Abstract

Migraine is described as Ardhaavabhedhaka in Ayurvedic classics. Migraine is the second most common cause of headache. In Ayurvedic Classics various procedures had been explained for treating Migraine. These therapies offer significant preventive measures of Migraine. As per Ayurveda Nasya is the best procedure to manage the migraine. Migraine headache attacks may be triggered by; allergic reactions, bright lights, loud noises, odors or perfumes, physical or emotional stress, changes in sleep patterns, smoking or exposure to smoke, skipping meals and alcohol. Ayurveda suggest various other approaches for the treatment of migraine including; yoga, healthy life style and utilization of herbal remedies. This article presents some conceptual approaches of ayurveda for the treatment of migraine.

Key words: Migraine, Ayurveda, Ardhaavabhedhaka, Tridosha

1. Introduction

Migraine is a very common disorder characterized by repeated attacks of headache usually unilateral with different intensity. It is a highly prevalent headache disorder over the past decade having considerable impact on the individual and society. It can involve brain, eye and autonomous nervous system. Migraine results from blood vessel enlargement and the release of chemicals from nerve fibers. Due to the modern lifestyle, people are facing hectic, competitive life. All these habits together will act as the causative factors for many diseases including Migraine. These all involves severe pain [1] associated with symptoms such as nausea, sensitivity to light, sound or head movement. Females are 3 times more likely to have Migraine than Males. Migraine may occur at any age, but it is most common between ages 30 and 50. Migraine has been reported as a common health problem. Migraine may be accompanied with nausea, vomiting. Migraine constitute 15 % of primary headache and affects 10-20% of general population. Migraine may be triggered from various factors like; dietary, physical,
emotional, hormonal and genetic factors [2].

<table>
<thead>
<tr>
<th>Types</th>
<th>Dosha pacified</th>
<th>Indication</th>
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<tbody>
<tr>
<td>Virechan nasya</td>
<td>Kapha</td>
<td>Headache,</td>
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<tr>
<td>Bruhan nasya</td>
<td>Vata</td>
<td>Neck stiffness</td>
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<tr>
<td>Shaman nasya</td>
<td>Pitta</td>
<td>Burning eyes</td>
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</table>

Table 1: Types of Nasya indicated in different Urdhwa jatrugata Roga.

Gomutra
Cow urine proved many therapeutics responses for human body. It is the most effective natural remedy. It's contains all substances, which are naturally present in the human body. Thus utilization of cow urine maintains the balance of these substances and this all helps to cure diseases like migraine. It’s cited in ancient holy texts like Charaka Samhita, Sushruta Samhita, Vriddhavagabhatat, Bhavaprakash, Raja nighantu, etc. Study suggests that Gomutra is capable of controlling blood pressure, blockage in arteries, which are major causes of migraine. In ancient Indian system of medicine, urine of cow was accepted, used almost as a broad spectrum antibiotic but recently it has been established as major tool of controlling disease related to blood flow. The maintenance of blood pressure and related diseases like migraine by cow urine has been proved scientifically also [4].

Combined Ayurvedic therapy for Migraine
Study shows the combined effect of Shadbinduta Taila Nasya along with Shamana Yogas i.e; Abhrakabhasma, Prawalapishti, Godantibhasma, Shirahshuladivajra Rasa, Pathyadi Kwatha in the management of Ardhavabhedaka. Significant relief was found in associated symptoms, and good improvement in stress was also seen [5].

Lifestyle as per Ayurveda for treating Migraine
In Ayurveda a disease is described as Ardhavabhedaka, in which excruciating or piercing type of headache felt in one half of the head. It occurs due to abnormality in Vata, Pittta, and Kapha Dosha. Pathya Ahara and Vihara play an important role to maintain homeostasis of all Doshas and prevention of diseases. The alternative approaches for prevention and management of migraine need to be explored like; healthy lifestyle. Irregular
lifestyle plays a significant role in precipitation of migraine. Acharya Sushruta advised to take milk mixed with Ghrita daily in the morning in case of Ardhavabhedaka. Positive changes in lifestyle such as avoidance of migraine triggers, maintenance of regular sleep patterns, eating and working habits all effectively contribute to migraine prevention. Various studies concluded that there is no permanent treatment for migraine, the non-pharmacological intervention in the form of regular observance of healthy lifestyle is best way for prevention and management of migraine (Ardhavabhedaka). Healthy lifestyle helps in decrease of severity, frequency and duration of migraine attack. Indication of pathya ahara and vihara along with contraindication of apathya ahara and vihara is mandatory to reduce the prevalence of migraine. The study also concluded that exercise protocol is effective in reducing pain and migraine related disability [6].

Role of some Ayurvedic formulations
Ayurveda suggest some unique combinational therapy for the treatment of migraine; one of the such Ayurvedic Treatment Protocol for migraine comprising five Ayurvedic medicines, namely Narikel Lavan, Sootshekhar Rasa, Sitopaladi Churna, Rason Vati and Godanti Mishran along with regulated diet and lifestyle. Study showed complete disappearance of headache and associated symptoms after taking above treatment protocol. Various studies established effectiveness of this combined Ayurvedic treatment protocol for migraine. Ayurvedic medications were also well tolerated by patients. Marked reduction of migraine frequency and pain intensity was observed in different studies suggest that Ayurvedic treatment protocol is very useful to manage the disease migraine [7].

According to Ayurvedic principles, migraine is a Tridoshaja disorder, out of the three doshas, Vata and Pitta dosha are the prominent factors. Vata imbalance arises due to improper metabolism, mental and physical stress, sleeplessness, etc. "Pitta" causes dilation of the blood vessels, which causes the onset of a migraine attack. The traditional science of Ayurveda considers migraine to be caused by deep-rooted problems, including a sensitive nervous system and impaired digestion.

Ayurveda believes in cleaning the body from within and eradicating the disease from its roots. Ayurvedic treatment of migraine therefore is centered on the pacification of Pitta Dosha, and restoration of digestive function in the body. Along with herbal therapy Ayurveda considers following as key factors to control migraine:
- Balancing the nervous system activity
- Use of diet to prevent Tridosha imbalance
- Stress management
- Exercise

Ayurveda also suggest utilization of some herbal medicines as well as customized diet and lifestyle plans to control migraine.

References

