

MODE OF ACTION OF *LAGHUSUT SHEKHAR RAS* IN *ARDHAVBHEDAK* (MIGRAINE)

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## ABSTRACT

*Ardhavybhedak* is mentioned under *shirorog*. It is very common disease in present time as well as it is prevailing since past. *Ardhavybhedak* can be scientifically correlated with migraine due to its cardinal feature of 'half sided headache'. All the three *dosha* are involved in the manifestation of *ardhavybhedak* with the predominance of *vata* or *pitta dosha*. Management of three *dosha* can be done by *Laghusut Shekhar Ras*. *Laghusut shekhar Ras* is referenced from *Rasa Tarangini Parishista*. *Laghusut Shekhar Ras* is prepared from *suddha gairika*, *shunthi* and it is processed with *nagarbel* or betel leaf. It is useful in *shirahshool*, *amlapitta*, *pittaja unmad* disorder etc.

**KEYWORDS:** *Ardhavybhedak*, Migraine, *Pitta Dosha*, *Laghusut Shekhar Ras*.

## INTRODUCTION

*Ardhavybhedak* is mentioned under *shiroroga*. According to Acharya Charak,<sup>[1]</sup> *shiroroga* is of five types, Vagabhatta described 10 types and according to Acharya Shushrut<sup>[2]</sup> there are 11 types of *shiroroga*. The most common complaint regarding *shiroroga* is *shirahshool* i.e. headache. Different types of *shiroroga* are *vataj*, *pittaj*, *kaphaj*, *sannipataj*, *raktaj*, *krimij*, *kshayaj*, *suryavart*, *ardhavybhedak*, *shankhak* and *anantvata*. Among them *ardhavybhedak* is found to be most common one often *vatika shiroroga*. The disease *ardhavybhedak* is characterized by paroxysmal attacks of headache, which may be unilateral and severe in nature. *Ardhavybhedak* has all the three *dosha* with the predominance of *vata* or *vata-kapha*. *Ardhavybhedak* can be correlated with migraine due to its cardinal feature 'half sided headache' (*Ardha mastak vedana - Chakrapani*) and due to its paroxysmal nature.

**Etymology of *Ardhavybhedak*:** *Ardhavybhedak* consists of two words viz. *Ardha* and *Avabhedak*. *Ardha* denotes half or half side, *Ava*-poor prognosis and *Bheda*-breaking through, bursting out and perforating kind of pain. Hence accurate denotation of *Ardhavybhedak* is bursting or perforating type of pain in unilateral of the head either right or left, *Ardhavybhedak* means "Ardha mastak vedana" (headache on half part of head), according to *Chakrapani*.

**Pathogenesis of *Ardhavybhedak*:** Due to the different kind of *nidana* factors vitiate either *vata*, *pitta* and *kapha* or *vata* and *kapha* get aggravated, which indulge with *rakta* in the head, resulting in the manifestation of

*shirahshoola* and invading the half portion of head resulting in *ardhavybhedak*.

***Laghusut Shekhar Ras***<sup>[3]</sup>

Ingredients of *Laghusut Shekhar Ras* are  
1. *Shuddha swarna Gairika* (red ochre)-2 parts  
2. *Shunthi* (zingiber officinale)-1 part  
3. *Paan* (piper betel) - *Bhavna dravya*

**Chemical Composition**

*Laghusut shekhar Ras* contains alkaloids of ginger root and iron oxide. In addition, some alkaloids of betel leaf are also present.

**Formulation**<sup>[4]</sup>

*Suwarnagairika*-240 gm  
*Shunthi* powder -120 gm  
*Nagvalli* juice extract

All above medicine are collectively taken in one *khalwa* and grinding is done for 3 days. Then after 3 days *vati* (tablets) are prepared of 1-4 *gunja praman*.

**Pharmacological Actions**

*Laghusut Shekhar Ras* acts as detoxifier and anti-toxin, which helps to reduce *ama* in the body and prevents its further formation through its digestive action. This action is contributed by presence of ginger root powder in formulation. Its effects appear on all three *dosha*, but especially it reduces aggravated *pitta*. Like *Sutshekhar Ras*, it also reduces *amal* and *tikshna* qualities of *pitta dosha*.

## Ayurvedic Properties and Action of Composition

### 1. Shuddha Gairika

It is astringent, sweet in taste (*Ras*), sweet after digestion (*vipak*), and cool in effect (*virya*). It is used in treatment of *Netra roga*, *Raktapitta*, *Hikka*, *Vata Vikara*, *Rakta pradar*, *Kandu*, *Jwara*, *Daha*, *Udar roga*.

**RAS**- *Kashaya*, *Madhur*

**GUNA**- *Snigdha*, *Vishad*

**VIRYA**- *Sheeta*

**VIPAK**- *Madhur*

#### Action

- *Pitta Nashak*
- *Vrana ropana*
- *Netrya*
- *Kaphajit*

### 2. Nagvalli / Paan

It is antibacterial, antiseptic, carminative, digestive, expectorant, laxative, stimulant and tonic.

**RAS**: *Kashaya* (astringent), *Katu* (pungent), *Tikta* (bitter).

**GUNA**: *Laghu* (light), *Tikshna* (sharp), *Vishad* (non slimy), *Sara* (mobile, unstable)

**VIRYA**: *Ushna* (heating)

**VIPAKA**: (transformed state after digestion): *Katu* (pungent)

#### Action

- *Shleshmahar* (phlegm pacifier)
- *Ruchya* (stimulates taste)
- *Vata Hara* (pacifies *vata*)

### 3. Shunthi

*Shunthi* acts by its *ushna guna*, helps in *amapachan* and *agnidipan* by its digestive action. It is used in various diseases which originates mainly by *agnimandhya* and *ama* like *Agnimandhya*, *shoola*, *adhman*, *Atisara*, *amavata Vibandha*, *Jwara*, *Hikka*, etc. Aqueous extract of ginger was able to protect the gastric mucosa from stress induce mucosal lesions and inhibits gastric acid secretion probably by blocking H<sup>+</sup> ion, K<sup>+</sup>-ATPase action, inhibiting growth of *hpylori* and offering anti-oxidant protection against oxidative stress induced gastric damage.

**RAS**: *Katu*

**GUNA**: *snigdha*

**VIRYA**: *Ushana*

**VIPAK**: *Madhur*

#### Action

- *Deepan*
- *Bhedan*
- *Vata-kaphahar*

In short, *Laghu sutshekhhar Ras* acts on <sup>[5]</sup>

**Dosha** – when *pitta* is aggravated by its *Tikshna* and *Amla guna*.

**Dushya** - *Ras*, *Rakta*.

**Sthan** - *Amashay*, *pakwashay*, *Raktvaha strotas*.

### Therapeutic Uses of Laghu Sutshekhhar Ras

1. *Aam pachak*
2. *Antiemetic*
3. *Digestive stimulant*
4. *Antacid*
5. *Anti-inflammatory*
6. *Blood purifier*
7. *Sinusitis*
8. *Insomnia*
9. *Migraine*

**Matra of Laghu Sutshekhhar** - 250-500 mg

**Anupan** - Milk, Sugar

**Sevankal** - Before or after meal

### Probable Mode of Action of Laghu Sutshekhhar Ras

• *Katu Rasa* (40%) and *Tikta Rasa* (20%) have *Deepana–Pachana Karma*, which causes *Amapachana* and thus provides proper metabolism and ultimately balances the *Agni*. Thus, these *Rasa* works at *Agni dushti* stage in the *Samprapti* of *Ardhavabhedaka*. *Kashaya Rasa* (20%) and *Ruksha Guna* (14.29%) supports the function of these *Rasas* (*Katu – Tikta*) due to *Shoshana Karma* i.e., it helps better absorption at cellular level by enhancing the function of digestion and metabolism. *Ushna Virya* (66.67%) of *Shunthi* and *Nagavalli* has *Deepana–Pachana* property, which acts as *Agnideepaka*. It also softens and liquefies the morbid *doshas* which are ultimately removed due to *Virechaka Karma*, there by relieving constipation. *Snigdha Guna* (28.57%), *Madhura Vipaka* (66.67%) and *Madhura Rasa* (20%) having the property *Srushtavinamutra*, which relieves the symptoms of constipation and hyperchlorhydria. *Snigdha Guna* (28.57%) has *Kledana Karma*, which acts as a binding agent and strengthens the efficacy of *dhatu* by providing proper nourishment.

• *Laghu Guna* (14.29%) and *Tikshna Guna* (14.29%) have *Sroto-shodhaka* property, which helps in expelling the morbid *doshas*. These *Guna* also have the property of *Urdhavabhaga-doshaharatva*, which breaks the *Samprapti* at *Prasaravastha*, where *Vata* alone or *Kapha* along with *Vata* causes *Urdhavaga pravriti* of vitiated *doshas*. *Sheeta Virya* (33.33%) of *Gairika* strengthens the *Dhatvagni bala* due to its *Balya Karma* and thus counteracts the *Shodhana Karma*.

## DISCUSSION

*Ardhavbhedak* being a very common disorder in present scenario. As in this disease vitiated *vata* & *pitta* is primarily responsible factor. Therefore, *vata-pitta shamak* properties plays an important role in the management of disease. *Laghu sutshekhhar ras* have ingredients, which are mainly *pittanashak* & *vatashamak* properties. This medicine balance *vata* and *piita dosha* and various disorders that occurs due to vitiation of *pitta dosha*.

## CONCLUSION

*Laghu sutshekhhar Ras* correcting the vitiated state of *vata* and *pitta*, improves the *Ardhavybedak*. Conceptually it is concluded that the substance having properties, like *laghu*, *katu*, *snigdha*, *ushana* has the effect to decrease the vitiated *dravya* roop of *pitta* and maintaining the proper functioning of *agni*. The herbo-mineral formulations are simple and effective treatment modality for migraine. The study can prove a real breakthrough in the coming times for treatment of *Ardhavybedak* (Migraine).

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