

AYURVEDA PERSPECTIVE ON MIGRAINE, ITS MANAGEMENT AND ROLE OF
NIRGUNDI IN MIGRAINEDr. Shyam Jat^{*1}, Dr. Shiromani Mishra² and Dr. Ravindra Sharma³¹PG Scholar, PG Dept. of *Dravyaguna*, Govt. Auto. Dhanwantari Ayurveda College, Ujjain.²Guide & Associate Professor, PG Dept. of *Dravyaguna*, Govt. Auto. Dhanwantari Ayurveda College, Ujjain.³Co-Guide & Assistant Professor, PG Dept. of *Dravyaguna*, Govt. Auto. Dhanwantari Ayurveda College, Ujjain.***Corresponding Author: Dr. Shyam Jat**PG Scholar, PG Dept. of *Dravyaguna*, Govt. Auto. Dhanwantari Ayurveda College, Ujjain.DOI: <https://doi.org/10.17605/OSF.IO/X8UMN>

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ABSTRACT

Migraine is a *Shiroroga* which is characterized by the recurrent, severe tearing and pricking pain in half portion of the head; photophobia, nausea etc. It is one among the most common diseases of the world. According to *Ayurveda* classics, migraine is a *Vata-Kaphaja pradhana roga*. *Dosha Dushti* causes vitiation of *Rakta* which results in inflammation of the *Shiras*. *Acharyas* have prescribed various treatment modalities such as, *Abhyanga* etc. *Shirsha-abhyanga* is the procedure of massaging head region with the oil. *Nirgundi* is a drug which is highly effective against migraine. Its *Katu*, *Tikta* and *Kashaya* properties of *Rasa* helps in pacifying *Vata Dosha* and hence it is considered as an effective remedy for migraine.

KEYWORDS: Abhyanga, Shiroroga, Virechana, Sweda, Nasya, Nirgundi, Migraine, Dosha Dushti, Rakta.

INTRODUCTION

Shiras forms the roots of the body, where the sense organs are situated and therefore considered as *Uttamanga*. When *Shiras* are nourished, they nourishes the whole body and body becomes healthy. These are the location of *Pranavayu*, *Pitta*, *Kapha*, where *Buddhi* and *Indriyas* resides.^[1] Any pain or discomfort in the region of the head is termed as *Shiro roga*. *Ayurvedic Acharyas* have placed *Shiro-roga* under the category of *Urdhawajatrugata Vikaras*.^[2] *Shiro Rogas* are classified into eleven categories such as *Vattaja*, *Pittaja*, *Kaphaja*, *Raktaja*, *Suryavarta*, *Kshayaja*, *Krimaja*, *Anantavta*, *Ardhavabhedhaka*, *Shankhaka* *Bhavaprakasha* and *Sannipataja*.^[3] *Ardhavabhedhaka* is a diseased condition in which patient experiences severe pain of throbbing, piercing or pulsating nature in half of the head region. It may have repeated episodes after 10-15 days. *Ardhavabhedhaka* is a condition similar to the migraine.

In Europe, the prevalence of migraine was estimated to be 14% in 20- 50 years age group. In USA, it is 14.2% in 18-44 year age group and in Asia; the prevalence is between 8.4% and 12.7% in 20-50 years age group.^[4] It is more common in women than men. W.H.O. has recognized migraine as the chronic illness due to its severity. The treatment of *Ardhavabhedhaka* is done by *Panchakarma* therapy of *Ayurveda*. *Ayurveda* has always focused on treating the disease from its root cause so that its recurrence can be avoided. The main aim of *Ayurveda Chikitsa* is to pacify the aggravated *Doshas* so that the

pathology of the disease can be eliminated. The various treatment therapies suggested by *Ayurvedic Acharyas* are *Nasya*, *Shirsha abhyanga*, *Shirodhara*, *Dhumapana* *Chakra-massages*, *Takradhara* etc.^[5] *Shirsha Abhyanga* is considered as important therapy to treat migraine in which circular movements are done in the scalp region to increase the blood supply and pacify the vitiated *Doshas*. *Nirgundi Taila* is preferred for doing *Abhyanga* therapy, because of its medicinal benefits. *Acharyas* have given it a name of *Sarvaroganivarini* which indicate its curing potential.

Migraine

Migraine is among the most common cause of headache. It is estimated to affect 15% of women and 6% of men. Due to the change in lifestyle, excessive mental stress, anxiety, bad sleeping and eating habits, prevalence of diseases of psychosomatic origin is increasing. Migraine is placed under vascular headaches because of involvement with abnormal brain's vascular functions. Migraine is a chronic disease associated with severe pain on one or both the sides, vision blurring, vomiting, nausea, sensitivity to light, sound or movement etc.

Ardhavabhedhaka word is derived from words *Ardha*, *Ava*, *Bhedhaka* meaning cutting or dividing something into two halves. It indicates pain (*Shoola*) of piercing or pricking type in the *Ardha Moordhna Pradesh*.

Nidana of Migraine

Nidanas are the causative factors responsible for aggravating the *Vata*, *Pitta*, *Kapha Dosha* and *Rakta Dhatu*. *Nidana* of migraine are depicted in **table 1**.

Table 1: Various Nidanas of Migraine Samprapti Ghatakas.

Viharaj Nidana	Aharaj Nidana	Mansika Nidana	Anya Nidana
Ayasa	Amla Ahara	Rodana	Asatmya gandha
Diwa swapan	Anashana	Krodha	Abhigata
Atapa sevana	Ati madya sevana	Shoka	Vega Sandharana
Atimathuna	Guru Ahara	Bashpa Nigraha	
Ratri Jagrana	Rookshashana	Chinta	
Ati vyayama	Adhyashana		
Asatmyagandha (Bad odour)			

Table 2: Samprapti Ghataka of Migraine.

Dosha	Vata, Tridoshaja
Agni	Jatharagni, Raktadhatvagni
Dushya	Rakta
Ama	Jatharagnimandya
Srotas	Raktavaha
Rogamarga	Mdhyama
Adisthana	Siras and Manas
Vyakta Sthanas	Manya, Bhru, Akshi etc.

Samprapti of Ardhavabhedaka

The various factors acting as *Nidana* for the migraine causes aggravation of the *Vata Dosha*, making the nerve cells hyperactive and increases their expansion and contraction. Aggravation of *Vata Dosha* indirectly influences the aggravation of *Pitta* and *Kapha Dosha* also. Such changes results in inflammatory processes. *Vata Dosha* is responsible for causing pain (*Shoola*).^[6] According to *Acharyas*, *Shirogata Siras* play important role in head associated diseases. Due to the vitiation of *Vata Dosha*, *Rakta Dushti* occur which results in throbbing pain in the *Manya*, *Shankha*, *Karna*, *Bhru*, *Akshi* and *Lalata Pradesha*.^[7]

Rupa (Sign and symptoms)

- Pain in the *Ardheshirsha* (half of the region of head) is the cardinal symptom of migraine.^[8]
- Tearing and throbbing pain with *Bhrama* (confusion).^[9]
- Vertigo
- Pain of cutting and churning type in half of the region of *Shankha* (temporal region), *Karna* (ears), *Manya* (cervical area), *Bhru* (eye brows), *Akshi* (eyes) and *Lalata* (frontal head).
- *Shankhamoola Darana*, *Gandashotha* and *Chakshu-Virajyata* (redness of eyes).^[10]

Chikitsa for Migraine

According to *Ayurvedic Acharyas*, *Nidana Parivarjana* is the foremost principle for treating any pathological condition of the body. One should try to avoid factors responsible for causing *Ardhavabhedaka*.

Aushadhi chikitsa is the second principle of treatment in which *Panchakarma* and medication is suggested. *Panchakarma* help in removing the vitiated *Doshas* from the body.

- **Shirovirechana Karma (Nasya)** - The drugs like *Taila*, *Ghrita*, Juice, and *Kalka* are administered through nasal route. It can be done for one –three weeks according to the disease. Ghee helps in alleviating the pain of migraine. *Nasya dravya* are lipid soluble substances therefore they diffuse easily through plasma membrane of nasal mucosa. *Nasya dravya* acts by removing the vitiated *Doshas* of head region and helps in relieving the pain.
- **Virechana** - Therapy of treating migraine by breaking its pathological chain. *Virechana Dravya* acts by *Vikashi* (loosening of *Dhatu*), *Ushna*, *Vyavayi* (quick absorption), *Tikshana* (breaks toxins in micro form) and *Sukshma* (reaches to micro channels). *Shirodhara* helps in calming and relaxing the nervous system and therefore provides relief from various symptoms of migraine.^[11]
- **Snehana** - It is the administration of fatty substances internally and externally for lubricating the body. It helps in alleviating *Vata Dosha*. *Abhyanga* is one among the *Snehana Karma*. It is the procedure of massaging the body with the help of *Taila*, *Ghrita* etc. *Shiroabhyanga* is the application of *Taila* in the *Shirah Pradesha*. It helps in nourishing the *Indriyas*, *Srotas*, *Bahu* etc. It is a very effective procedure in *Ardhavabhedaka*. *Nirgundi* oil can be used for the procedure of *Shiro-abhyanga*.

Nirgundi

Nirgundi is a *Sanskrit* word meaning protection. It is a shrub of *Verbenaceae* family. It is effective against a large number of diseases.^[12]

Ayurvedic properties of Nirgundi

- *Rasa- Katu* (pungent), *Tikta* (bitter)
- *Guna- Laghu* (light), *Ruksha* (dry)
- *Virya- Ushna* (hot)
- *Vipaka- Katu* (pungent)
- *Doshakarma- Kapha-Vata Shamaka*

The *Ayurvedic* properties of *Nirgundi* oil helps in alleviating the vitiated *Doshas* predominantly *Vata* and *Kapha Dosh*. *Ardhavabhedaka* is a *Vata Prakopa Roga* therefore *Nirgundi* is an effective remedy for treating such condition. According to modern science, *Nirgundi* has anti-inflammatory action. It acts by inhibiting COX-2 receptors and prostaglandin synthesis. It is rich in medicinal properties such as central and peripheral analgesic activity.^[13] It is rich in expectorant, carminative, digestive, antiseptic, antipyretic, diuretic, rejuvenating, ophthalmic, and tonic properties. Its leaves are used in treating headache, brain diseases, swelling of throat, fever, etc.

CONCLUSION

Ardhavabhedaka (migraine) is a condition of severe pain of pulsating, throbbing nature in half of the head with frequent recurrent episodes in one or two weeks. *Shirsha abhyanga* is one of the effective treatment in which manipulation of soft tissues of the scalp is done in circular motion to increase the circulation and release the morbid *Doshas* from the head. Half of the vital *Marma sthanas* are located in the head and neck region. *Abhyanga* acts on the skin which is considered as the main centre of *Vata Dosh*. *Nirgundi* is considered as gift of the nature to the mankind due to its various medicinal and therapeutic properties. It has *Vata* pacifying properties which helps in releasing the vitiated *Doshas* from their *Sthanas* and ultimately provides relief from the pain. Its anti-inflammatory, analgesic, and antihistamine properties of make it an effective *Ayurvedic* remedy for various diseases.

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