



**Case Study**

**A CASE STUDY OF SUCCESSFUL AYURVEDA MANAGEMENT IN THE PATIENT OF MIGRAINE  
(ARDHAVABHEDAKA) AND MOTION SICKNESS**

**Smita Naram<sup>1</sup>, Komal Gawali<sup>2\*</sup>, Hemang Parekh<sup>2</sup>**

<sup>1</sup>Founder, Chairman and Managing Director, <sup>2</sup>Consulting Ayurveda physician, Ayushakti Ayurveda Pvt Ltd, Bhadran Nagar, Cross road, Malad, Mumbai, Maharashtra, India.

**Article info**

**Article History:**

Received: 24-12-2022

Revised: 18-01-2023

Accepted: 27-01-2023

**KEYWORDS:**

Migraine,  
Headache,  
*Ardhvbhedaka*,  
*Panchakarma*,  
*Virechana*,  
Motion sickness.

**ABSTRACT**

Migraine is a type of Headache characterized by moderate to severe throbbing pain, generally associated with nausea, vomiting and light sensitivity. It can be correlated to *Ardhvbhedaka*, which according to the Ayurvedic science is caused by simultaneous vitiation of all the three *Doshas* viz. *Vata*, *Pitta* and *Kapha*. Motion sickness is also a common disorder wherein patient suffers from symptoms like nausea, vomiting, increased salivation, dizziness, upon getting triggered by certain movements. In this case study, a female patient of middle age group (*Madhyam Avastha*) suffering from long standing migraine and motion sickness since past 15 years (on and off), hampering her day to day activities, was administered with the treatment protocol as per Ayurveda resulting in significant relief to her symptoms. The treatment, planned according to her pulse diagnosis and clinical examination, was based on herbal supplements, *Panchakarma* (detoxification) in the form of *Virechana*, home remedies, *Marma* therapy, dietary and lifestyle modifications. The treatment was focused on removing the toxins (*Aam*) from the body with the help of detox (*Virechana*). This also resulted in alleviation of the vitiated *Vata* and *Pitta Doshas* and restoration of the *Jatharagni* (digestive fire). The treatment modality has been effective to reduce the episodes significantly.

**INTRODUCTION**

Migraine is a disorder characterized by headache causing moderate to severe pain which is throbbing or pulsating in nature. It is also accompanied with photophobia, phonophobia and vomiting lasting from 4 to 72 hours. It mostly affects about 20% of females and 6% of males. The phase of headache in migraine is associated with vasodilatation of the extracranial vessels and relayed by hypothalamic activity. It is usually identifiable from the history of the patients. The allopathic treatment of migraine includes symptomatic relief using simple analgesia with aspirin, paracetamol or non-steroidal anti-inflammatory medications.<sup>[1]</sup>

Motion sickness is a disorder in which the person suffers from vertigo, nausea, vomiting during transportation by sea, car and plane.<sup>[2]</sup>

According to Ayurveda, migraine can be correlated with a disorder called *Ardhvbhedaka* which is a type of *Shiroroga* (disorders of the head). The common causes of *Ardhvbhedaka* mentioned by *Acharya Charaka*, *Acharya Sushruta* and *Acharya Vagbhata* are as follows <sup>[3,4,5]</sup>:

S.No	Aaharaja Hetu	Dietary causative factors of migraine
1	<i>Rukshashana</i>	Excessive consumption of dry food
2	<i>Adhyashana</i>	Overeating or binge eating
3	<i>Atyambupana</i>	Excessive consumption of water
4	<i>Ati-Madyapana</i>	Excessive consumption of alcohol

**Access this article online**

Quick Response Code



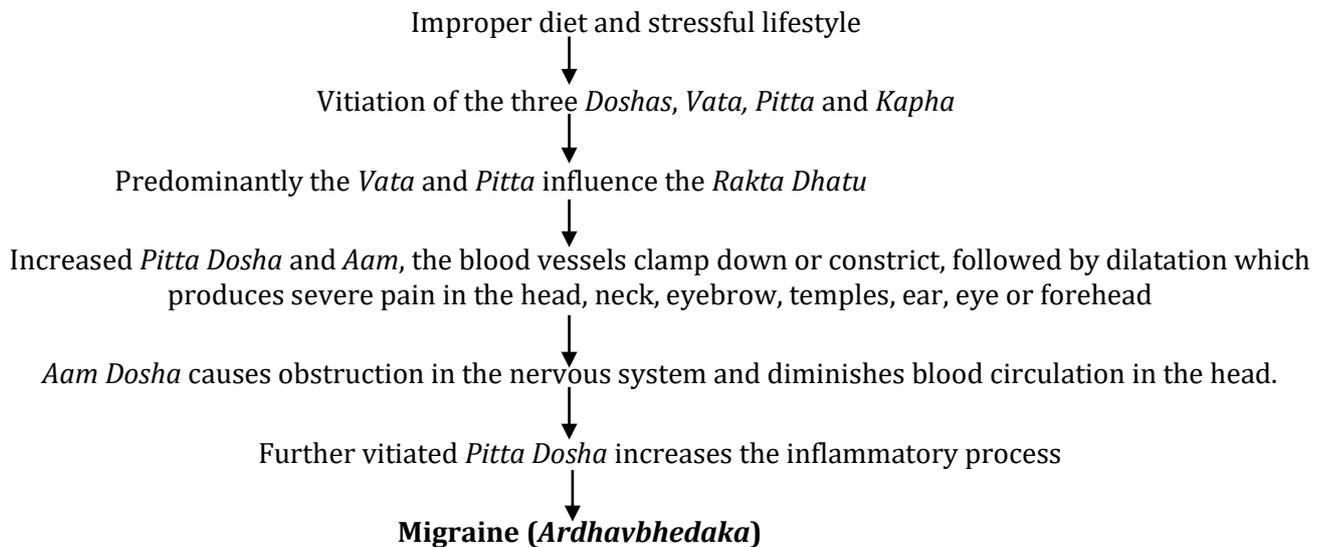
<https://doi.org/10.47070/ijapr.v11i1.2662>

Published by Mahadev Publications (Regd.)  
publication licensed under a Creative  
Commons Attribution-NonCommercial-  
ShareAlike 4.0 International (CC BY-NC-SA 4.0)

S.No.	Viharaja Hetu	Lifestyle causative factors of migraine
1	<i>Dhumatapatushara</i>	Exposure to smoke, sunlight, dew drops and snow
2	<i>Ambukrida</i>	Excessive exposure to water or long hours of swimming or playing in water
3	<i>Atiswapna</i>	Excessive sleep
4	<i>Atijagara</i>	Staying awake for long time during night
5	<i>Utsweda</i>	Excessive sweating
6	<i>Aadhi</i>	Irritation of mind/anxiety
6	<i>Purovata</i>	Easterly breeze
7	<i>Bashpa Nigraha</i>	Suppressing the tears
8	<i>Rodanai</i>	Excessive crying
9	<i>Krimi</i>	Worms
10	<i>Vega Dharana</i>	Suppression of the natural urges
11	<i>Upadhana</i>	Incorrect posture of the head while using a pillow
12	<i>Mruja Dwesha</i>	Unhygienic surroundings
13	<i>Abhyanga Dwesha</i>	Aversion towards oil massage on the head
14	<i>Adhapatatekshanai</i>	Continuous downward gazing of the eyes
15	<i>Asatmya Gandha</i>	Continuous exposure to unpleasant smell
16	<i>Dushta Aam</i>	Consumption of contaminated water or <i>Aam Dosha</i>
17	<i>Ati Bhasya</i>	Excessive talking

The *Samprapti* (pathogenesis) of migraine according to Ayurveda can be understood in the following manner

Due to the consumption of the above-mentioned dietary items and lifestyle factors, the *Aam Dosha* and *Vata*, *Pitta* and *Kapha Doshas* are aggravated in the body. The *Vata* and *Pitta Doshas* predominantly vitiate the *Rakta Dhātu*. Due to the increased *Pitta Dosha* and *Aam Dosha*, the blood vessels first constrict, followed by dilation. It releases prostaglandins, serotonin, and other inflammatory substances that cause the pulsation to be painful. The *Aam Dosha* causes obstruction in the nervous system and diminishes blood circulation in the head. It further vitiates *Pitta Dosha* causing the inflammatory process. This is known as a migraine.<sup>[6]</sup>



### Case Study

This case study includes a middle-aged female patient who visited the Ayushakti Ayurveda Pvt Ltd, Kharghar, Navi Mumbai, branch clinic on 20/12/2022 with the primary complaint of migraine including severe episodes of throbbing pain in the head, nausea, vomiting and motion sickness. She also had developed sensitivity to light and sound and mental irritability. Occupationally, she is a software consultant. The symptoms appeared 15

years before coming to the OPD. The patient had gone to a sea voyage for holidays in the first week of November. After returning back, her condition got worse and she started suffering from motion sickness. The travel by any type of vehicle also triggered her condition resulting into nausea, vomiting and migraine. The patient was not able to travel for her daily work place due to this condition. This was affecting her personal and professional life.

Patient had taken allopathic pain-relieving medications like Tablet Dolo-650 during the episodes of pain. There was only temporary relief in the pain which reoccurred after few days. She had also undergone different kinds of therapies but none was effective for long term. On examination, the blood pressure was 120/80mm of Hg. The BMI (body mass index) was 20. The menstrual history was normal. There was no history of diabetes, hypertension or any other CNS abnormality.

The case was evaluated based on the history and physical examination including the *Ashtavidha Pariksha* (eightfold examination) including the pulse diagnosis described in *Yogaratanakar* [7]. The demographic data collected included the age, gender, personal and medical history with duration and onset of the condition. The treatment that was administered included the herbal remedies, the *Marmaa* therapy, home remedies and diet and lifestyle changes. The assessment was done before and after the treatment.

### Treatment Protocol

The treatment protocol followed in her case was mainly herbal remedies, *Panchakarma* (detoxification) in the form of six healing tools like *Virechana* treatment, home remedies, *Marmaa* therapies, dietary and lifestyle changes.



The patient was given internal medicines (Table 1) tablet *Shirashoolhar* for digestion of the *Aama Dosha* in the body and increasing the blood circulation in the head region by subsiding the throbbing pain (Table 5). *Virechan* Tablet was given as a laxative to be taken daily to flush out the toxins from the body and pacify the *Pitta Dosha* in the body (Table 6). *Mahatikta Ghrita* was also given to the patient for *Abhyantar Snehapana* (internal oleation) to reduce the inflammation process in the body by pacifying the *Pitta Dosha* and *Rakta Dhatu*. The home remedies (Table 2) were also given to the patients to digest the *Aama Dosha* in the body and to stimulate the digestive fire. The *Marmaa* therapy (Table 3) was also given to the patients to balance the *Doshas* and reduce the stress and tension in the body. The dietary and lifestyle changes (Table 4) were advised to balance the *Dosha*, *Dhatu* and *Malas* in the body and avoid reoccurrence of the disease. The patient was explained the whole procedure and the informed consent were taken before doing the detoxification.

### The detoxification process included the following steps

1. **Purvakarma/Pre-Procedure:** The body was first prepared for *Virechana* by doing initial internal and external oleation i.e., *Snehana* and hot fomentation i.e., *Swedana* procedures. The medicinal herbs were given for *Deepana* (stimulating the digestive fire) and *Pachana* (digestion of the toxins).
2. **Pradhanaarma /Procedure:** The *Virechan* (purgation) was done in this to remove the excess of *Pitta Dosha*.
3. **Paschat Karma/Post Procedure:** After the *Virechana Karma*, the patient was kept on a strict diet following the *Manda*, *Peya* and *Vilepi* that form the *Samsarjana Krama* that is the diet that is followed after the detoxification.

**Table 1**

S.No.	Name of the medicine	Dose	Duration	Before/After food	Anupana
1	Tablet <i>Shirshoolhar</i>	2 tablets twice daily	3 months	After food	Warm water
3	Tablet <i>Virechana</i>	2 tablets once daily	3 months	After food at night only	Warm water
4	<i>Mahatikta Ghrita</i>	10ml ghee once in the morning empty stomach	3 months	Empty stomach in the morning	Warm water

**Table 2**

S.No	Home remedy	Procedure	Duration
1	1 tsp Cumin + 1 tsp coriander +1 tsp fennel seeds powder	Boil the ingredients in two glass of water and then when it is reduced to glass of water	Drink the warm water two times, once in the morning and once at night.
2	10 black raisins	Soak overnight in one glass of water and mix all	Take in the morning on empty stomach.
3	<i>Nabhi Purana</i>	Pouring 1 tsp of cow's ghee in the belly button	Before going to bed
4	<i>Pada Abhyanga</i>	Oil massage on the soles of the feet for 10 minutes each	Before going to bed

**Table 3**

S.No	Marmaa therapy	Location
1	<i>Krikatika Marmaa</i>	Two inches below the occipital region
2	<i>Manya Marmaa</i>	Half inch downward, backward of the triangular corner of the jaw line
3	<i>Shiro Marma</i>	Applying ghee on the temporal lobe in a gentle and circular manner for 5 minutes daily before bed time

**Table 4**

S.No	Pathya (To follow)	Apathya (To Avoid)
1	Stay in fresh air, pleasant atmosphere, and a place with proper sunlight and water	Wheat, meat (especially red meat) and refined sugar, raw food
2	Cooked vegetables	Sour foods such as tomatoes, all sour fruits, vinegars and hot spices like chilies
3	Pulses like mung and split mung beans, tur dal and red lentils	Fermented foods such as yogurt, alcohol, cheese (especially old and hard ones) and yeast containing foods such as soy sauce and beer
4	Grains including rice, oats, rye, maize, millet, amaranth, quinoa	Raw vegetables, sprouted beans and salads
5	<i>Pranayama</i> and light exercise daily Keeping the surroundings clean	Ice cold foods and drinks, readymade, tinned and microwave foods

**OBSERVATION AND RESULTS**

The case study was assessed after one months of treatment with the herbal supplements, home remedies, *Marmaa* therapies, diet and lifestyle changes (Table 1, 2, 3, 4) were obtained as shown in the diagram after administering the treatment.

The patient followed the treatment protocol for 1 month continuously. There was drastic reduction in the throbbing pain of the head and significant improvement was observed in all the patients. The patients followed the dietary and lifestyle changes strictly and this helped to reduce the inflammation process and balance the vitiated

Smita Naram *et al.* A Case Study of Ayurveda Management in the Patient of Migraine (Ardhavabhedaka) and Motion Sickness  
*Dosha, Dhatu, Malas* in the body. The motion sickness was completely gone. The patient can travel daily without any difficulties. The symptoms of nausea, vomiting sensitivity to light have reduced by 90%.

**Table 5: Tablet Shirshoolhar**

S.No	Sanskrit name	Latin name	Properties
1	<b>Godanti Bhasma</b>	<i>Calci sulphus</i>	It is useful in headache, <i>Pittaja Jwara</i> (high grade fever), <i>Shirashool</i> (headache), <i>Raktapitta</i> (bleeding disorders). <sup>[8]</sup>
2	<b>Bibhitaki Ghan</b>	<i>Terminalia belerica</i>	It is useful as a laxative and in <i>Chhardi</i> (vomiting). <sup>[9]</sup>
3	<b>Haritaki Ghan</b>	<i>Terminalia chebula</i>	It is used as a laxative, carminative, antioxidant action. <sup>[10]</sup>
4	<b>Amlaki Ghan</b>	<i>Embelica officinalis</i>	It has anti-inflammatory, neuroprotective, antioxidant, analgesic property. <sup>[11]</sup>
5	<b>Haridra Ghan</b>	<i>Curcuma longa</i>	It has anti- bacterial, anti- parasitic, anti-inflammatory, neuroprotective, antihistaminic and antioxidant effect. <sup>[12]</sup>
6	<b>Kalmegh Ghan</b>	<i>Andrographis paniculata</i>	It has analgesic, antibacterial, antipyretic effect. <sup>[13]</sup>
7	<b>Guduchi Ghan</b>	<i>Tinospora cordifolia</i>	It has analgesic, anti-inflammatory, cardio protective, hepatoprotective and <i>Rasayana</i> effect. <sup>[14]</sup>
8	<b>Rasna Ghan</b>	<i>Pluchea lanceolata</i>	It has analgesic and anti-inflammatory effect. <sup>[15]</sup>
9	<b>Vetas Ghan</b>	<i>Salix caprea</i>	It has antioxidant, anti-acetylcholinesterase, anti-inflammatory, neuro protective and anti-migraine effect. <sup>[16]</sup>

**Table 6: Tablet Virechan**

S.no.	Sanskrit name	Latin name	Properties
1	<b>Haritaki Ghan</b>	<i>Terminalia Chebula</i>	It has purgative property <sup>[17]</sup>
2	<b>Aragvadha Ghan</b>	<i>Cassia fistula</i>	It has laxative, analgesic, anti-inflammatory property. <sup>[18]</sup>
3	<b>Sanay patra Ghan</b>	<i>Cassia angustifolia</i>	It has laxative property <sup>[19]</sup>
4	<b>Nishottar Ghan</b>	<i>Ipomoea turpenthum</i>	It has analgesic, anti-inflammatory, and hepatoprotective effect. <sup>[20]</sup>

## DISCUSSION

The female patient belonging to the *Madhyama Vaya Avastha* (middle age) which is a *Pitta Dosha* predominant age period<sup>[21]</sup>. In these patients, according to the pulse diagnosis, the *Pitta Dosha* was increased along with heat level. As *Pitta Dosha* and *Rakta Dhatu* are directly related to each other, the vitiation of *Pitta Dosha* also directly affects the vitiation of *Rakta Dhatu* in the body.<sup>[22]</sup> Therefore the treatment in these female patients of migraines was planned on these lines of treatment principles. *Godanti Bhasma* is cool in nature and preferably used to balance the *Pitta Dosha* in the body<sup>[23]</sup> *Triphala* which is the combination of the three fruits of *Haritaki*, *Bihitaki* and *Amalaki* works as a *Rasayana* by correcting the movement of *Apana Vata Dosha* and balancing the heat of the *Pitta Dosha* in the patients of migraine.<sup>[24]</sup> The formulations work on the *Sama Pitta* in the body and thus helps in balancing the *Pitta Dosha* in the body. *Sama Pitta* produces the symptoms like increased acid formation, increased sourness and heat in the body, burning sensation which fastens the inflammation process in the body.<sup>[25]</sup> In the case of this patient, she was suffering from the symptoms of migraine and motion sickness due to the formation of

*Aam* (toxins), *Sama Pitta* and low digestive fire. The ingredients in *Shirashoolhar* pacify the increased heat, inflammation, acid formation in the body of the patients. *Mahatikta Ghrita* contains a large number of medicinal herbs which are bitter in nature. *Tikta Rasa* (bitter taste) is very useful in balancing the *Pitta Dosha*. Ghee is also the best medicine as well as food item to balance the *Pitta Dosha*.<sup>[26]</sup> Therefore the administration of *Mahatikta Ghrita* in patients of migraine in the form of internal *Snehapana* (internal oleation) empty stomach in the morning is instrumental in reducing the heat of the *Pitta Dosha* and thus balancing the vitiated *Pitta Dosha* in the body. The formulation *Virechana* contains herbs that are laxative in nature. *Virechana* is described as the best medicine for balancing the *Pitta Dosha*.<sup>[27]</sup> This helps in mild form of purgation therapy in the patients to correct the movement of *Vata Dosha* and *Pitta Dosha* and removal of the excessively increased *Pitta Dosha* from the body.<sup>[28]</sup> The *Marmaa* are vital points on the body which when applied sufficient pressure in the scientific manner help to remove blocks in the *Srotasa* (energy channels). It corrects the movement of *Vata Dosha* in the body and creates physical, mental and

emotional flexibility. The home remedies, dietary and lifestyle changes together help to correct the vitiation of the three *Doshas*, *Vata*, *Pitta* and *Kapha*, helps to eliminate the *Aam Dosh* (toxins) in the body and thus helps in migraine.

## CONCLUSION

The proper intervention using six healing tools like herbal remedies, *Marmaa Chikitsa*, home remedies, *Panchakarma* in the form of *Virechana*, diet and lifestyle as per the imbalance of the *Dosha*, *Dhatus* and *Malas* can provide significant relief to the patient of chronic migraine (*Ardhavybedaka*) and motion sickness.

## REFERENCES

1. Stuart H. Ralston. Ian D. Penman, Mark W. J Strachan, Richard P. Hobson. Davidson's Principles and Practice of Medicine. Elsevier; 2018. 1095-1096
2. Liang, Kexin & Liu, Yu & Wang, Wenzheng & Geng, Rongjing. (2022). Research Progress in the Treatment of Motion Sickness. International Journal of Biology and Life Sciences. 1. 43-46. 10.54097/ijbls.v1i1.3096.
3. Agnivesha, Charaka, Dridhabala, Charaka Samhita with Ayurvedadipika Commentary of Chakrapani Datta, Chikitsasthana Adhyaya 26/118, edited by Vaidya Yadavaji Trikamaji, Reprint ed. Chaukhamba Sanskrit Sansthan Prakashan, Varanasi, 2011; 61.
4. Vagabhata, Ashtanga Hridaya, Sarvanga Sundara commentary by Arundatta and Ayurveda Rasayan commentary by Hemadri, Paradkar H.S.S., Varanasi, Uttaratantra, 23/1, Chaukhamba Surbharati Prakashan, Reprint ed.2011; 12.
5. Sushruta, Sushruta Samhita with Nibandha Sangraha teeka of Dalhana, Uttaratantra Adhyaya 25/1, 2, 3, edited by Vaidya Yadavaji Trikamaji, Reprint Ed. Choukhamba Surbharati Prakashana, 2008; 391.
6. Sushruta, Sushruta Samhita with Nibandha Sangraha teeka of Dalhana, Uttaratantra Adhyaya 25/4, 5, edited by Vaidya Yadavaji Trikamaji, Reprint Ed. Choukhamba Surbharati Prakashana, 2008; 391.
7. Tripathi Indradeva & Tripathi Dayashankara, (2007), Yogaratnakara, Krishnadasa Ayurveda series 54, Varanasi, Chaukhambha Ayurveda Prakashana, p.5
8. Sharma, K & Arun, Sharma & Yadav, Yadevendra. (2020). Updated Overview On Godanti Bhasma (An Ayurvedic Formulation Of Gypsum). 07. 16-26.
9. Sharma P, Verma KK, Raj H, Thakur N, A review on ethnobotany, phytochemistry and pharmacology on Terminalia belerica (Bibhitaki), Journal of Drug Delivery and Therapeutics. 2021; 11(1-s): 173-181
10. Deshpande, Manasi, and Dr.Mrs. Tejaswini Babar. "A Review Of Haritaki (Terminalia Chebula) And Its Pharmacological Actions." International Journal of Research and Analytical Reviews (2022): n. pag. Print.
11. Pal, Santosh & Aku, Ramamurthy & Mahajon, Bidhan. (2016). Medicinal Uses of Amalaki (Indian Gooseberry): A Historical Review. 5. 536-548.
12. Chakraborty, Swagata & Das, Aparajita. (2021). A classical ayurveda review on haridra. Ayushdhara. 10.47070/ayushdhara.v7iSupply1.579.
13. Mishra, Siddhartha & Sangwan, Neelam & Sangwan, Rajender. (2007). Andrographis paniculata (Kalmegh): A review. Pharmacog. Rev. 1. 283-298.
14. Rawat, Neha & Roushan, Rakesh. (2018). Guduchi; A Potential Drug In Ayurveda. 7. 355-361. 10.20959/wjpr201812-12674.
15. Pandey, Shruti & Chaudhary, Anand. (2017). A Review On Rasna Saptak Kwath: An Ayurvedic Polyherbal Formulation For Arthritis. International Journal of Research in Ayurveda & Pharmacy. 8. 4-11. 10.7897/2277-4343.08126.
16. Kumar, Vijay & Jagtap, Chandrashekhar & Vaibhav, & Charde, Vaibhav & Kushwaha, Vikram & Garewal, Jyotika & Shakya, Santosh & Babu, Gajji & Singh, Arjun & Singh, Ravindra & Sharma, Bhagwan & Khanduri, Shruti & Srikanth, Narayanam. (2022). Preparation of Vetas Ghana (a semisolid form of Salix Alba L. stem bark aqueous extract) and its analysis by using high-performance thin-layer chromatography and liquid chromatography-mass spectrometry. Journal of Drug Research in Ayurvedic Sciences. 10.4103/jdras.jdras\_1\_22.
17. Meher, Sudhanshu & Bhuyan, G.C. & Das, Banamali & Panda, Purnendu & Ratha, Kshirod. (2018). Pharmacological Profile of Terminalia chebula Retz. And Willd. (Haritaki) in Ayurveda with Evidences. Research Journal of Pharmacology and Pharmacodynamics. 10. 115-25. 10.5958/2321-5836.2018.00023. X.
18. Chauhan, P. & C., Tiwari & Bhutiani, Rakesh & Ahamad, Faheem. (2019). Study of Aragvadha (Cassia fistula Linn.) with special reference to phyto-pharmacological properties: An overview. Environment Conservation Journal. 20. 133-138. 10.36953/ECJ.2019.1008.1219.
19. TRIPATHI, YOGESH. (1999). Cassia Angustifolia, A Versatile Medicinal Crop. Forests Trees and Livelihoods. 10. 121-129. 10.1080/01435698.1999.9752999.

20. Gupta S, Ved A. Operculina turpethum (Linn.) Silva Manso as a Medicinal Plant Species: A Review on Bioactive Components and Pharmacological Properties. *Pharmacogn Rev.* 2017 Jul-Dec; 11(22): 158-166. doi: 10.4103/phrev.phrev\_6\_17. PMID: 28989252; PMCID: PMC5628523.
21. Vagabhata, Ashtanga Hridaya, Sarvanga Sundara commentary by Arundatta and Ayurveda Rasayan commentary by Hemadri, Paradkar H.S.S., Varanasi, Sutrasthana 1/8, Chaukhamba Surbharati Prakashan, Reprint ed.2011;20.
22. Vagabhata, Ashtanga Hridaya, Sarvanga Sundara commentary by Arundatta and Ayurveda Rasayan commentary by Hemadri, Paradkar H.S.S., Varanasi, Sutrasthana 11/26, Chaukhamba Surbharati Prakashan, Reprint ed. 2011; 20.
23. Thakkar, Rohit & Baghel, Dileep & Singh, Saurabh. (2017). Physicochemical screening of Godanti Bhasma: An effort to Pharmaceutical Standardisation. *Journal of Pharmacy Research.* 1111. 887-894.
24. Chouhan, Bali & Kumawat, Ramesh & Kotecha, Mita & Ramamurthy, A & Nathani, Sumit. (2013). Triphala: A comprehensive ayurvedic review. *International journal of Research in Ayurveda & Pharmacy.* 4. 612-617.10.7897/2277-4343.04433.
25. Vagabhata, Ashtanga Hridaya, Sarvanga Sundara commentary by Arundatta and Ayurveda Rasayan commentary by Hemadri, Paradkar H.S.S., Varanasi, Sutrasthana 12/51, 52, Chaukhamba Surbharati Prakashan, Reprint ed.2011;20.
26. Vagabhata, Ashtanga Hridaya, Sarvanga Sundara commentary by Arundatta and Ayurveda Rasayan commentary by Hemadri, Paradkar H.S.S., Varanasi, Sutrasthana 13/4-9, Chaukhamba Surbharati Prakashan, Reprint ed. 2011; 20.
27. Vagabhata, Ashtanga Hridaya, Sarvanga Sundara commentary by Arundatta and Ayurveda Rasayan commentary by Hemadri, Paradkar H.S.S., Varanasi, Sutrasthana 1/10, Chaukhamba Surbharati Prakashan, Reprint ed. 2011; 20.
28. Vagabhata, Ashtanga Hridaya, Sarvanga Sundara commentary by Arundatta and Ayurveda Rasayan commentary by Hemadri, Paradkar H.S.S., Varanasi, Sutrasthana 1/25, Chaukhamba Surbharati Prakashan, Reprint ed.2011; 20.

**Cite this article as:**

Smita Naram, Komal Gawali, Hemang Parekh. A Case Study of Successful Ayurveda Management in the Patient of Migraine (Ardhavabhedaka) and Motion Sickness. *International Journal of Ayurveda and Pharma Research.* 2023;11(1):35-41.

<https://doi.org/10.47070/ijapr.v11i1.2662>

**Source of support: Nil, Conflict of interest: None Declared**

**\*Address for correspondence**

**Dr. Komal Gawali**

Consulting Ayurveda physician,  
Ayushakti Ayurveda Pvt Ltd,  
Bhadran Nagar, Cross road,  
Malad, Mumbai

Email: [drkomalg@ayushakti.com](mailto:drkomalg@ayushakti.com)

Phone number- 8888060339

Disclaimer: IJAPR is solely owned by Mahadev Publications - dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJAPR cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of IJAPR editor or editorial board members.