

MANAGEMENT OF MIGRAINE (ARDHAVABHEDAKA) WITH KUMKUMADI GHRI-TA NASYA: A CASE REPORT

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ABSTRACT

Migraine is an episodic headache disorder usually characterized by pain involving either half of the head. According to International headache society, Migraine constitutes 16% of the primary headache and affects about 10-20% of the general population. *Ardhavabhedaka* is mentioned under *Shiroroga* (Diseases of head) which can be correlated with migraine. Many medications have been tried and a lot are still under contemporary research, but these modern drugs are less acceptable due to their drawbacks and side effects. In contrast to that *Ayurveda* has a variety of natural medications in the treatment of various types of *Shiro Rogas*. *Nasya Karma* (Errhine Therapy) is considered as the best therapeutic intervention in *Shiro Roga* by *Acharya Charaka*. *Kumkumadi Ghrita* is mentioned by *Acharya Vagbhata* in context of *Shiroroga Chikitsa*. So, an attempt has been made to assess the efficacy of *Kumkumadi Ghrita Nasya* in the management of migraine in this single case study. After 7 days of *Nasya Karma*, considerable improvement was seen in the clinical features of Migraine.

Keywords: Migraine, *Ardhavabhedaka*, *kumkumadi ghrita*, *nasya*

INTRODUCTION

Migraine is a highly prevalent disorder worldwide; it is the 3rd most prevalent and 7th leading cause of disabling headaches¹. The most sensitive criterion for migraine is headache worsening with activity. Vascular theory of brain held that migraine symptoms were a function of hyperemia and ischemia. Pain ap-

pears to be related to desensitization of peripheral perivascular nerve terminals, possibly a consequence of distended meningeal blood vessels leading to activation and sensitization of the central trigeminal system. Prevalence of Migraine in India is 16-20%.²

Acharya Sushruta has mentioned 11 types of *Shiro Roga* (Diseases of head)³; one of them is *Ardhavabhedaka* in which paroxysmal unilateral headache associated with vertigo and pain of varying intensity is seen.⁴ This can be correlated with Migraine in modern context. *Urdhvajatrugata Rogas* (Diseases of supraclavicular region) and their management have a special place in *Ayurveda*. *Shirah* (Head) being the prime seat of knowledge and also the prime controller of the entire body has been termed as *Uttamanga* (superlative organ)⁵. Hence, the diseases occurring in the *Urdhvajatru* have been very clearly highlighted in the *Ayurvedic* classics along with their management. *Nasa* (nose) has been considered as the gateway of *Shirah*.⁶ *Nasya karma* is indicated to uproot the deep-seated diseases of head. In this case study migraine has been correlated with *Ardhavabhedaka* for the purpose of modern parlance. For this single case study, *Kumkumadi Ghrita* was selected for *Nasya Karma*.

Aim: To assess the efficacy of *Kumkumadi Ghrita Nasya* in the management of Migraine (*Ardhavabhedaka*).

Case report:

A 36 years old female patient visited OPD of Panchakarma, IPGT and RA Hospital, Jamnagar and presented with chief complaints of headache involving half side since last 20 years and interval of headache was 15 days to one month. Severity of headache was increased since last one month and interval was on alternate day since 15 days. Associated complaints were irritability, anger, palpitation, burning in upper abdomen. Aggravating factors of headache were stress, hunger, sun light,

noisy surroundings and crowd whereas relieving factors were only analgesics. Patient was diagnosed with Migraine (*Ardhavabhedaka*) on the basis of clinical features and after assessing *Dosha*, *Agni*, *Satmya*, *Bala*, *Vaya*, etc., *Nasya* with *Kumkumadi Ghrita*⁷ was planned for 7 days. Ingredients of *Kumkumadi Ghrita* and their proportion are mentioned in Table 1. *Avipattikara churna*⁸ was given to the patient in the dose of 5grams at night for five days before administration of *Nasya ghrita*. After completion of *Nasya Karma*, she was prescribed *Godanti Bhasma* in the dose of 500mg twice a day with *Ghrita* & sugar.

Do's & Don't's:

As prevention is also important, the patient was advised to avoid *Nidana* (causative factor) of migraine (*Ardhavabhedaka*). Patient was advised to avoid missing meals and to minimize caffeine intake and keep amounts consistent throughout the week.

She was also advised to follow the diet regimen like intake of *Madhura* (sweet), *Laghu* (light) food items such as *Kushmanda*.

Psychiatric comorbidities such as depression, mania, social phobias, and anxiety may also aggravate the symptoms. So she was advised to avoid any kind of physical or mental stress, if possible.

Assessment Criteria:

The improvement was assessed on the basis of relief in the signs and symptoms of the disease. Scoring pattern for subjective criteria is recorded in Table 2.

Method of administration of Nasya

Sthanika Abhyanga and *Ushma Sveda* (local massage and fomentation) of scalp, forehead, face, and neck were performed.⁹ *Abhyanga* was done with *Bala Taila*. After *Purva Karma* (Preparatory measures), the patient was made to lie down in supine position with head low and legs slightly raised¹⁰ and then lukewarm *Kumkumadi Ghrita* was instilled slowly in either of the nostrils in an increased dosage. The other nostril was pinched while administering the medicine in one nostril. The patient was advised to sniff the instilled drug once followed by slow breathing. The same procedure was repeated in other nostril. The dosage form is mentioned in Table 4. After the administration of *Nasya*, the patient was advised to remain in supine position for a minute (time of counting up to 100)¹¹ and spit out medicines which come in mouth. Patient was again subjected to fomentation¹² on supraclavicular region and then advised to gargle with warm water to expel out the residual mucous lodged in throat. The patient was advised to avoid dust, smoke, sunshine, alcohol, riding, anger, excess fatty and liquid diet, day sleeping, cold water for any purpose like *pana* (Drink), *snana* (Bath) etc.¹³

Results:

After 7 days of *Kumkumadi Ghrita Nasya* improvement was observed in almost all clinical features, which are summarized in Table 3. Intensity of headache was reduced and duration and frequency of pain was also decreased considerably. There were also improvement in symptoms like photophobia and phonophobia.

Observations during *Nasya* are placed in Table 4.

DISCUSSION

Migraine can be a challenging disease to diagnose being based on clinical symptoms only that are subjective and verifiable only by the patient. The clinical correlation of migraine in *Ayurveda* can be done on the basis of etiopathology, symptomatology, and prognosis etc. *Ardhavabhedaka* is the condition which is a nearer correlation to Migraine, which has been explained as *Tridoshaja Vyadhi* by *Acharya Sushruta*¹⁴, *Vata-Kaphaja* by *Charaka*¹⁵ and *Vataja* by *Vagbhatta*.¹⁵ *Nasya* is considered as therapeutic gate way of head. Thus, the medicine administered through *Nasya Karma* can affect the vitiated *Doshas* in head. So, systemically performed *Nasya Karma* cures almost all the diseases of *Urdhvajatrugata Rogas*¹⁶. *Snehana* kind of *Nasya* with medicated *Ghrita* has been selected here to pacify the *Tridosha* mainly *Vata Dosha* by virtue of its *Snehana Guna* and *Pitta* by its *Sheeta Veerya*. *Kumkuma*, chief ingredient of *Kumkumadi Ghrita*, acts as *Srotoshodhaka*, as it is having *Tikta* and *Katu Rasa*¹⁷, which helps in expelling out the morbid *Doshas* and also having properties like *Kleda Shoshana* and *Shleshma Prashamana* because of *Tikta Rasa*.¹⁸ Other ingredients of *Kumkumadi Ghrita* are *Ghrita*¹⁹ and *Sharkara*²⁰, which are having *Sheeta Veerya* thus pacifying the *Pitta Dosha* which is responsible for nausea, vomiting & Photophobia. *Acharyas* have mentioned that Medicated *Ghee* has *Tridosha Shamana* property.²¹ Hence, *Kumkumadi Ghrita Nasya* can provide relief in *Ardhavabhedaka* due to its *Tridosha*

Shamaka property and *Nasya* is nearest root to alleviate the diseases of head.²²

Avipattikara churna was administered for the purpose of *Koshtha Shuddhi* (bowel clearance) as it is indicated in the condition of aggravated *Pitta*. *Godanti Bhasma*, being *Sheeta* in *veerya*, *Balya*, *Deepana*, *Pitta- Jwarahara* was prescribed after completion of *Nasya Karma* for the digestion & alleviation of residual *Doshas*²³.

CONCLUSION

Table 1: Ingredients of *Kumkumadi Ghrita*

Sr.no.	Drug name	Proportion
1	<i>Kumkuma (Crocus sativus Linn.)</i>	1 part (Stigma)
2	<i>Sharkara</i>	10 parts
3	<i>Ghrita</i>	100 parts

This was a pilot study to manage migraine by using *Kumkumadi ghrita Nasya*. By this single case study it may be concluded that *Kumkumadi Ghrita Nasya* is effective in the management of Migraine (*Ardhavabhedaka*) by virtue of its *Tridosha Shamaka* property. Better results were found through *Nasya* by reaching actual site of pathogenesis. However, to produce more effective conclusions in this regard study needs to be conducted on a larger sample for a longer duration with a follow up period of about fifteen days.

Table 2: Scoring pattern of subjective criteria of Migraine

Symptoms		Score
Intensity of Headache	No Headache	0
	Mild headache which doesn't interrupt patient's regular activities.	1
	Moderate headache which interrupt patient's activities & diverting her concentration.	2
	Severe headache in which patient is unable to perform her regular work.	3
	Severe headache due to which patient prefers to be in bed /dark room.	4
Frequency of headache	Nil	0
	> 15 days	1
	> 7 days - < 15 days	2
	> 3 days - < 7 days	3
	< 3 days	4
Duration of Headache (hours/day)	Nil	0
	1-6 hours/day	1
	7-12 hours/day	2
	13-18 hours/day	3
	18-24 hours/day	4
Nausea	No nausea	0
	Occasionally	1
	Moderate nausea but does not disturb the routine work	2
	Severe nausea, disturbing routine work	3
	Severe enough, small amount of fluid regurgitating from mouth	4

Vomiting	No vomiting	0
	Only if headache dose not subside	1
	Vomiting 1-2 times	2
	Vomiting 2-3 times	3
	Forced to take medicine to stop vomiting	4
Vertigo	Nil	0
	Feeling of giddiness	1
	Patient feels as if everything is revolving	2
	Revolving signs + black outs	3
	Unconscious	4
Photophobia	Nil	0
	Very mild	1
	Photophobia on exposure to sun light/bright light	2
	Photophobia on exposure to indoor light.	3
	Severe Photophobia in which patient unable to open the eye.	4
Phonophobia	Nil	0
	Very mild	1
	Moderate phonophobia	2
	Severe phonophobia	3
	Severe Phonophobia which force to take medicine	4

Table 3: Effect of therapy on symptoms of migraine

Sr. no.	Symptoms	BT	AT
1	Intensity of Headache	4	1
2	Frequency of headache	4	2
3	Duration of Headache	2	1
4	Nausea	1	1
5	Vomiting	0	0
6	Vertigo	1	1
7	Photophobia	2	1
8	Phonophobia	2	1

BT- Before treatment AT-After treatment

Table 4: Observations of *Nasya* therapy

Day	Dose	AT	ST	Remarks
1	6 drops	10.00 A.M.	45 seconds	Feeling of lightness in head and chest
2	8 drops	10.10 A.M.	50 seconds	Lightening in head
3	10 drops	10.05 A.M.	45 seconds	Clarity in sense organs
4	12 drops	10.10 A.M.	40 seconds	Felling of freshness, cheerful appearance
5	12 drops	10.15 A.M.	45 seconds	Easy sleeping and awaking last night.
6	12 drops	10.05 A.M.	50 seconds	cheerful appearance, feeling light
7	12 drops	10.15 A.M.	45 seconds	No headache since last 7 days

* AT- Administration time

*ST- Spitting time

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