

ROLE OF AYURVEDA IN NEUROLOGICAL DISORDER WITH SPECIAL REFERENCE
TO MIGRAINE.¹Vd. Ujwala Pawar and ²Vd. Ashwini Jagtap¹Professor, Dept. of Roga Nidana Vikriti Vigyana Govt. Ayurved College Nanded.²P.G. Scholar, Dept. of Roga Nidana Vikriti Vigyana Govt. Ayurved College Nanded.***Corresponding Author: Vd. Ashwini Jagtap**

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ABSTRACT

In recent era, mostly in developing town's people get many diseases due to unhealthy lifestyle, stressful condition, lack of exercise. Neurological disorders are one of them. Neurological disorders are diseases of the central and peripheral nervous system. Migraine is one of the chronic neurological disorders characterized by recurrent attacks of pulsatile headache usually unilateral, widely variable in intensity, frequency and duration. It is highly prevalent disorder over the past decade having considerable impact on individual and society. Globally 15% of population is affected by migraine at some point in life. In *Ayurveda*, migraine is very much correlated with *Ardhavyabhedaka*. Different types of *Shirorogas* are explained by *Acharyas* in *Samhitas*. *Ardhavyabhedaka* is one of them. The signs and symptoms of migraine are very much similar with *Ardhavyabhedaka* so migraine is treated as *Ardhavyabhedaka*. In *Ayurveda* most of the *vata* disorders are being diagnosed under neurological disorders. *Vatavyadhi* caused due to vitiation of *vata* dosha. Hence an attempt has made to understand the role of *Ayurveda* in migraine which is a neurological disorder.

KEYWORDS: Neurological disorder, Migraine, *Ardhavyabhedaka*, *Shiroroga*.**INTRODUCTION**

The nervous system is a complex, sophisticated system that regulates and coordinates the body's basic functions and activities. Our whole body is controlled by nervous system. It is made up of two major divisions, including central nervous system (consisting of brain and spinal cord) and peripheral nervous system (consisting of all other neural elements) Migraine is one of neurological disorder. Migraine is very common disorder characterized by repeated attacks of headache usually unilateral with different intensity,^[1] Sign and symptoms of migraine are very much similar with *Ardhavyabhedaka*. *Shoola* is predominant symptoms of *Ardhavyabhedaka*. Although *Shoola* is caused by all *doshas* but *vata* is main factor. *Ayurveda* considers neurological disorders to be the result of *vata* disorder. The vitiation of *vata* dosha causes an imbalance and disharmony in the human system that leads to neurological disorder.

According to contemporary science, the treatment for migraine includes aspirin, paracetamol, ibuprofen, diclofenac, beta blockers, anti convulsing etc but these drugs are not acceptable due to their drawbacks and also they cause drug dependence, drug withdrawal syndrome. In contrast to these, *Ayurveda* has a variety of efficacious procedures and medications, with no drawbacks and

incidence of recurrence in the treatment of *Ardhavyabhedaka*.

AIM AND OBJECTIVES

To study role of *Ayurveda* in Neurological disorder with special reference to Migraine.

MATERIALS AND METHODS

To explore and elaborate the role of *Ayurveda* in Neurological disorder with special reference to Migraine by referring various authentic Books, *Samhitas*, web search etc.

Review of study is explained under following headings

1. Concept of neurological disorder and Migraine.
2. Co-relation between neurological disorder and *Ayurveda*
3. *Ayurvedic* treatment.

Concept of neurological disorder

Neurological disorders are diseases of the central and peripheral nervous system including brain, spinal cord, cranial nerves, peripheral nerves, nerve roots, neuromuscular junction and muscles. There are more than 600 diseases of the nervous system, such as

epilepsy, Alzheimer's disease and other dementias, cerebrovascular diseases including stroke, migraine, and other headache disorders.^[2]

Migraine - Migraine is one of neurological disorder. Migraine is primary headache disorder characterized by recurrent headaches that are moderate to severe. Headache affects one half of the head, are pulsating in nature and last from two to seventy two hours.^[3]

Etiology^[4]

- Age – mainly appears in adolescence
- Sex – More common in women
- Hereditary influences
- Environmental
- Genetic
- Changing of hormone level

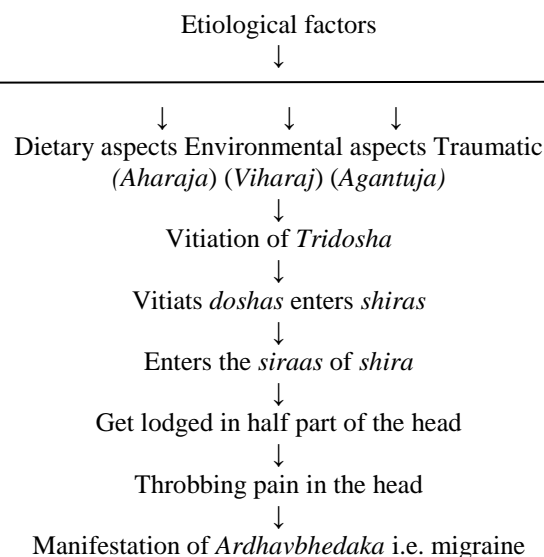
Signs and symptoms^[5]

- Headache
- Nausea
- Neck stiffness
- Increased thirst and urination
- Visual phenomena such as seeing various shapes, bright spots or flashes of light
- Sensitivity to light, sound
- Lightheadness
- Confusion

Co-relation between neurological disorders and Ayurveda

Ayurveda is based on three fold management known as *tridosha* theory consisting of *vata*, *pitta* and *kapha dosha*

Etiopathogenesis



Symptoms

The symptoms of *Ardhavbhedaka* mentioned in classics as follows

1) Site of pain^[8]

- *Ardhashira* – Half part of head

which form base for all the *Ayurvedic* concepts concerned with physiology, pathology, diagnosis, prognosis, medicine, therapeutics. Each *dosha* is represented by different physical and physiological characteristics. Basically *vata*, *pitta*, *kapha* constitute three regulatory systems respectively controlling input/output, turn over and storage making them universal properties of all living systems.

Among all *doshas*, the supremacy of *vata* is explained by all *Acharyas* such as-

पित्तं पंगु कफं पंगु पंगवो मल धातवः ॥

वायुना यत्र नियन्ति तत्र गच्छन्ति मेघवत् ॥[६]

Shoola is the predominant symptoms of *vata* disorder. Sign and symptoms of migraine are very much similar with *Ardhavbhedaka* in *Ayurveda*.

The word *Ardhavbhedaka* is made of two words – *Ardha* + *bhedaka*. *Ardha* means half part and *Bhedaka* means piercing and breaking type of pain.

Etiological Factors^[7]

- *Ruksha sevan* – Taking dry foods
- *Adhyasana* – Consuming food immediately
- *Poorva vata* – Exposure to direct breeze from east
- *Avasyaya* – Exposure to cold or dew
- *Veg dharana* – Suppression of natural urges
- *Ati vyayam and ayas* – Over exertion

- *Lalat* – Frontal area
- 2) **Nature of pain**^[9]
 - *Shashtra arani nibham* – Pain similar to cutting by shastra
 - *Bhedaka* – Breaking type of pain
 - *Todaka* – Pricking type of pain
 - *Manthvat* – Churning type of pain
 - *Ati vedana* – Severe pain
- 3) **Time**^[10]
 - *Dwayat* – Once in 2 days
 - *Trayat* – Once in 3 days
 - *Dwadashat* – Once in 12 days
 - *Pakshat* – Once in 13 days
 - *Mansat* – Once in a month
 - *Akasmat* – No time interval

Chikitsa

- 1) *Panchkarma*
 - *Virechana* (Purgation therapy)
 - *Basti* (Medicated enema)
 - *Nasya* (Nasal drops)
 - *Rakta mokshan* (Blood letting)

Role of Basti

Basti karma is the most important and powerful treatment among all five processes. *Basti* therapy is mostly prescribed for *vata dosha*. *Basti dravya* mostly acts on *Pakwashaya* which is main site of *vata dosha*. So that *Basti* is mainly useful for treatment of vitiation of *vata dosha*. Vitiation of *vata dosha* causes many neurological disorder so that *Basti* is useful for the treatment of neurological disorder. *Basti dravya* acts on neurotransmitters and reduces the intensity of pain in Migraine.

Role of virechana

Virechana, one of *Panchkarma* procedure also described in the treatment of *Vata dosha*. *Virechana karma* is the act of expelling *doshas* through *Adhoga* of *Sharir*. *Vata dosha* resides in the *Adhogabhaga* of *Sharir*. *Acharya Vagbhata* described *Mrudu Virechana* in *Vata Upkarma*. Due to *Virechana Dravya*, *Pitta* and *Kapha* expelled out which obstruct transmission *Vata* and throbbing pain in Migraine.

Role of Nasya

नासा हि शिरसो द्वारम् ।

Migraine i.e. *Ardhavbhedaka* is the one of *Shirogata Roga* the medicine which we give through nasal route acts effective in treatment of Migraine. *Nasya dravya* stimulates the nerve endings and impulses are transmitted to CNS. This results in scraping of morbid *doshas* of head and extract them out, normalizes the *Tridoshas* and pain in Migraine diminishes.

Role of Raktamokshana

Pain is the main symptoms among all in *Ardhavabhedaka* i.e. migraine. *Raktamokshana* is the better alternative in the treatment of pain. *Raktamokshana* reduces local pressure and pain of migraine also reduced.

Role of Lepa Yoga

Applying *lepa* to affected part reduces pain and pressure. *Aushadhi* used for *lepa* penetrates through skin and stimulates the nerve ending and impulses are transmitted to CNS thereby reducing the pain.

2) Other karma

^[11]

- *Shirobasti* with *chatur sneha*
- *Seka* with *ghee* or milk
- *Kavalgraha*
- *Nadisweda*
- *Upnaha*
- *Dahan*

CONCLUSION

Now a days neurological disorders become more common. Faulty living and dietary factors plays important role in the causation of neurological disorder. Migraine is very much common neurological disorder which interferes day to day activity of human being. Most of the *vata* disorders are being diagnosed under neurological disorder. Vitiation of *vata dosha* causes many neurological disorders. *Ayurveda* enlists various *nidanans* which includes *aharaja*, *viharaja*, and *mansika* factors. Most of the *nidanans* mentioned in our classics go in similarity with migraine triggers.

The frequent use of medications in this illness may causes drug dependent, drug withdrawal syndrome. The healing science of *Ayurveda* opens new doors for treatment of migraine. *Ayurvedic* treatment should be preferred in case of migraine which not only reduce symptoms but prevent further side effects also.

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