A CLINICAL STUDY ON THE EFFECT OF GODANTI BHASMA WITH PATHYADI KWATH AS ANUPANA IN ARDHAVBHEDKA W.S.R TO MIGRAINE

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ABSTRACT
It has been estimated that the life time prevalence of Migraine is about 20% in females and 6% in males. Over 90% of migraine sufferers will have their first attack by the time they are 40 years old. In ayurvedsamhita it is said that godantibhasma And Pathyadikwath is effective in shirshula, so the present study was conducted to assess their efficacy in patients of ardhavbedak. Overall 67.70% result was observed by the treatment.

Keywords: Migraine, Ardhavbhedak, Headache, Shirshula, Godantibhasma, Pathyadikwath.

INTRODUCTION
It has been estimated that the life time prevalence of Migraine is about 20% in females and 6% in males. Over 90% of migraine sufferers will have their first attack by the time they are 40 years old. Today many people are suffering from migraine, Consuming Bakery items, packed and preserved foods, prolonged watching of tv or computer, excessive physical and stress, air and sound pollution, night arousals, adaptive life for A.C rooms and cooled items cause disharmony of tridoshas create episodes of migraine. About 35% headaches are migraine type. There is no effective treatment is available for migraine in modern science. In ayurvedsamhita it is said that godantibhasma useful in Shirshula and Pathyadikwath is also effective in shirshula so clinical study was carried out in patients of migraine it is observed that godantibhasma with pathyadikwath as Anupana is very effective in treating migraine.

AIMS
1) To study all the modern literature regarding migraine as well as ayurvedic literature regarding Ardhavbedak.
2) To study the efficacy of godantibhasma with pathyadikwath as ANUPANA in migraine.

OBJECTIVES:-
To contribute by adding the unstated efficacy of godantibhasma with pathyadikwath as Anupana in migraine

MATERIALS AND METHODS
Criteria of Diagnosis:
Patients were diagnosed on the basis of sign and symptoms of ardhavbedak in Ayurvedic classics supported by symptomatology of migraine.

Criteria of inclusion:
1. All patients of any age group, sex fulfilled the criteria of migraine.
2. All patients resembling sign and symp-
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Criteria of exclusion:
1. Patients not willing for treatment

Table no.1. Criteria of assessment:

<table>
<thead>
<tr>
<th>Sign/Symptom</th>
<th>Scoring →</th>
<th>Absence</th>
<th>Mild</th>
<th>Moderate</th>
<th>Severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Nausea/vomiting</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Photophobia</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Giddiness</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Decrease in frequency of episodes</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

Subjective criteria:
3. Photophobia
4. Giddiness
5. Decrease in frequency of episodes.

Table No.2 Showing Effect of Treatment on Signs & Symptoms on Patients Of migraine

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Sign/Symptom</th>
<th>Symptom score</th>
<th>% of relief</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Headache</td>
<td>20</td>
<td>8</td>
</tr>
<tr>
<td>2</td>
<td>Nausea/Vomiting</td>
<td>20</td>
<td>9</td>
</tr>
<tr>
<td>3</td>
<td>Photophobia</td>
<td>14</td>
<td>6</td>
</tr>
<tr>
<td>4</td>
<td>Giddiness</td>
<td>15</td>
<td>6</td>
</tr>
<tr>
<td>5</td>
<td>Decrease in frequency of episodes</td>
<td>13</td>
<td>8.25</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>72</td>
<td>38.25</td>
</tr>
</tbody>
</table>

OBSERVATIONS AND RESULTS
All the patients of migraine of this series were examined in detail with respect to the special proforma. Before starting the treatment, symptoms present in all patients were graded and their values were noted as before treatment (BT). After completion of treatment, they were noted as after treatment (AT). The data was assessed as percent of relief as shown in Table-3. It was observed that, all symptoms showed marked progress.

DISCUSSION
In these study patients suffering from migraine got satisfactory relief from every sign and symptoms of migraine, the main symptoms in migraine is headache and got 80% relief from headache, this management was not much costlier or did not show any side effect. Godantibhasma and Pathyadikwatha were found effective in breaking the pathogenesis of Ardhabhedak by pacifying vitiated vata-pittadoshas. It is very obvious from this study that Ayurvedic concept of management of Migraine plays major role in present era to serve mankind. It will be of interest to compare the treatment like this with standard established having large number of samples.

CONCLUSION
Out of five subjective criteria, patients got, 80% relief in Headache, 55% relief in Nausea/Vomiting, 57.14% in Photophobia, 60% relief in giddiness, 36.53% relief in frequency in episode, and total 67.70% relief from all sign and symptoms. From above study it is clear that Godantibhasma with pathyadikwath as Anupananais effective in Migraine.
REFERENCES


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