

A CONCEPTUAL STUDY ON MANAGEMENT OF ARDHAVABHEDHAKA (MIGRAINE) THROUGH YOGIC KARMA AND YOGIC AHARA

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ABSTRACT

Migraine is now ranked by the World Health Organization as 19th disorder causing world-wide disability. Global statistics mark that 15% of the individual are present victim of the disease Migraine, but its ratio ascends up to 70% in precluding the working capability. Migraine is a familial disorder characterized by recurrent attacks of headache variable in intensity, frequency and duration. Attacks are commonly unilateral and are usually associated with anorexia, nausea and vomiting” -World Federation of Neurology

Yoga being a non-medicated and self controlled, act as a silver lining in organize this situation. Yogic procedure imparts benefits either by enhancing the body resistance against triggering factors or by delivering the relaxation to the mind. Vitiating of doshas are the inevitable factors in all sort of ailments and the disease migraine which shows mere resemblance with the *ardhavabhedhaka* shows aggravation of vata dosha. To appease or nullify the various aggravated or vitiated *dosha*, Yoga and Yogic diet modalities can be appreciated and implemented.

Keywords: *Ardhavabhedhaka*, Migraine, *Ayurveda*, Yoga

INTRODUCTION

Migraine is neurological syndrome, characterized by altered bodily perception headaches (unilateral and pulsating, lasting from 4 to 72 hours) nausea, vomiting photophobia and hyperacusis (increased sensitivity to noise). Approximately one third of people who suffer from migraine headache perceive an aura (the perceptual disturbance) announcing the headache. Physiologically the migraine headache is a neurological condition which is dominant in females. Migraine greatly affects quality of life¹.

Yoga procedure like *Neti karma* and *Pranayama* overcome the effect of respiratory allergic reaction, and *Asanas* (*Shavasana*, *Makrasana*) associated with *Pranayama* (*Nadishodhana*, *Bhramri*) help

to release physical and emotional stress. *Bandha* especially *jalandhara bandha* helps to maintain optimum blood supply to brain and maintain its Pressure. Yoga nidra is beneficial in conditions like disturb sleep and insomnia and Yogic diet is favourable in condition of gastrointestinal disturbance i.e. acidity, constipation, anorexia, which are triggering factors of migraine.

AIMS AND OBJECTIVES

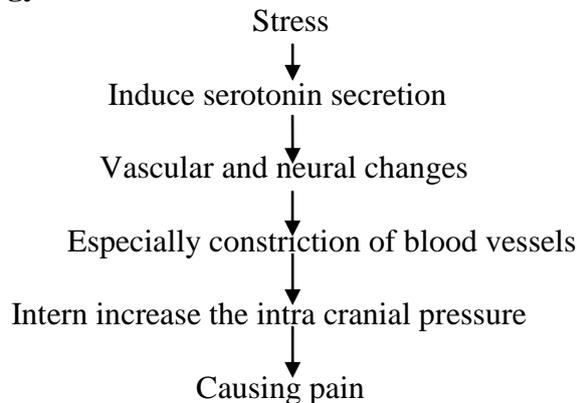
To identify the underlying cause of the disease and its management through *Yoga* and *yogic Ahara* (food)

MATERIAL AND METHODS

Method- secondary data review

Material- *Ayurvedic* classics like *Charaka samhita*, *Susruta samhita*, *Ashtanga Hridaya* and *Yoga* texts like *Gheranda*

Patho-physiology



Triggering factors:

Allergic reactions, bright light, loud noise, pungent or obnoxious odour or smell of a perfume, physical or psychological stress, altered sleep pattern, smoking or exposure to smoke, skipping meals, disturbed menstrual cycle, hormone fluctuations during the menopause transition, consuming of birth control pills, tension headache, food containing amino acid tyramine (red wine, aged cheese, smoked fish, chicken livers figs and some beans), Monosodium glutamate (MSG) or nitrates, other foods such as chocolate, nuts, peanut butter, banana, citrus, onions dairy products and fermented or pickled foods, and also a head bath triggers migraine headache.

In Ayurveda according to Acharya Susuruta Ardhavabhedhaka is Tridoshaja vyadhi, and its nature of pain is Cutting, Piercing, Pricking, and Sushruta has emphasised on its paroxysmal nature and described that it may occur fortnightly or after 10 days or any time².

Videha mentioned that the headache comes in the form of paroxysmal attack every three, five or fifteen days or ten days or once a month.

According to Acharaya Charaka its nidana is vata dosha vitiating factors

like-over exercise and sexual activity, irregular dietary habits, stay in excessive cooling of air, avoid of presenting of urges³.

Management

Many Migraine patients self diagnose and self medicate using over the counter analgesics. There is no standard treatment common for all Migraine patients. Once triggering agents are identified management is possible accordingly⁴.

Acharya Charaka says vata kapha shamak Aahara and Aushadha, snehapana in prvara matra, Shiro kaya virechana, Nadi sweda, Anuvasana vasti is beneficial in Ardhavabhedhaka.

Yogic management- yogic procedure generates resistance power in the body against triggering agent i.e. in condition of respiratory allergy Neti karma is beneficial.

Kriya- jalneti, sutraneti, kunjaj → shodhana effects (Head region is main seat for kapha)

Yogasanas- Pavanmuktasana, vajrasana, shashankasana, makrasana, tadasana, shavasana- (stress releasing remedies)

Pranayama- nadi shodhana, Chandra nadi shodhana pranayama, shitli Pranayama bhramar pranayamai and ujjay pranayami. (It helps in body and

mind relaxation by increase oxygen supply to brain).

Bandha- *jalandhar bandha* (stimulates blood supply toward brain)

Meditation – “OM”kara meditation is helpful in breathe awareness.

Special practice- *yoga nidra*

Yogic diet- Alkaline food (green vegetables fruits) with less oil, salt, and spice which are considered satvik diet are advised. Satvik diets helps in nullifying the vitiated vataadi dosha.

Procedure of Neti karma⁵- *Neti karma* is the cleans the nasal passage. It is intended to purification of nasal passage using a thread (*sutra*) or catheter for rubbing the passage or warm saline water for irrigation.

Sutra neti-it is performed by inserting a soft thread through the nose to the length of 20 inches. The thread is gently pulled forwards and backwards.

Jal neti- *neti* pot is filled up with Luke warm saline water. Pouring the liquid through one nostril and letting it out through another, bending the neck as required for this purpose. *Bhastrika pranayama* perform necessary cleansing after the *netikarma*, for removing droplet of water (remnants of water molecules act as a triggering factor for rhinitis and migraine).

Benefit- *neti karma* prevents and cures the diseases of *Urdhva jatrugata* (ENT Disorders, Headache, cervical pain) and purifies the vitiated *kapha* (chemical secretion) and provides *Divya Drasti* (enhanced visual power).

Note-*Neti karma* gave local effect on nasal mucosa against foreign material reaction, and cleansing the nasal path.

Effect of Asans⁶- The *Asanas* are the method to achieve perfect mental and physical relaxation. With context to

migraine some *Asanas* help to reduce stress, and some give strength to body against triggering factors. So, Stress releasing *Asanas* are- meditative *Asanas* give mental relaxation, such as *Sukhasana*, *Swastikasana*, with *chin* or *gyana mudra* and chanting of OM kara. Even relaxing postures like *shithil Tadasana*, *shithil dhandasana*, *Shavasana* and *Makrasana* helps to reduce the physical and psychological stressors. *Pavanmuktasana*, *vajrasana* *shashankasana*, and *paschimottanasana*, the practice of these *asanas* brings about a number of physiological and biochemical changes in the abdominal viscera and endocrinal glands.

Effect of Pranayama in migraine:

Pranayama means a voluntary pause in the movement of breath. In context of migraine *Nadi shodhana pranayama*, *Ujjayi*, *sitkari*, *shitali* and *Bhramari* are helpful.

Nadi-shodhna⁷- sit erect in *padmasana*, close eyes, relax completely. Adopt *Nasika mudra*. Close the right nostril with thumb and inhale slowly, gently, and deeply through the left nostril. After the inhalation is completed close the left nostril with the little finger and ring finger and exhale by right nostril. After exhalation is completed, inhale slowly, gently and deeply through the right nostril, and exhale through left nostril. Perform 5 to 8 round.

Benefits- *Pranayama* is imparts benefits by enhanced blood supply and oxygen supply to the brain, balance the sympathetic and parasympathetic nervous system there by restore the homeostasis and reduce anxiety and stress level. (H.Y.P-chapter2)

Effect of Jalandhar Bandha- *Bandhas* are neuromuscular lock and gestures, used during the process of breath holding –

kumbhaka. They used mainly for culturing of emotion and also help in the aspirants to still the mind.

Procedure- contact the throat, press the chin firmly against the chest at the juglar notch after inhaling. Involuntary breath is stopped at the throat. With gradual practice the pressure of air on the glottis will be released and whole system will be relaxed. (H.Y.P-chapter3)

Benefit- Three anatomical structures namely internal, external carotid arteries, the carotid sinus, and also the sinus nerve are located at this site. These two arteries are chiefly responsible for supplying blood to the brain. The carotid sinus is an expanded aperture present at the branching of the familiar carotid artery. The carotid sinus contain various baro-receptors maintains blood pressure, by this it benefits the migraine condition.

Role of Yogic Ahara⁸: This should be, *Madhur rasa, Snigdha* and *matravat*. Such satvik foods are nourishes the body. It consists of- Nuts and fruits, Leafy vegetable, pulses, wheat, rice, sprouted pulse, cereals, Milk and other dairy products, jagery, honey and dry fruits.

Benefit- It gives physical fitness and conductive to mental and spiritual up-liftment. This food generates pious and pure thoughts. And not causing any gastric discomfort like hyper acidity. Alcohol, coffee, tea, astringent, spicy food stuffs, smoking, anxiety, Loss of sleep etc may leads to cause Hyperacidity or excessive secretion of HCL in the stomach these are again triggering factors for migraine, to reduce these attack of migraine one has to stop or reduce these stuffs and one has to follow the diet which has mentioned as per yogic diet.

DISCUSSION

Prevention is better than cure, and according to *Ayurveda Nidana parivarjan* is best option for prevention. Many Migraine patients self diagnose and self medicate by using over counter analgesic. There is no standard treatment common for all Migraine patients. So identification of triggering factors will be the first choice of management.

In Migraine there will be *Avarana* of *Kapha* and *vata Dosha*, which leads to disease *Ardhavabhedaka* (migraine), to relive or eliminate the morbidity one has to perform various yoga procedures like *Kunjala karma; neti karma (jala neti and sutra neti)* which gives better result in such condition. These Procedures gives good relief by overcoming the effect of triggers as well as it will clear the channels of nasal and throat. Some hypothesis postulated that *Jalaneti, Kunjal* etc procedure will improve the vision and active the sensory organs too.

CONCLUSION

The aim was to identify underling cause of disease Migraine and the management through Yoga and *yogic Aahar*. So above given theoretical and hypothetical explanations, may help to treat the disease Migraine through enhancing body tolerating capacity in other words to say improve the natural immunity against triggering factors (*Vyadhi kshamatva, Prakritika sharira Bala*).

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