

AYURVEDIC MANAGEMENT OF SURYAVARTA W.S.R. MIGRAINE: A CLINICAL STUDY

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ABSTRACT

Suryavarta^[1] is a type of Shiroroga^[2] characterized by a headache that intensifies with sunrise and subsides after sunset. It closely resembles migraine^[3], a neurovascular disorder involving trigeminovascular activation and inflammatory mediators. This clinical study evaluates the efficacy of Ayurvedic management in a 32-year-old female patient presenting with classical features of Suryavarta. The treatment protocol included Pathyadi Kashaya, Akik Pishti, Godanti Hartal Pishti, Avipattikar Churna, and Praval Panchamrit. Significant improvement was observed in headache intensity, photophobia, nausea, and burning sensation. The results suggest that Ayurvedic management focusing on Pitta-Vata shamana and Agni correction is effective in migraine.

KEYWORDS: Suryavarta, Migraine, Shiroroga, Ayurveda, Pitta-Vata, Pathyadi Kashaya.

1. INTRODUCTION

Suryavarta is described in Ayurvedic classics as.

“पित्तानुबद्धः शङ्खाक्षिभूललाटेषु मारुतः।
रुजं सस्पन्दनां कुर्यादनुसूर्योदयोदयाम्॥१८॥
आमध्याह्नं विवर्धिष्णुः क्षुद्रतः सा विशेषतः।
अव्यवस्थितशीतोष्णसुखा शाम्यत्यतः परम्॥१९॥
सूर्यावर्तः स इत्युक्ता दश रोगाः शिरोगताः”^[4]

Migraine is a common neurological disorder affecting approximately 12–15% of the population, predominantly females.^[5] It is characterized by recurrent unilateral headache associated with photophobia, nausea, and functional impairment. Modern science attributes migraine to trigeminovascular activation and neurogenic inflammation mediated by calcitonin gene-related peptide (CGRP).^[6]

Ayurveda correlates migraine with Suryavarta, a **Pitta-Vata predominant Shiroroga**, often associated with **Agnimandya^[7]** and **Amlapitta.^[8]**

2. CASE PRESENTATION

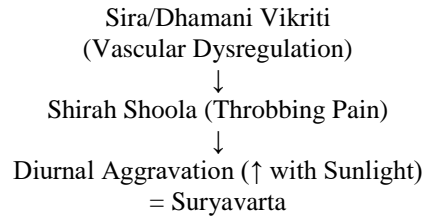
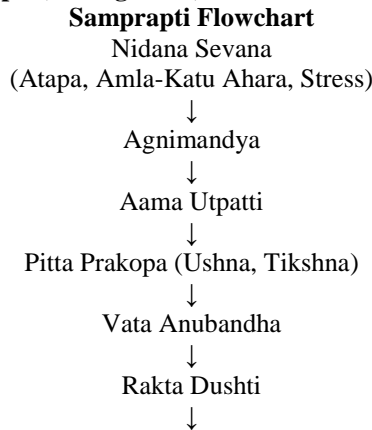
A patient 32 years/Female came to Kayachikitsa OPD of Shri Eknath Rughnalaya, Shevgaon.

Parameter	Details
Age/Sex	32/Female
Known illness	None
Duration	Chronic episodic
Chief complaints	Headache (daytime aggravation), photophobia, nausea, burning sensation

3. Ashtavidha Pariksha^[9]

Pariksha	Findings
Nadi	Pitta-Vata
Mala	Irregular
Mutra	Normal
Jihva	Slightly coated (Aama)
Shabda	Normal
Sparsha	Ushna
Drik	Photophobia
Akruti	Madhyama

4. Samprapti (Pathogenesis)



5. Modern Correlation

- Migraine involves
- Trigeminal nerve activation
 - CGRP-mediated neurogenic inflammation
 - Serotonin imbalance^[10]

6. Treatment Protocol

Medicine	Dose	Duration/Time
Pathyadi Kashaya ^[11]	15 ml	Twice daily before meals
Akik Pishti ^[12] + Godanti ^[13]	125 mg each	Twice daily before meals
Avipattikar Churna ^[14]	2 gm	At bedtime with Manuka Phanta
Praval Panchamrit ^[15]	250mg	Twice daily after meals

7. Drug Review (Ayurveda & Modern Perspective)

Drug	Ayurvedic Action	Modern Correlation
Pathyadi Kashaya	Pitta-Rakta Shamana	Anti-inflammatory, antioxidant
Akik Pishti	Sheeta, Pittashamak	Neuroprotective, calcium-based
Godanti Pishti	Vedanasthapaka	Analgesic, antipyretic
Avipattikar Churna	Amlapitta Nashak	Antacid, gut regulator
Praval Panchamrit	Pittashamak, Balya	Neuromuscular stabilizer

8. Assessment Criteria

Symptoms assessed using Visual Analog Scale (VAS, 0–10)^[16]

- Headache
- Photophobia
- Nausea
- Burning sensation

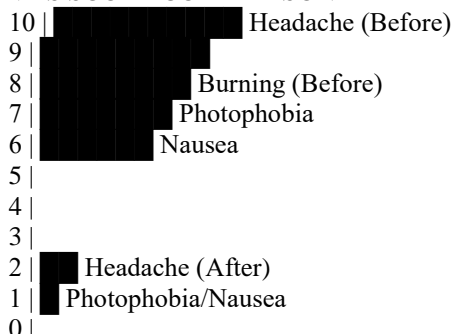
9. RESULTS

Table: Symptom Improvement.

Symptom	Before Treatment	After Treatment
Headache	9	2
Photophobia	7	1
Nausea	6	1
Burning sensation	8	2

Graphical Representation (VAS Score)

VAS SCORE COMPARISON



 BEFORE AFTER

10. DISCUSSION

The pathogenesis of Suryavarta involves **Pitta aggravation with Vata association**, leading to Rakta Dushti and vascular dysregulation. The selected treatment protocol addresses:

- **Pitta Shamana** → reduces inflammation and burning sensation
- **Vata Anulomana** → alleviates pain
- **Agni Deepana & Amapachana** → removes root cause

- **Akta Shodhana** → improves vascular function

The improvement observed in symptoms aligns with modern understanding of migraine pathophysiology, particularly reduction in neurogenic inflammation and neuronal excitability.

11. CONCLUSION

Ayurvedic management of Suryavarta through a **Pitta-Vata balancing approach and Agni correction** provides significant relief in migraine symptoms. The therapy is safe, effective, and addresses the root cause, offering a promising alternative to conventional treatment.

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