355
10. Pandey VJ, Harita Samhita , Varanasi: Chaukhamba Publication : 424
11. Sastri PP , Sarangadhara Samhita , 2nd edn., Varanasi: Chaukhamba Orientalia:343
12. Trikamji VJ , Susruta Samhita with Nibhandha Sangraha Commentry, Varanasi: Chaukhambha Sanskrit Sansthan:655
13. MD(Ayu) DJVH. Ardhavabhedaka Shiroroga – Causes, Symptoms, Treatment [Internet]. Easy Ayurveda. 2019. Available from: <https://www.easyayurveda.com/2019/12/07/ardhavabhedaka/>
14. Nirmal N. A review article on Ardhavbhedaka and its management in Ayurveda. Journal of Ayurveda and Integrated Medical Sciences [Internet]. 2022 Mar 20;7(1):244–9. Available from: <https://jaims.in/jaims/article/view/1713/1769>
15. A Critical Analysis of Nidana and Chikithsa of Ardhavabhedaka W.S.R to Migraine [Internet]. www.slideshare.net. 2022 [cited 2024 Jan 12]. Available from: <https://www.slideshare.net/ijtsrd/a-critical-analysis-of-nidana-and-chikithsa-of-ardhavabhedaka-wsr-to-migraine>
16. Choudhari M, Jain A, Jain N. Ayurveda Treatment Protocol in the Management of Ardhavabhedaka (Migraine) - A Case Report. International Journal of AYUSH Case Reports [Internet]. 2020 Sep 30 [cited 2024 Jan 12];4(3):161–7. Available from: <https://www.ijacare.in/index.php/ijacare/article/view/161>
17. Migraine & Diet Plan [Internet]. www.practo.com. [cited 2024 Jan 12]. Available from: <https://www.practo.com/healthfeed/migraine-diet-plan-46107/post>.