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Review Article

An Ayurvedic Approach For The Treatment Of Migraine A Review

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ABSTRACT

Migraine is a primary headache disorder characterized by recurrent headaches that are moderate to severe. Migraine is significant source of both medical cost and lost productivity. In those who do attend work with migraine effectiveness is decreased by around a third. According to Ayurveda ardhavbhedha can be correlated with migraine as their sign and symptoms. In modern medicine the number of medicines are available for the treatment of migraine like triptans etc. but they carry their own side effects like tingling, rapid increase in B.P. etc. and still there are no any permanent cure are available and patients has to suffer from it. In Ayurveda some remedies are mentioned by our acharyas such as purgation, bloodletting, pressed snuff, nasya, old ghee etc. By these treatments it can be fully cured without any side effects.

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INTRODUCTION

Migraine is recurrent attacks of headache, varied in intensity, frequency and duration. Typically the headache affect one half of the head, are pulsating in nature and last from 2 to 72 hours. Associated symptoms may be including nausea, vomiting and sensitivity to light, sound or smell. The underlying causes of migraine are unknown. However it believed to be related to a mix of environment and genetic factors. Psychological stress has been reported as a factor by 50-80% of people.

In Ayurved migraine can be correlate with Ardhavbhedha, but some Acharyas are also correlated this with the suryavarta and anantvata. According to sushrut tridoshas are involved for the origin of ardhavbhedha but according to other acharyas vitiation of vata or vata kafa are the basic cause of ardhavbhedha.

Clinical features

- One half of the head develops severe tearing and pricking pain
- Severe pain like cutting and churning in half of carotid region, eyebrow, temple ear, eye and forehead.
- Giddiness
- Suddenly occurs after a fortnight or ten days.

According to modern medical science

Attacks are episodic and start at puberty and continue till late middle life with variable degree of spontaneous remission. Frequency, duration and severity of attack vary in individuals. Headache is typically hemicranial, throbbing in character and associated with nausea and vomiting. It is precede by visual aura. Severe attacks are associated with photophobia and phonophobia. The attack spontaneously terminates after few hours or sleep.

Causes

Actual cause is unknown

But according to Ayurveda some causes are explained like-

1. Intake of rough food
2. Over eating
3. Eating during indigestion
4. Exposure to easterly wind and dews
5. Excessive coitus
6. Suppression of urges (ashru and purishveg dharan)

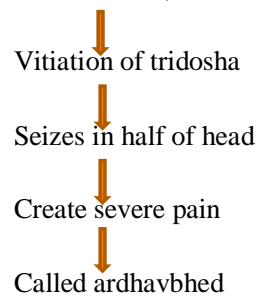
7. Exertion

Precipitating factors

- Sun light
- Stress
- Bright light
- Menstruation
- Lack or excess sleep
- Alcohol
- Cheese
- Caffeine
- Chocolate
- Citrus fruits
- Food additives- monosodium, glutamate
- Vasodilators
- Contraceptive pills
- Excessive work
- Familial tendency

Pathogenesis

Nidan sevan (ruksha aahar etc.)



According to modern medical science

Multiple environment and genetic factors combine to induce cerebral electrical and vascular changes. Many neurotransmitter seem to be involved (ex-dopamine, serotonin, substance-p, 5-hydroxytryptamine) reduced focal cerebral activity and reduced blood flow.

Classification

- Classical migraine - visual or sensory symptoms precedes or accompanies the headache.
- Common migraine - no visual or sensory features, headache, nausea, vomiting and photophobia occurs.
- Basilar migraine - occipital headache precedes by vertigo, diplopia, dysarthria, visual and sensory symptoms
- Carotidynia/facial/lower half headache - commonly present in older patient.

Diagnostic criteria

Repeated attacks of headache lasting 4 -72 hours that have the following features

- Normal physical examination
- No other reasonable cause for headache
- At least two of the following
 - Unilateral pain
 - Throbbing pain
 - Aggravation of pain by movement
 - Moderate to severe intensity of pain
- At least one of the following
 - Nausea or vomiting
 - Photophobia or phonophobia

Treatment

- Food products made with ghee.
- Purgation (virechan)
- Cauterization (agni karma)
- Cranial pouch (Shirobasti)
- Bloodletting (raktamokshan)
- Pressed snuff (avapid nasya) consisting of-
 - Root and seeds of Shirish
 - Vamsa.mulaka and camphor
 - Madhuka mixed with honey
 - Candan mixed with honey
 - Realgar mixed with honey

CONCLUSION

As above description it seems that through ayurveda we can manage migraine better than modern medical science. The drastic result of nasya we can see in the treatment of migraine without any recurrence.

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