

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. Ekamoolika 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 pradhana Rasa, Laghu – Rooksha – Teekshna guna, and Kapha- Vatahara or Tridosahara quality are useful in Ardhavabhedaka.

Keywords: Ardhavabhedaka, Migraine, Ekamoolikaprayoga, Nasya.

INTRODUCTION

Shiras is the uttamanga where Prana along with indriyas resides¹, so the prime focus is to make it free of ailments. Ardhavabhedaka is one among the 11 shirorogas¹. 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 Ardhavabhedaka¹.

Acharya Charaka and Vagbhata told that pravridha Ardhavabhedaka will cause Badhirya or Andhata² which tells about the severity of the disease. According to WHO study³, 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 solution³. 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 Classical 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 classical 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 (*Rafanus sativa*)
12. Madhuka (*Glycerihiza glabra*)⁷
13. Vamsha (*Bambusa arundinaceae*)
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 Ardhavabhedaka⁴.

2. Brahmi (*Bacopa moneri*), Mundi (*Spheranthu indicus*), Shigru (*Moringa olifera*), Shirisha, (*Albezia lebeck*), Jyotishmati (*Celastrus paniculata*), Vamsha (*Bambusa arundinaceae*), Vacha (*Acorus calamus*), Apamarga (*Achyranthus aspera*), Shalaparni (*Desmodium gengaticum*), Pippali (*Piper longum*), Moolaka (*Raphanus sativa*), Madhuka (*Glycerihiza 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 head¹.

4. Purana ghrita and Navaneeta are used for both internal administration and Nasya².

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 ARDHAVABEDHAKA⁵

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

15.	Mundi (<i>Spheranthu sindicus</i>)	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 Tridosahara 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 tridosahara. 7 drugs have Kapha -Vata hara quality and 6 have tridosahara 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 mode of 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 distribution 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.

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