SINGLE DRUG THERAPY IN ARDHAVABHEDAKA WITH SPECIAL REFERENCE TO MIGRAINE – A REVIEW

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ABSTRACT

Ardhavabhedaka told in Ayurveda can be co-related with the Migraine headache. According to WHO, headache disorders are the most common disorders of the nervous system. It has been estimated that almost half of the adult population have had a headache at least once within a year. Among them 30% or more is Migraine. Due to its high incidence and severity it needs a better management. Conventional methods used in migraine are symptomatic and have some limitations. Ekamooolika prayoga (Single drug therapy) is a simple, economical and effective method of treatment. Single drug therapy told for Ardhavabhedaka in Ayurveda has many such drugs like Chakramarda (Cassia tora), Shirisha, (Albezia lebeck), Vacha (Acorus calamus), Brahmi (Bacopa moneri), Pippali (Piper longum), Moolaka(Raphanus sativa) etc. These drugs are administered as Nasya (Nasal route of administration), to provide better absorption and quick results. The Drugs having Katu – Tikta pradhan Rasa, Laghu – Rooksha – Teekshna guna, and Kapha- Vatahara or Tridoshahara quality are useful in Ardhavabhedaka.

Keywords: Ardhavabhedaka, Migraine, Ekamooolikaprayoga, Nasya.

INTRODUCTION

Shiras is the uttamanga where Prana along with indriyas resides, so the prime focus is to make it free of ailments. Ardhavabhedaka is one among the 11 shirorogas. Sushruta Acharya mentioned headache which is present in the right or left halves of head, which is splitting, pricking or churning in nature and appearing in intervals of Seven days, Ten days, Fifteen days, Thirty days or at any interval of time, due to tridosha prakopa is called as Ardhavabhedaka.

Acharya Charaka and Vagbhata told that pravridha Ardhavabhedaka will cause Badhirya or Andhata which tells about the severity of the disease. According to WHO study, migraine on its own was found to be the sixth highest cause worldwide of years loss due to disability. Headache disorders collectively were third highest. Headache disorders impose a recognizable burden on sufferers including personal suffering, impaired quality of life and financial cost. Repeated headache attacks and often the constant fear of the next one, damage family life, social life and employment. The long-term effort of coping with a chronic headache disorder may also predispose the individual to other illnesses. For example, anxiety and depression are significantly more common in people with migraine than in healthy individuals. Headache disorders are associated with personal and social burdens of pain and damaged quality of life due to the symptoms like severe pain,
Nausea, Vomiting, photophobia etc. Pain killers used in Migraine act momentarily without any permanent solution\(^3\). Because of the high incidence and severity an effective medication for Headache is a need of the hour.

Ardhavabhedaka has many Ekamoolika prayoga in different Clasical texts. As Ardhavabhedaka is a grievous condition which needs better management and Ekamoolika prayoga is simple and easily adoptable by any population irrespective of economical status of the suffering mankind. So here is an attempt to compile the single drug therapies told for Ardhavabhedaka in Ayurveda and help the sufferers.

**Review**

Some single drugs used in Ardhavabhedaka according to Ayurvedic clasical texts are\(^{1,2,5}\)

1. Aparajita – (*Clitoria ternatia*)\(^4\)
2. Mundi (*Spheranthus indicus*)
3. Shigru (*Moringa olifera*)\(^6\)
4. Jyotishmati – (*Celastrus paniculata*)
5. Shalaparni (*Desmodium gengaticum*)
6. Chakramarda (*Cassia tora*)
7. Shirisha, (*Albezia lebeck*)
8. Vacha (*Acorus calamus*)
9. Brahmi (*Bacopa moneri*)
10. Pippali (*Piper longum*)
11. Moolaka (*Raphanus sativa*)
12. Madhuka (*Glycerrihiza glabra*)\(^7\)
13. Vamsha (*Bambusa arundinacea*)
14. Apamarga (*Achyranthus aspera*)
15. Dronapushpi (*Leucas cephalotus*)
16. Purana ghrita
17. Navaneeta

Other than these some Folklore claims like Haritamanjari (*Acalypha indica*) and Morata (*Clematis gouriana*) etc. in Nasya form are told for ardhavabhedaka.

**Method of administration of single herbs:**

1. Moola and phala of Aparajitha is soaked in water and triturated and a drop is instilled through nostril. Moola of aparajitha is tied around ears which subsides Ardhavabhedaka\(^4\).
2. Brahmi (*Bacopa moneri*), Mundi (*Spheranthus indicus*), Shigru (*Moringa olifera*), Shirisha, (*Albezia lebeck*), Jyotishmati (*Celastrus paniculata*), Vamsha (*Bambusa arundinacea*), Vacha (*Acorus calamus*), Apamarga (*Achyranthus aspera*), Shalaparni (*Desmodium gengaticum*), Pippali (*Piper longum*), Moolaka (*Raphanus sativa*), Madhuka (*Glycerrihiza glabra*), Dronapushpi (*Leucas cephalotus*) are used as Avapeedaka Nasya (*Nasal instillation*)\(^{1,2}\).
3. Kalka of Chakramarda (*Cassia tora*) is used for Lepa (topical application) over head\(^1\).
4. Purana ghrita and Navaneeta are used for both internal administration and Nasya\(^3\).
5. Haritamanjari (*Acalypha indica*) and Morata (*Clematis gouriana*) stem is used for Avapeedaka nasya by folklore practitioners.

**Observations:**

Ayurveda explains the drug action through Rasapanchaka. Hence knowing it is essential to understand the mode of action of the drugs in Ardhavabhedaka.
### RASAPANCHAKA OF FEW EKAMOOLIKAS USED IN ARDHAVABEDHAKA

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Drug</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Prabhava</th>
<th>Doshaghna ta</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Vacha (Acorus calamus)</td>
<td>Katu, Tikta</td>
<td>Laghu, Teekshna</td>
<td>Ushna</td>
<td>Katu</td>
<td>Medhya</td>
<td>Kapha-vata shamaka</td>
</tr>
<tr>
<td>2</td>
<td>Pippali (Piper longum)</td>
<td>Katu</td>
<td>Laghu, Teekshna, Snigdha</td>
<td>Anushna</td>
<td>Madhura</td>
<td>-</td>
<td>Kapha-vata shamaka</td>
</tr>
<tr>
<td>3</td>
<td>Moolaka (Rafanus sativa)</td>
<td>Katu</td>
<td>Laghu</td>
<td>Ushna</td>
<td>Katu</td>
<td>-</td>
<td>Tridosha Shamaka</td>
</tr>
<tr>
<td>4</td>
<td>Madhuka (Glycerrhiza glabra)</td>
<td>Madhura</td>
<td>Guru, Snigdha</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>-</td>
<td>Vata-Pitta shamaka</td>
</tr>
<tr>
<td>5</td>
<td>Vamsha (Bambusa arundinaceae)</td>
<td>Kashaya, Madhura</td>
<td>Laghu Rooksha</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>-</td>
<td>Vata-Pitta shamaka</td>
</tr>
<tr>
<td>6</td>
<td>Shirisha (Albezia lebeck)</td>
<td>Kashaya, tikta, madhura</td>
<td>Laghu, RookshāT eekshna</td>
<td>Anushna</td>
<td>Katu</td>
<td>Vishaghna</td>
<td>Tridosha Shamaka</td>
</tr>
<tr>
<td>7</td>
<td>Chakramaranda (Cassia tora )</td>
<td>Katu</td>
<td>Laghu, Rooksha</td>
<td>Ushna</td>
<td>Katu</td>
<td>-</td>
<td>Kaphavata shamaka</td>
</tr>
<tr>
<td>8</td>
<td>Shalaparni (Desmodium gengaticum)</td>
<td>Madhura, Tikta</td>
<td>Guru, Snigdha</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>-</td>
<td>Vata-Pitta shamaka</td>
</tr>
<tr>
<td>9</td>
<td>Shigru (Moringa olifera)</td>
<td>Katu</td>
<td>Laghu, Rookshā, Teekshna, Sara</td>
<td>Ushna</td>
<td>Katu</td>
<td>-</td>
<td>Kapha-vata shamaka</td>
</tr>
<tr>
<td>10</td>
<td>Jyotishmati (Celastrus paniculata)</td>
<td>Katu, Tikta</td>
<td>Teekshna, Sara, Snigdha</td>
<td>Ushna</td>
<td>Katu</td>
<td>-</td>
<td>Vata-kapha shamaka</td>
</tr>
<tr>
<td>11</td>
<td>Brahmi (Bacopa moneri )</td>
<td>Tikta,Kashaya,Madhura</td>
<td>Laghu, Sara</td>
<td>sheeta</td>
<td>Madhura</td>
<td>Medhya</td>
<td>Tridosha shamaka</td>
</tr>
<tr>
<td>12</td>
<td>Dronapushpi (Leuca scephalotus)</td>
<td>Katu, Lavana, Madhura</td>
<td>Guru, Rooksha, Teekshna</td>
<td>Ushna</td>
<td>Madhura</td>
<td>-</td>
<td>Kapha-vata Shamaka Pitta sam-shodhaka</td>
</tr>
<tr>
<td>13</td>
<td>Apamarga (Achyranthus aspera )</td>
<td>Tikta, katu</td>
<td>Sara, Teekshna</td>
<td>Ushna</td>
<td>Katu</td>
<td>-</td>
<td>Kapha-Vata shamaka</td>
</tr>
<tr>
<td>14</td>
<td>Aparajita (Clitoria ternatia)</td>
<td>Tikta</td>
<td>shita</td>
<td>Sheeta</td>
<td>Katu</td>
<td>-</td>
<td>Tridosha shamaka</td>
</tr>
</tbody>
</table>
15. **Mundi** *(Spheranthus sindicus)*
   - Tikta, katu
   - Laghu, Rooksha
   - Ushna
   - Katu
   - Tridosha shamaka

16. **Navaneeta**
   - Madhura, Kashaya
   - Sheeta, snigdha
   - Sheeta
   - Madhura
   - Vata – pitta shamaka

17. **PuranaGhrita**
   - Katu, Tikta
   - Teekshna
   - Sheeta
   - Madhura
   - Tridosha shamaka

Among these 17 drugs told, 7 drugs have Kapha-Vatahara property, 6 drugs have Tridoshahara property and 4 drugs have Vata-Pittahara property.

**DISCUSSION**

1. In Ardhavabhedaka samprapti, it is clearly told that Vata alone or along with Kapha dosha dislodged in shiras cause the disease and few authors consider it as Tridoshaja. Observations on rasapanchaka of these drugs revealed some similarities in Doshahara karma. Most of these Ekamoolikas are either vata- kaphahara or tridoshahara. 7 drugs have Kapha -Vata hara quality and 6 have tridoshahara quality.

2. Most of the drugs are administered through nasal route as it is considered as best route of administration for Urdwajatru vikaras.

3. In Ardhavabhedaka most of the drugs are administered as Avapeedana Nasya according to classical texts. Incidentally modeof administration of most of these single drugs also says the same.

4. Maximum drugs have Katu, Tikta rasas which help in pacifying Kapha-Vatadoshas involved in Ardhavabhedaka.

5. Most of the drugs have Laghu, Rooksha, Teekshna gunas which are useful in Kapha - Vataja condition.

6. Observations regarding Virya  and Vipaka of these drugs  revealed equal distibution of both types. Which shows Virya and Vipaka have no direct roll with respect to these drugs in treating Ardhavabhedaka.

7. In modern science the drugs acting on vasoactive neurotransmitters, anti-inflammatory, analgesics are used in Migraine treatment. Many of these drugs are having anti-inflammatory, analgesic and nootropic activity due to the secondary metabolites like Alkaloids, Flavonoids, glycosides, Volatile principle etc. This may help in curing the pathology of Migraine and reducing the pain. To establish the mode of action, individual drugs can be studied for antimigraine activity.

**CONCLUSION**

1. Most of the drugs used here are simple and economical with successful utility. Thus cumbersome use of conventional medicines and its undesired effects on the body can be avoided.

2. Most of the drugs are administered through nasal route in order to ensure better absorption, quick relief and also smaller dosage.

3. Most of the drugs are Kapha –Vatahara or Tridosha hara and help in Ardhavabhedaka, which happens to be a tridoshaja or Kapha-Vataja Disease.

**REFERENCE**

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