



CASE REPORT

ARDHAVBEDHAKA (MIGRAINE): A CASE STUDY

UMESH KUMAR SAPRA¹

¹Assistant Professor, Department of Rog nidan and Vikriti vigyana, Chaudhary Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, Najafgarh, New Delhi-110073

Corresponding author email address: umeshsapra123@gmail.com

Access this article online: www.jahm.in

Published by Atreya Ayurveda Publications, Ilkal-587125 (India) All rights reserved.

Received on: 18/09/2013, Revised on: 25/09/2013, Accepted on: 01/10/2013

Summary:

A middle aged female patient suffering from the symptoms of migraines headache, slurred speech and loss of memory from 4-5 months was treated with the Ayurvedic medicines for 1 ½ months and the symptoms of the patient were subsided. Patient was treated on the line of Shiroroga (Ardhavbedhaka) and the effect of the treatment was very good. Patient recovered completely.

Key words: Migraine, White matter lesion, Ardhavbedhaka.

Introduction: Headache accounts for more than 50 types and it is one of the most disturbing symptoms. The most important thing is knowing the dosha involved and the sadhayaasadhyatava (curability and incurability) of the disease. Acharya Charka has described 5 types of the Shiroroga whereas Sushruta has mentioned 9 types of the Shiroroga. Ardhavbedhaka (Migraine) is Vatakaphaj in nature according to Acharya Charaka and Sannipataj according to the Acharya Sushruta.

Case Presentation : A young female patient aged 33 years presented in the OPD No.6 (Neuromuscular OPD) of the Chaudhary Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, Najafgarh, New Delhi on dated 31/10/2012 with the complaints of Headache (4-5 months), Slurred speech (4-5 months) and loss of memory (8 days). Patient was under treatment of the modern physician from the reputed hospital in New Delhi from last 4-5 months, but without any improvement. Social history revealed appetite was low, sleep-disturbed, digestion –reduced, Bowel habits 4-5 times/day and micturation was normal.

On general examination, the PR was 65 beats/min. and BP was 100/70 mm of Hg. Blood investigations revealed Hb-11.4gm%, Alkaline phosphatase -169 (Increased) and GGT -50 (Increased). Rest all the blood investigations were within normal limits. MRI of the brain showed confluent areas of altered signal intensity in left periventricular white matter and centrum semiovale? Demyelination?

The patient was prescribed the following treatment for 7 days:

1. Tab. Sutshekhar Ras 1 tablet T.D.S. after meal
2. Tab. Maha Shankh Vati 1 tablet T.D.S. after meal
3. Pathyadi kwath 20 ml. B.D.
4. Cap.Intel-8 (Dharmani) 1 Cap. B.D.
5. Tab. Sanjivani Vati 1 tablet T.D.S. after meal

Patient was advised to restrict C-5 (Cheese, Coffee, Chocolate, Cold drinks and Chinese / Fast food) in diet. Patient was advised to take proper food specially breakfast at time and sleep early. Patient again presented with the symptoms of loss of sleep and Giddiness on 1st Nov.2012 (Second day) .On examination, B.P. was

low (90/60 mm of Hg) and P.R. was 66/min. The patient was prescribed the following medications:

6. Cap.Tagar (Himalaya) 1 cap. B.D
7. Shatavari Guda 1 tsf B.D.

She was advised to continue the rest of the medicines as usual for 7 days.

On next visit on 16th Nov. 2012, the symptoms of headache and giddiness were reduced and the sleep of the patient was improved. The patient was advised to continue the rest of the medicines as usual for 7 days.

On next visit on 23rd Nov. 2012, the symptoms of headache were markedly reduced and giddiness was absent. There was improvement in the speech and the sleep of the patient was improved. Appetite, Bowel habits, Micturation and digestion was normal. There was heaviness in the head and retrosternal burning sensation with dry cough. On examination, B.P. improved (104/75 mm of Hg) and P.R. was 69/min.

The patient was prescribed the following medications:

8. Madhuyashti Powder 3 gm T.D.S. before meal (1/2 tsf)

The patient was advised to continue the rest of the medicines as usual for 7 days.

On next visit, dated 30th Nov. 2012, the symptoms of headache and slurred speech were absent. Sleep was sound and normal. Appetite, Bowel habits, Micturation and digestion was normal. Patient complained of cough. On examination, B.P. improved (120/90 mm of Hg) and P.R. was 89/min. Medicine of serial no. 8 was stopped. The patient was prescribed the following medicines:

9. Mixture of following medicines were prescribed T.D.S after meal
Madhuyashti Powder – 3 gm
Tankan Powder – 250 mg
Sphatika Powder -250 mg
10. Tab. Laxmi Vilas Ras 1 tablet T.D.S. after meal

11. Cephagraine drops (Charak) 1 drop B/L B.D.

The patient was advised to continue the rest of the medicines as usual for 7 days.

On next visit dated 07th Dec. 2012, all the symptoms of headache, slurred speech and loss of memory were absent. Sleep, Appetite, Bowel habits, Micturation and digestion was normal

On examination, B.P. was normal (116/88 mm of Hg) and P.R. was 65/min. Patient complained of retrosternal burning sensation and the following medicines were prescribed T.D.S before meal:

12. Madhuyasti Powder -3 gm
Kamduda Ras -250 mg

Medicines of serial no. 9, 10 and 11 were stopped. The patient was advised to continue the rest of the medicines as usual for 7 days

On next visit dated 14th Dec. 2012, all the symptoms of headache, slurred speech and loss of memory were absent. Sleep, Appetite, Bowel habits, Micturation and digestion was normal

On examination, B.P. was normal (122/88 mm of Hg) and P.R. was 82/min. Patient complained of mild retrosternal burning sensation and the same medicines were prescribed.

On next visit dated 21st Dec. 2012, all the symptoms of headache, slurred speech and loss of memory were absent. Sleep, Appetite, Bowel habits, Micturation and digestion was normal. Patient was prescribed the medicines from S.No. 1 to 7. The patient was in full remission phase. The follow up of the patient was done for the next 3 months and the patient was completely cured and all the symptoms subsided.

Discussion: Acharya Charak has basically described 5 types of Shiroroga whereas 4 other types have been described in Siddhi Sthana. Sushruta has mentioned 9 types of the Shiroroga. Ardhavbedhaka (Migraine) is Vatakaphaj in nature according to Acharya

Charaka and Sannipataj according to the Acharya Sushruta. The patient was treated on the line of the Ardhavbedhaka. White matter lesions are also commonly seen in people who suffer from migraines (more commonly seen in women migraine sufferers). Why do white matter lesions occur in migraine patients? While there are many theories of migraine pathophysiology, migraine is a vascular headache and hence the blood vessels are again involved¹.

Conclusion: The patient of Migraine can be well treated with the Ayurvedic medicines and most importantly it is free of any kind of side effects.

References:

1. <http://braindiseases.wordpress.com/2011/02/21/white-matter-lesions-migraine-and-memory-problems-a-question-and-an-answer/>

Cite this article as: Umesh Kumar Sapra, Ardhavbedhaka (migraine): a case study, Journal of Ayurveda and Holistic Medicine; 2013;1(7): 34-36

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