



Case Study

**A CLINICAL EFFICACY OF *MARMA CHIKITSA* AND AYURVEDIC INTERVENTION IN
MANAGEMENT OF *ARDHAVBHEDAK* (MIGRAINE)**

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ABSTRACT

Migraine is a prevalent and disabling neurological disorder characterized by severe, unilateral headaches often accompanied by nausea, light sensitivity, and sound sensitivity. Migraine is estimated to be the second most prevalent brain disorder after anxiety, affecting nearly 41 million adults. In Ayurveda it is correlated with *Ardhavabhedaka*, one of the *Shiroroga* out of 11 mentioned by *Acharya Sushruta*. *Ardhavabhedaka* is a *Tridoshaja Vyadhi*. The present case study is subjected to assess the efficacy of *Marma Chikitsa* and Ayurveda treatment in management of *Ardhavabhedak*. A 27 years old female patient came to our institute with complaint of experiencing on-and-off frontal headaches, predominantly left-sided, accompanied by nausea and sensitivity to light and sound. *Marma Chikitsa, Pathyadi kwath* 20ml BD with equal amount of water, and *Shadbindu Tail Nasya* was given for 21 days. *Marma Chikitsa* is used for pain management, while *Pathyadi Kwath* is specifically indicated for *Shiroroga* in *Shrangdhara Samhita* and *Nasya Karma* is considered as the best therapeutic intervention in *Shiro Roga* by *Acharya Charaka*. After 21 days of *Marma Chikitsa* significant improvements were noticed in pain management, while *Shadbindu Tail Nasya* and *Pathyadi kwath* also relieve other symptoms, resulting in overall improvement in the patient's condition.

INTRODUCTION

Migraine is an episodic headache disorder characterized by episodes of moderate-to-severe headache, most often unilateral and generally associated with nausea and light and sound sensitivity. These headaches significantly limit daily activities and have a substantial economic and societal burden, affecting patients' quality of life, including work, social interactions, and family life. Episodic migraine (EM) is characterized by <15 days headache per month and chronic migraine (CM) is characterized by ≥15 days headache per month. As a common disabling brain disorder, it is highly prevalent, affecting 12% of the population, with up to 17% of women and 6% of men experiencing attacks annually.^[1,2]

Migraine affects one in seven people globally^[3] and is currently the leading cause of Years Lived with Disability (YLD) among individuals under 50, with a male-to-female ratio of 1:3.^[4] Additionally, migraines rank as the third most prevalent disorder and the seventh highest specific cause of disability worldwide (GBD 2012).^[5]

In Ayurveda, migraine is correlated with the condition known as *Ardhavabhedaka*, characterized by unilateral headaches. Etiological factors such as excessive consumption of dry substances, exposure to cold, inappropriate sexual activity, holding of natural urges, and excessive exercise are the causes for *Vata* vitiation. Additionally, frequent eating before the previous meal is digested, consuming heavy to digest foods, and drinking excessive cold water contribute to *Kapha* vitiation and the formation of *Ama*. The combined vitiation of *Vata* along with *Kapha* leads to severe unilateral pain affecting the head, neck, eyebrow, temples, ear, eye, and forehead. Pain is acute and similar to a blow from sharp weapons, pricking, or

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splitting. In severe cases, it can impair the functions of the eye and ear.^[6,7]

The Ayurvedic treatment for *Ardhavabhedaka* includes *Snehapana* (internal oleation), *Svedana* (sudation), *Virechana* (therapeutic purgation), and *Nasya* (nasal instillations), followed by oral intake of *Shaman Aushadhi*.^[8] Allopathic treatments offer various medications and strategies for managing migraine symptoms, they often do not provide complete relief and can have side effects that affect patient's quality of life. To avoid the damage caused by them, there is a need for a safe, effective, and simple treatment approach in Ayurveda, which this study aims to explore.

Clinical Presentation

A 27 years old female patient teacher by profession suffered by migraine since 2 years. She consulted in the outpatient department of Pt. Khushilal Sharma Government Ayurveda College, Bhopal (MP). She had no history of any other illness or accidents within the specified period. She reported experiencing on-and-off frontal headaches, predominantly left-sided, accompanied by nausea and sensitivity to light and sound. She suffered recurrent attacks of headache 2-3 times a week, each lasting 1-2 hours. Family history revealed that her mother also suffered from similar complaints. Despite being on allopathic treatment and using analgesics for pain management, her symptoms persisted, which led her to visit the OPD.

History of Past Illness

No history of hypertension, diabetes mellitus or any other serious illness

Surgical history: NAD

Personal History

- Bowel - Normal
- Appetite - Normal
- Micturation - Normal
- Sleep - Disturbed due to pain
- Allergy - Nil
- Addiction - Tea, Coffee

Physical Examination

- Body weight: 58kg
- Heart Rate: 93/min
- Respiration Rate: 21/min
- Blood pressure: 100/70 mmHg

Treatment

1. *Pathyadi Kwath* 20ml BD with equal quantity of water empty stomach.
2. *Shadbindu Tail Nasya* - 6 drops in each nostril for next 21 days.
3. *Marma Chikitsa*- for 21 days.

The present case study includes stimulation of 7 *Marma Sthana* that is *Vidhura, Apanga, Avarta, Sthapani, Simanta, Shrangataka* and *Adhipati*. These will be stimulated for 15 - 18 times on an average in single sitting.

Table 1: Marma Chikitsa Procedure

S.no.	Marma Sthana	Stimulation time	Sittings of Marma Chikitsa	Total time period
1	<i>Vidhura</i>	0.8 sec.	Two time per day	21days
2	<i>Apanga</i>	0.8 sec.	Two time per day	21days
3	<i>Avarta</i>	0.8 sec.	Two time per day	21days
4	<i>Sthapani</i>	0.8 sec.	Two time per day	21days
5	<i>Simanta</i>	0.8 sec.	Two time per day	21 days
6	<i>Shrangataka</i>	0.8 sec.	Two time per day	21days
7	<i>Adhipati</i>	0.8 sec.	Two time per day	21 days

- A steady and moderate pressure will be applied slowly and gently.
- Pressure will be increased gradually depending upon patient strength.

Assessment Criteria

Subjective Criteria

1. Severity of headache
2. Frequency of headache
3. Duration of headache
4. Nausea
5. Photophobia
6. Phonophobia

Severity of Headache

S.no.	Criteria	Score
1	No headache	0
2	Tolerable headache	1
3	Do not disturb the routine work	2
4	Disturb the routine work	3
5	Intolerable headache	4

Frequency of Headache

S.no.	Criteria	Score
1	Nil	0
2	Once in 30 days	1
3	Once in 15 days	2
4	Once in 5 days	3
5	Once in 3 days	4

Duration of Headache

S.no.	Criteria	Score
1	No headache	0
2	1-3 hours	1
3	4-12hours	2
4	13-24hours	3
5	Over 24hours/ continuous	4

Nausea

S.no.	Criteria	Score
1	Nil	0
2	Occasionally	1
3	Moderate, but does not disturb the routine work	2
4	Severe, disturbing routine work	3
5	Severe enough, small amount of fluid regurgitating from mouth	4

Photophobia

S.no.	Criteria	Score
1	No photophobia	0
2	Photophobia only during mild exposure to light	1
3	Photophobia only during exposure to light	2
4	Continuous photophobia throughout the day	3
5	Continuous photophobia throughout the day and night	4

6. Phonophobia

S.no	Criteria	Score
1	Nil	0
2	Mild (dose not interfere with usual activities)	1
3	Moderate (inhibits, but does not prevent usual activities)	2
4	Sever (sometime prevent all activities)	3
5	Very severe (unbearable)	4

RESULT**Table 2: Result: Before and After Treatment**

S.No.	Parameter	Before Treatment	After treatment
1.	Severity of headache	3	0
2.	Frequency of headache	3	1
3.	Duration of headache	1	0
4.	Nausea	1	0
5.	Photophobia	2	1
6.	Phonophobia	1	0

DISCUSSION

Present case study demonstrates the efficacy of Ayurveda treatment and *Marma Chikitsa* in management of *Ardhavabhedaka*. In present case study *Shirah-Shoola* (headache) was taken as chief complaint. Along with headache there were associated complaints like nausea, phonophobia and photophobia. As per Ayurveda, 'pain cannot occur without involvement of *Vata Dosha*.^[9] According to Ayurveda, the main etiological factor for *Ardhavabhedaka* is vitiated *Vata*. As pain is the major symptom of migraine which affects the person's day to day activities, so pain management is major target. In the present case study, *Marma Chikitsa* has shown better results in managing pain. The *Marma* are vital points on the body which when applied sufficient pressure in the scientific manner help to remove blocks in the *Srotas*. It corrects the movement of *Vata Dosha* in the body. As *Marmas* are the seats of *Prana*, since *Prana* is connected to *Vata Dosha*, hence *Marma Chikitsa* can be especially useful in treating the *Vata* disorders. Stimulation of the *Marma Sthana* can balance the *Vata Dosha*, resulting in the pain management in diseases like *Ardhavabhedaka*.^[10]

Pathyadi Kwath is a multidrug combination specifically indicated for *Shiroroga* in *Shrangdhara Samhita*.^[11] It is a decoction of *Haritaki*, *Amalaki*, *Vibhitaki*, *Haridra*, *Neem* and *Guduchi*. It has been used for the treatment of various types of headache. It contains *Dravya* which are *Vata-Kapha Dosha Shamaka* and *Ushna Virya* (hot potency).^[12] The ingredients of *Pathyadi Kwath* exhibit anti-oxidant, anti-inflammatory properties, and are neuroprotective.^[13] Additionally, *Pathya* (*Terminalia chebula* Retz.) has analgesic properties.^[14] The combination of herbs in *Pathyadi Kwath* reduce the frequency and intensity of migraine. The anti-inflammatory, analgesic, and calming properties of the herbs help in balancing the *Doshas* (body energies), particularly *Vata* and *Pitta*, which are often implicated in migraine pathology.

Ingredients of *Shadbindu Taila* are directly acting on the causative factors of *Ardhavabhedaka* that is *Vata* and *Kapha Dosha*. Since *Nasa* is considered as a gateway to *Shira*, administering the drug through the

nostrils allows it to reach *Sringaataka*, a *Sira Marma* by *Nasa Srota* and spreads in the *Murdha*. The drugs used in the preparation have *Kapha Vata Nashaka* and *Srotoshodhaka* properties. *Nasya Karma* effectively relieves patients suffering from migraines.

CONCLUSION

These results suggest that the integrative approach of *Marma Chikitsa*, *Pathyadi Kwath*, and *Shadbindu Tail Nasya* not only reduces the primary symptoms of migraine but also significantly improves the patient's overall quality of life by reducing associated discomforts. The primary focus on *Marma Chikitsa* for pain management has demonstrated significant effectiveness in reducing headache severity, while the combined therapies also relieve other symptoms, resulting in overall improvement in the patient's condition.

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