



Vyatyasa Chikitsa in Ardhavabedaka – A Case Study

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Abstract

Shiras is considered as Uttamangaas all Indriyas, exist there, Shiras is one among Trimarma it is also Substratum for Shringataka Marma, which is Sadyopranahara Marma. Ardhavabedaka is one of the several forms of Shiroroga characterized by Half sided headache. As per Acharya Sushruta Ardhavabhedaka occur due to vitiation of Tridosha (Vata , Pitta ,Kapha). While Acharya Charaka has mentioned that vitiated Vata/Vata - Kapha are involved in manifestation of Ardhavabhedaka, while Acharya Vagbhatta considered Ardhavabhedaka as Vata Dosha Dominant Shiroroga. Which can be correlated to migraine headache in contemporary sciences having symptoms like paroxysmal unilateral headache sometime associated with vertigo, nausea?

Photophobia.

Vyatyasa the term means dissimilar. The term Vyatyasa comes in various forms either in the form of Hetu or Linga or Chikitsa. Vyatyasa Chikitsa is considered as an adoption of alternative treatment as per the need. In this study a single case aged 60 years was apparently presented with pain at sphenoidal fontanelle then it shifted even to anterior and posterior aspect associated with burning sensation at ear and head, said to be aggravated in cold climate .Treatment was started with for Nasya, Shiropichu, Sarvanga Abhyanga for 7days followed by Jaloukacharana.

Conclusion: Migraine and Ardhavabedaka run parallely in terms of symptomology and prognosis Vyatyasa Chikitsa, Nasya Karma and Raktamokshana are applied Judiciously there is a better result as observed in this case.

Keywords: Ardhavabedaka, Migraine, Vyatyasa Chikitsa Nasyakarma.

Introduction

Shiras is considered as Uttamanga as all Indriyas, exist there, Shiras is one among Trimarma it is also Substratum for Shringataka Marma, which is Sadyopranahara Marma¹. Ardhavabedaka is one of the severe forms of Shiroroga characterized by half sided headache. As per Acharya Sushruta Ardhavabhedaka occur due to vitiation of Tridosha² (Vata, Pitta, Kapha). While Acharya Charaka³ had mentioned that vitiated Vata/Vata -

Kapha are involved in manifestation of Ardhavabhedaka, while Acharya Vagbhatta considers Ardhavabhedaka as Vata Dosha Dominant Shiroroga⁴. Which can be correlated to migraine headache in contemporary sciences having symptoms like paroxysmal unilateral headache sometime associated with vertigo, nausea, Photophobia⁵ **More than 213 million people** in India were found to be suffering

from migraine in 2019 while 60 per cent of these cases were reported by women⁶.

Nasya Karma is considered as best line of treatment in Shiroroga⁷ **Vyatyasa** the term means dissimilar. The term Vyatyasa comes in various forms either in the form of Hetu or Linga or Chikitsa. Vyatyasa Chikitsa is considered as an adoption of alternative treatment as per the need⁸.

Case Study

A Patient aged 60 years was apparently healthy before 40years then she gradually developed pain at sphenoidal fontanelle then it shifted even to anterior and posterior aspect associated with burning sensation at ear and head, said to be aggravated in cold climate. With these complaints she consulted Physician and there it was diagnosed as Migraine, treated for the same with analgesics, ca channel blockers proton pump inhibitors, and vitamin supplements but not got relief then she came to our hospital and consulted Dr. Nandan S Hodlur on 27\01\2021 and

treatment given was Nasya Karma, Shiropichu one sitting of Jaloukacharana and Sarvanga Abhyanga for 7 days course, after this she got 70% relief from complaints.

On Examination

L\E

Tenderness-Present at frontal sinus

Investigation

Hb-12gm%

RBS-100mg\dl

CT-4 minutes

BT-3 minutes

Treatment Protocol

1. Sarvanga Abhyanga with Ksheerabala Taila Baspa Sweda
2. Nasya Karma with Ksheerabala Taila 8 drops both nostrils
3. Shiropichu with Ksheerabala and Yastimadhu and Taila

Procedure	Day 1	Day 2	Day3	Day4	Day5	Day6	Day7
Sarvanga Abyanga and Baspa Sweda	Ksheerabala Taila	Ksheerabala Taila	Ksheerabala Taila	Ksheerabala Taila	Ksheerabala Taila	Ksheerabala Taila	Ksheerabala Taila
A	Cephagrine 8drops	Ksheerabala 101- 10 drops	Cephagrine 12 drops	Ksheerabala 101 18 drops	Cephagrine 16 drops	Ksheerabala 101 18 drops	Cephagrine 20 drops
Shiropichu	Ksheerabala Taila	Ksheerabala Taila	Ksheerabala and Yastimadhu Taila	Ksheerabala and Yastimadhu Taila	Ksheerabala and Yastimadhu Taila	Ksheerabala and Yastimadhu Taila	Ksheerabala and Yastimadhu Taila

Shamanoushadi:

1. Tab. Cephagrine 1-1-1 A\F
2. Kalyanaka Ghrita 1sf-0-0 B\F with warm water
3. Tab.Sutasekara rasa 1-1-1 A\F

Advice on Discharge

1. Saraswatarista 2tsf-o-2tsf A\F
2. Cap. Uninuron 1-1-1 A\F
3. Kalyanaka Ghrita 1tsf-0-0 B\F
4. Cephagrine nasal drops 2^o -0-0 each nostrils

Result of Treatment

Before treatment	After treatment
Severe pain at Posterior and anterior fontanelle	Pain reduced up to 70%
Tenderness present at frontal sinus	Tenderness is absent
Burning sensation at head and ear	Completely reduced

Discussion

Ardhavabedaka is Tridoshaja Shiroroga with agonizing pain in one half of head. In the present case Sheeta Guna of Kapha and Vata Dosha along with Ushna Guna of Pitta Dosha are vitiated due to various etiological factors these Doshas inturn vitiate Dusya Rakta and gets seated in Rakta

Dhatu at Shiras leading to half headache one half of the head.

Nasya is the prime line of treatment for the diseases of head, Nasya Dravya used in this case are Cephagraine Nasal drops and Ksheerabala (101), Cephagraine Nasal drops followed by Ksheerabala (101) drops are instilled into the nostrilson alternative day's for a period of seven days

As patient had headache on exposure to cold climate as well as hot climate patient also had burning sensation in temporal and parietal region during headache. Hence Vyatyasa chikitsa is applied in present study. Cephagraine is Ayurveda Proprietary Medicine of Charaka Pharmacy, Nimbuka (citrus lemon), is major ingredient in the preparation other ingredients are Vidanga (Enbelia ribes), Yastimadhu (Glycyrrhiza glabra), Shatavari (Asparagus racemosus) and Ikshu Nimbuka is Ushna Virya drug having Amlarasa has Shodana effect, Mrudu Vatanulomana. Vidanga is Ushna Virya as well as Krimighna Dravya and Pramathi Dravya. It is also a Shodhana Dravya. Other ingredients like Yastimadhu, Shatavari and Ikshu are Sheeta Veerya and Snigdha Shrotomardava Kara. Ksheerabala Taila (101) is made up of Ksheera which is best Jeevaniya Dravya and Bala is Sheeta Veerya Balya and Vatahara. Alternatively Cephagraine and Ksheerabala are instilled into both Nostrils to counter Sheeta and Ushna Guna in the Samprapti (Etiopathogenesis) thus Samprapti Vighatana is done by applying Vyatasa Chikitsa which is applied aspect of Guna Shidhanta.

Raktamokshana is the best line of treatment in Shonita Dusti

Here in the present study pulsatile pain in one half of head indicates Raktadusti and is confirmed by Sparsha Ashatva in temporal region of the head (Tenderness).

Hence Raktamokshana in the form of Jaloukavacharana (Leech therapy) is done at the preauricular region Dushita Rakta Nirharana was done. Thus Dosha (Vata, Pitta, and Kapha) and

Dusya (Rakta) Sammurchana is broken by Jaloukavacharana.

Conclusion

Migraine and Ardhavabedaka run parallelly in terms of symptomology and prognosis Vyatyasa Chikitsa Nasya Karma and Raktamokshana are applied Judiciously there is a better result as i observed in this case.

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