

A REVIEW OF VIDANGADI AWAPIDA NASYA IN MANAGEMENT OF  
ARDHAVABHEDAKA (MIGRAINE)Pawan Singh<sup>\*1</sup>, Arvind Gupta<sup>2</sup>, Shrimant G. Chavan<sup>3</sup> and Vandana<sup>4</sup><sup>1</sup>P. G. Scholar, Department of Panchakarma, Himalayiya Ayurvedic (P.G.) Medical College & Hospital, India.<sup>2</sup>Assistant Professor, Department of Panchakarma, Himalayiya Ayurvedic (P.G.) Medical College & Hospital, India.<sup>3</sup>Associate Professor Department of Panchakarma, Himalayiya Ayurvedic (P.G.) Medical College & Hospital, India.<sup>4</sup>Professor & HOD, Department of Panchakarma, Himalayiya Ayurvedic (P.G.) Medical College & Hospital, India.**\*Corresponding Author: Pawan Singh**

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**ABSTRACT**

Migraine is one of the most common neurological diseases encountered in day-to-day life due to the rapidly disturbances in living style and behavioural pattern of the people. It is a widespread chronic and intermittently disabling disorder characterized by recurrent headaches with or without aura. In *Ayurveda*, Migraine can be correlated with *Ardhavabhedaka* which is a major health issue among people of age group 25-45 years. It is described under *Shiroroga* which occurs due to vitiation all the three *dosha* but predominance of *vata* or pitta dosha. This condition is characterized by the unilateral headache with paroxysmal nature and associated with symptoms like photophobia, nausea, vomiting, and sensory abnormalities. Modern science probably advises drugs like NSAIDs, Antiemetic, Ergot, Triptans which have their own side effects like Liver damage, increased risk of heart attack, dizziness, feeling of chest heaviness and numbness of fingers and toes. *Vidangadi Awapida Nasaya* in *Ayurveda* plays a unique role in the management of the *Ardhavabhedaka*. *Vidangadi Awapida Nasaya* is referenced from *Bhesyajya Ratnawali* and *Vangsen*. It is a type of *Shodhana Nasya*. *Vidangadi Awapida Nasaya* is prepared from *Vidanga*, *Krishna Tila*, and Water. So, use *Vidangadi Awapida Nasaya* in the treatment of *Ardhavabhedaka*.

**KEYWORDS:** *Ardhavabhedak*, Migraine, *Tridosha*, *Awapida Nasya*, *Vidanga*.**INTRODUCTION**

Acharya Sushruta, Acharya Yogaratnakara, Madhavacharya, Vangsen, Bhavamishra described 11 types of *Shiro Rogas*. Acharya Charaka, 5 type *Shiroroga* are mentioned in *Sutrasthana* and 4 additional types of *shiroroga* described in *Sidhdhithana*. Acharya Vagbhata mentioned 19 type of *Shiroroga*. *Ardhavabhedaka* is one among them.

*Ardhavabhedaka* (hemicrania) is one of the *Shiroroga* which can be correlated with migraine having symptoms like paroxysmal one-sided headache. Acharya Chakrapani, the commentator of *Charaka Samhita* made it clear by saying *Ardhavabhedaka* means "Ardha Mastaka Vedana".<sup>[1]</sup> According to Acharya Sushruta *Ardhavabhedaka* occur due to vitiation of *Tridosha* (*Vata - Pitta - Kapha*).<sup>[2]</sup> While Acharya Charaka<sup>[3]</sup>, Madhavacharya<sup>[4]</sup>, Acharya Vangsen<sup>[5]</sup> and Yogaratnakara<sup>[6]</sup> had mentioned that vitiated *Vata/Vata - Kapha* are responsible for the *Ardhavabhedaka*. According to Acharya Vagbhata, *Ardhavabhedaka* is caused by *Vata Dosha*.<sup>[7]</sup>

*Ardhavabhedak* is also manifest by *Vatadi Dosha*, because

all endogenous diseases, despite being generated by *Vatadi Doshas*, are given different names depending on the characteristics of the *Sthana* (location), *Sansthaan* (Shape, Signs and Symptoms) and *Prakrti* (*Hetu- Cause, Sake*).<sup>[8]</sup> The word *Ardhavabhedaka* has two components viz.- *Ardhava* and *bhedaka*. *Ardhava* means half or half side, *Bhedaka* means breaking through, perforating, or bursting out type of pain. Vagbhata also mentioned "Ardhethu Murdha: *Ardhavabhedaka*".<sup>[9]</sup>

**NIDANAS** - The specific *Nidanas* for *Ardhavabhedaka* has been mentioned in details in *Charaka Samhita*<sup>[10]</sup>, *Madava Nidana*<sup>[11]</sup> and *Vangasena*<sup>[12]</sup> like - *Ruksha Bhojan*, *Atyashana* (*axcess of diet*), *Adyashana* (*Consuming food even before previous meal is digested*), *Atimathuna*, *Vegasandharanaa* (*suppression of natural urges*), *Ayasa* (*excessive exertion*), *Ati Vyayama*, *Purvavatasevana* (*strong winds blowing from opposite direction*), *Avasyaya* (*exposure to mist*)-*Hima Sevana*.

**Pathogenesis of *Ardhavabhedak*:** Due to the different kind of *nidana* factors vitiate either *Vata*, *Pitta* and *Kapha* or *Vata* and *Kapha* get aggravated, which vitiate the *rasa* and *Rakta dhatu*, resulting in the manifestation

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

### RUPA

Severe pain in half side of head, affecting *Manya* (Sternomastoid region), *Bhru* (Eye Brows), Temporal region, ear, eye and forehead. Pain is like cutting by the sharp objects or churning in nature. If the condition becomes aggravated, it may even impair the functions of the *Shravana* and *Nayana*.<sup>[13]</sup> *Acharya Sushruta's* vision- Severe tearing and pricking pain in one half of the head associated with giddiness, appear suddenly after a fortnight or ten days.

*Acharya Vagbhata* mentioned *Ghata* (*Shankhasyopari* (Occipital region) according to *Indu* and *karkatika* (Parietal region) according to *Chandranandan*) and all the *Shirogata Sandhis* in addition where the pain occurs like *Manya* (neck), *Bhru* (eye brow), *Shankha* (temporal region), *Karna*(ear), *Akshi* (eye) and *Lalata* (forehead). He has also emphasized on its paroxysmal nature of pain and said that it comes in every *Paksha* (Fortnightly) or *Masa* (Month). He has also emphasized on its paroxysmal nature and said that it comes in every *Paksha* (fortnightly) or *Masa* (Month). The headache subsides by itself i.e., *Svayameva Upashamyati*.<sup>[14,15]</sup>

### SMPRAPTI GHATAK

Dohsa	Tridoshaja, Vataja, Vata Kaphaja
Dushya	Rasa , Rakta
Srotasa	Rasa – Raktavaha srotasa
Srotodushti	Sanga, Vimargagamana
Agnimandya	Jatharagnimandya, Rakta dhatvagnimandya
Marga	Madhyama
Adhithana	Shira (Head)
Vyaktasthana	Shira and its appendage like- <i>Manya</i> , <i>Bhru</i> , <i>Shankha</i> , <i>Karna</i> , <i>Akshi</i> , <i>Lalata</i> , <i>Ghata</i> , <i>Hanu</i> and <i>Shirogata Sandhi</i> .

### ARDHAVABHEDAKA CHIKITSA

*Nidana Parivarjana - Nidana Parivarjana* (getting rid of the causative factors) is the first line of treatment in all diseases. It is important to understand the etiological factors, triggers and course of *Doshas* in *Ardhavabhedaka*.

\*\*IfoMx~a frya d'`ka lea d'ROkk izis`k;sr~A uL;deZf.k nkrO;e)ZHksna fouk`k;sr~AA\*\*  
(*Bhesjyaratnawli Shirorogadhikar*<sup>[16]</sup>)

All the Acharyas have been prominently mentioned to do *Nasya Karma* in the treatment of *Ardhavabhedaka*, *Avapida Nasya* is one of them. *Vidangadi Avpid Nasya* has been mentioned in *Vangsen Samhita* and *Bhaishajya Ratnavali* for the treatment of *Ardhavbhedak*. *Avapida Nasya* It is a type of *Shodhana Nasya*. The word *Avapida* means the expressed juice of leaves or paste (*kalka*) of required medicine (*Chakrapani*).<sup>[17]</sup>

### Vidangadi Awapiada Nasya

Ingredients of *Vidangadi Awapiada Nasya* are

1. *Vidanga* (*Embelia ribes*) -1 parts.
2. *Krishna Tila* (*Sesamum indicum*) -1 part.
3. Water - Quantity as needed.

### FORMULATION

#### Preparation of *Vidangadi Avapida Nasya*

*Vidanga churna* and *Krishna tila churna* mixture will be prepared and mixed with water in a mortar and pressed in a cloth to extract the *rasa*(juice). Then it will be made lukewarm by keeping it in hot water. This lukewarm *rasa* (juice) will be put in both nostrils for *Nasya*.

### Ayurvedic Properties and Action of Composition

**1-*Vidanga***<sup>[18]</sup>(*Embelia ribes*), (*Chitratudul*, *Vayavidanga*)- *It is used in to Krimi roga , Vata Kapha vikar, Udarasool, Adhyaman, and Vibandha.*

**Ras-** *Katu, Kashaya*

**Guna-** *Laghu, Ruksha, Thikshna*

**Virya-** *Ushna*

**Vipaka-** *Katu*

**Chemical Composition-** *Embelin, Christembine, Quercitol, Tannin.*

**Action-** *Vata Kapha samak, krimighan, vishnasak, Agnimandhyahar.*

**2- *Krishna Tila***<sup>[19]</sup> (*Sesamum indicum*) *It is Balya, keshya, Twacha and Varna hitkari, Vatnasak , Dant vikar Nashak.*

**Ras-** *Katu, Tikta, Madhur, Kashaya*

**Guna-** *Guru Snigdha*

**Virya-** *Ushna*

**Vipaka-** *Katu*

**Chemical Composition-** *Vitamin B complex, Sesamin*

**Action-** *Vata Hara, Kapha Pittakrit, Aganiprdiptikar, Grahi, Himasparsi*

**3- Water**<sup>[20]</sup>- (*Salila, Paniya, Neer, Ambu, Jala, Toya, Vari*) *It is Shram-kalamhar, Balakark, Hridhya, Hitkar, Ajeernahar,*

**Ras-** *Avyakta*

*Vidangadi Avapida Nasya* should be given in the following dose<sup>[21]</sup> –

**Hina Matra** - 4 drops; **Madhyama Matra** - 6 drops ; **Uttama Matra** - 8 drops

**Indications-** *Shirovedana Ardhavbhedaka*

**Mode of action of *Vidangadi Awapida Nasya*:-** Mode of Action of *Nasya* A clear description regarding the mode of action of *Nasya Karma* is not available in Ayurvedic classics. *Acharya Charaka* has described that *Nasya* is the only gateway to *Shirah*.<sup>[22]</sup> So, the *Vidangadi Awapida Nasya* administered through *Nasya* can easily spread to *Shirah* and get absorbed. *Acharya Vagbhata* has given some more details about the mode of action (As.S.Su.29/2). *Vidangadi Awapida Nasya* administered through nostrils reaches *Shringataka*, a *Siramarma* by *Nasya Srota* and spreads in the *Murdha*, taking routes of

*Netra, Shrotra* (Ears), *Kantha* (Throat) and stretches the morbid *Doshas* from *Urdhwajatru* and expels them from *Uttamanga*.

## DISCUSSION

The maximum *Nidanas* of this disease shows the predominance of *Vata* and *Kapha dosha*. But due to overeating or intake of food before previous meal, results in *agnimandhya* and *Ajeern* (indigestion) and the three *doshas* get vitiated. As in this disease vitiated *Vata* and *Kapha* is primarily responsible factor. Therefore, *vata-kapha shamak* properties plays an important role in the management of disease. *Vidangadi Awapida* have ingredients, which are mainly *vatashamak* and *Kaphashamak* properties.

## CONCLUSION

*Vidangadi Awapida Nasya* correcting the vitiated state of *Vata* and *Kapha*, improves the *Ardhvbhedaka*. Conceptually it is concluded that the *Vidangadi Awapida Nasya* having properties, like *laghu, katu, snigdha, ushana Tikshna* has the effect to decrease the vitiated *Dosha*. *Vidanga* and *Krishna Tila* are effective in defeating *Ardhvbhedaka* disease due to *Kapha* and *Vata shamak* properties, because *Vata* and *Kapha doshas* are mainly aggravated in *Ardhvbhedak*. This medicine can be given in the form of *Shodhana Nasya*. Due to the defect being dependent in the head, the nearest way for *Shodhan Krama* is the *Nasa*. *Nasya* are simple and effective treatment modalities for *Ardhvbhedak*. The study can prove a real breakthrough in the coming times for the management of *Ardhvbhedaka* (Migraine).

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