



Case Study

## ROLE OF SHWASAKUTHAR RASA AND OTHER HERBOMINERAL FORMULATIONS WITH YOGA IN MIGRAINE

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### ABSTRACT

Ayurveda is an ancient traditional system of medicine to treat illness and encourage well being by using natural whole body healing techniques. Migraine is a primary headache disorder which is characterized by episodic recurrent attacks. As it affects one billion individuals each year across the worldwide has proven to one of the most common neurological disorders with high prevalence and morbidity among the younger age groups. Migraine can be classified on the basis of presence of Aura which shows prodromal symptoms like irritability, behavioural changes, etc and associated symptoms of photophobia, phonophobia and vomiting that usually lasts for 4 to 72 hours. In Ayurveda, migraine is clinically correlated with *Ardhavabhedaka* which is described as *Tridoshapradhana* by *Sushruta* and *Vatakaphapradhana* by *Vagabhata*. The management of migraine is done routinely by reducing the symptoms and the episodic recurrent attacks with Ayurvedic approach as modern medicine cause gastric irritation and drug dependency which further triggers the attack. The present case of 35 years old female diagnosed with migraine has shown symptoms of headache involving left side of head associated with nausea, vomiting and sensitivity to light and sound. The patient was treated with *Nasya Karma* which act as a gateway to head as said by *Acharya Charaka* and with oral Ayurvedic herbomineral formulation *Shamana Chikitsa* was done that alleviates the symptoms of *Ardhavabhedaka*. A significant relief from all symptoms was observed within a period of 15 days, demonstrating the Ayurveda as the best way to improve the overall well being of mind, body and spirit.

### INTRODUCTION

Migraine is the most common cause of vascular headache that usually appears before middle age and affects 20% of females and 6% of males at some point in life.<sup>[1]</sup> It is a cyclic disorder which has different phases, including a premonitory phase, transient neurological symptoms, intense headache attack and postdrome phase.<sup>[2]</sup> It affects more than one billion people across the worldwide having high prevalence and morbidity rate. It is a benign and recurring syndrome of headache, nausea, vomiting, and other symptoms of neurologic dysfunction.

The factors that aggravate the migraine attacks are red wine, menses, hunger, worry, perfumes, lack of sleep, glare, estrogen, etc. Usually, the cause of migraine is unknown but the headache phase of migrainous attacks was caused by extracranial vasodilatation and that the neurologic symptoms were produced by intracranial vasoconstriction.<sup>[3]</sup> Activation of trigeminovascular system plays important role in pathogenesis of migraine with some other factors like hormonal disturbances, oestrogen containing oral contraceptions, genetic factor, and psychological factors. There are mainly two types of migraine: Classical migraine which is (presence of aura) contributes for around 20% of patients and common migraine (absence of aura) contributes for around 80% of patients. Migraine can be classified into subtypes, according to the headache classification committee of the International Headache Society.<sup>[4]</sup>

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**Migraine without Aura:** It is a more frequent type of vascular headache usually lasts for 4 to 72 hours that include moderate to severe type of headache, pulsating quality, unilateral in nature that is aggravated by physical activities, moving head and associated with photophobia, phonophobia and vomiting. It is also called common migraine that occur in 80% of patients.

**Migraine with aura:** It comes with premonitory symptoms of sensory, visual and motor functions with associated symptoms of shimmering, silvery zigzag lines marching across the visual fields for upto 40 minutes. It is also known as classical migraine that affects 20% of patients. It appears to affect more commonly in people of age group between 40 and 70 years.

**Chronic Migraine:** It is a headache that occurs for two weeks or more in a month for more than three months and has migraine symptoms on atleast eight or more days in a month.

**Probable Migraine:** It is a symptomatic migraine attack that lacks one of the features required to fulfil the criteria of migraine and also does not meet the criteria of another type of headache.

**Complications of migraine:** Status migrainous is debilitating migraine attack that lasts more than 72 hours. persistent aura without infarction is an aura that persists for more than one week without evidence of infarction. Migrainous infarction is one or more aura symptoms associated with brain ischemia during a typical migraine attack. Migraine aura triggered seizure occurs during an attack of migraine with aura and a seizure is triggered.

**Episodic syndromes:** Recurrent gastrointestinal disturbance are recurrent attacks of abdominal pain and discomfort, nausea, and vomiting that may be associated with migraine. Benign paroxysmal vertigo has brief recurrent attacks of vertigo.

In Ayurveda, Migraine is clinically correlated with *Ardhavabhedaka* as mentioned in Ayurvedic *Samhitas* like *Charaka Samhita*, *Sushruta Samhita*, etc. *Acharya Sushruta* has mentioned eleven types of *Shirorogas* on the basis of *Doshas*, *Dhatu Kshaya*, *Krimi*, and *Suryavarta*, *Anantavata*, *Arhavabhedaka* and *Shankak Roga*. *Ardhavabhedaka* is one of the *Shiro Roga* which is composed of two words 'Ardhava' and 'Bhedaka' which means pain in either half side of head. *Acharya Charaka* has mentioned the over intake of *Ruksha Ahara*, *Atyadhik Bhojana*, *Vayu*, exercise, sexual activities cause vitiation of *Vata Dosh* which further combines with *Kapha Dosh* and affect either half side of *Manya*, *Karna*, *Bhru*, *Shankha*, *Netra*. If the disease lasts for long, it will destroy sight and hearing.<sup>[5]</sup> According to *Acharya Sushruta*, *Ardhavabhedaka* is

caused by the vitiation of all three *Doshas* that's why called *Trisdoshapradhana Vyadhi* and *Acharya Vagbhata* has called this *Shiro Roga* a *Vataj Vyadhi* caused by vitiation of only *Vata Dosh*. The symptoms occur mainly are *Toda*, *Bheda*, *Bhrama*, *Shoola* in either half side of head (unilateral) which will occur without any cause with sudden attack at an interval of fifteen and ten days. *Acharya Videha* mentioned that the attack of *Ardhavabhedaka* occur at an interval of three, five, fifteen and in one month.<sup>[6]</sup> All the three *Dosh* are involved in the pathogenesis with the predominance of *Vata* or *Vatakapha*. Hence, the diseases of *Urdhvajatra* can be treated directly with *Nasya Karma* which is called as gateway of *Shirah*.<sup>[6]</sup> *Nasya Karma* purifies and opens the head's pathway which enhances the *Pranas* oxygenation process and positively affects how the brain functions.<sup>[7]</sup> The Ayurvedic line of treatment for *Ardhavabhedaka* are *Nasya Karma* with 'Go-Ghrit' (medicated oil/ghee in nostrils), *Siravedha* (bloodletting by puncture) which helps to release the venous tension instantly results in reduction of pain and combination of herbo mineral Ayurvedic formulation followed with *Pathya* and *Apathya* have a combined satisfactory response in symptoms of *Ardhavabhedaka*.

### Case History

A 35 yr old female patient with Cr No:- A21646 came to Government Ayurvedic College & Hospital, Patna, Bihar in Kayachikitsa OPD with C/O pain in left side of forehead even during head movement that is severe in intensity and throbbing in nature associated with nausea and vomiting having sensitivity to light, sound and smell.

### History of Present illness

Patient was accompanied by her husband and history was given by the patient herself. Her headache was severe in intensity and throbbing in nature that lasts for around 6-8 hrs usually associated with vomiting. The pain intensity was aggravated by light, loud noises and perfumes. She also complained of bloating and improper bowel evacuation from one month. She has also given history of presence of aura that includes mood swings, irritability, etc. She was conscious during these attacks and has an episode of headache at an interval of 10 days. Patient had difficulty in sleeping over night due to pain and also has an impact on her work. Patient gets relief for some short of time by taking NSAIDs. Hence, she approached the OPD.

### History of Past illness

Patient had similar type of headache episodes one year ago. She underwent allopathic treatment for this but got a temporary relief. There was no history of hypertension and diabetes mellitus.

**Personal History**

**Ahara:** Vegetarian, takes food at improper time, *Guru, Ruksha* and *Sheeta Ahara*.

**Vihara:** *Vegadharana*, disturbed sleep, excessive physical activities.

**Family History**

Patient’s mother suffered from migraine headache.

**Personal History**

Occupation – Teacher

Marital status – Married

*Prakriti – Pittaj-Kaphaj*

*Bala – Madhyam*

*Satwa – Madhyam*

*Satmya – Madhyam*

Addiction – Tea intake (4-5 times/day)

Sleep – Disturbed

*Agni – Mandagni*

**Assessment Criteria**

The severity and level of disability in migraine patients was assessed on the basis of MIDAS Score (Migraine Disability Assessment) which is faster and more efficient method for evaluation of symptoms from last three months. The MIDAS score is seven item questionnaire that assesses the number of days during the previous three months that respondents missed work or school, experienced decreased productivity at work or home, or missed social engagements because of headaches and the grading is given according to the score calculated by sum of each domain.<sup>[8]</sup>

**Methodology/Treatment Plan**

To subside the symptoms of disease, *Nasya karma* with oral herbomineral Ayurvedic formulation combating all three *Doshas* have been selected.

Formulations	Days of treatment administration	Total duration of treatment
<i>Nasya</i> <i>Go-Ghrit</i> 4 drops in each nostril on alternate days	14days	14 days
<i>Shirashooladi vajra rasa</i> 125mg BD	15 days	15 days
<i>Shwasakuthar rasa</i> 125mg BD (with <i>Adrak swarasa</i> )	15 days	15 days
<i>Pathyadi Khwath</i> 20ml BD (with equal amount of water)	15 days	15 days
<i>Lavanabhaskar churna</i> - 3gm BD (with lukewarm water)	15 days	15 days
<i>Pranayama, Anuloma Viloma (Pratah kala)</i>	15 days	15 days

**Pathya-Apathya<sup>[9]</sup>**

Diet	Consuming <i>Purana Ghrita, Shali, Shashitkashali, Yush, Milk, Dhanvamansa</i>
Vegetables	<i>Patolam, Shigru, Vastuka, Karvellaka</i>
Fruits	<i>Amra, Amalaki, Dadima, Matulunga, Jambeera</i>
Liquid diet	<i>Narikela, Kanji, Takra</i>

**RESULT**

The assessment of relief in signs and symptoms of migraine is done on the basis of MIDAS grading which is calculated by adding the number of days patient miss work or school, experienced impact on work, etc.

Questionnaire (five)	Before Treatment (Number of days)	After Treatment (Number of days)
Missed work	2	0
Decreased productivity at work	0	0
Missed household work	3	0
Decreased productivity at household	0	0
Missed family/social leisure	3	1
MIDAS Score	8	1
MIDAS Grade	Grade II	Grade I

**Mode of Action of Nasya**

*Acharya Charaka* has described as “*Nasa Hi Shirsodwaram*” (Gateway to *Shirah*). The head is one among the three *Marmas* and is the *Indriya* and *Kapha*

*Dosha’s* ruler. In *Nasya Karma*, the medicine is put into nostril, moves in the channels upto the *Shringataka* and spreads to whole of the interior of head and to the



junction where all the channels related to eyes, ears and throat situated together, thus shows influence on *Shiras* by removing out the accumulated *Doshas* localized in *Shiras* known as *Shirovirechana*. It can effectively treat many head related disorders.<sup>[10]</sup>

## DISCUSSION

Migraine can be clinically correlated with *Ardhavabhedaka* in Ayurveda. It has been estimated that migraine is the second most prevalent brain disorder after anxiety, affecting nearly 41 million adults. The World Health Organization estimated that there are 3000 migraine attacks occurring daily for every million population.<sup>[11]</sup> In Ayurveda, psychological factors like *Manasa Santapa*, *Shoka*, *Bhaya* are mentioned as the factors which leads to *Shirashoola*. *Ardhavabheda* is caused by the vitiation of all three *Doshas* that is *Vatakaphapradhana Pitta Prakopa* and *Raja Tama Mansik Dosha Prakopa*. So, the treatment should be aimed at balancing all three *Doshas* by *Shodhana* and *Shamana* of *Sharirik* and *Mansik Doshas*.<sup>[12]</sup> According to *Acharya Sushruta*, the treatment of *Ardhavabhedaka* resembles with *Suryavarta* which is also a type of *Shiroroga* which includes *Nasyadikarma* (putting medicated oil/*ghee* in nostrils), *Siravedha* (bloodletting by puncture), *Shamana Chikitsa* with herbomineral Ayurvedic formulations and yogic therapy of *Pranayama* (yogic breathing).<sup>[13]</sup> After 15 days of treatment with medications and yogic therapy, there is significant improvement in signs and symptoms of *Ardhavabhedaka*. The pain intensity which hampered the daily routine work has been reduced and get back to normal condition.

### *Nasya Karma with Go-Ghrita*

*Go-Ghrita* is unique in *Jangama Sneha* and is *Balavardhaka*, *Ojovardhaka*, *Vayasthapana*, *Agni Deepana* and *Dhatuposhaka*. *Ghrita* having *Balya*, *Brimhana*, *Rasayana* and *Medhya* effect which can be explained by two ways. Digestion, absorption and delivery to the target organ are made easy when any drug is processed with *Ghrita* due to lipophilic action. Anti-oxidant effect of *Go-Ghrita* is due to its vitamin A and vitamin E content. According to *Acharya Sushruta*, *Go-Ghrita Nasya* is used in *Ardhavabhedaka* and according to *Acharya Dalhana*, *Go-Ghrita Nasya* is mostly effective in *Vataj Pittaj Avastha*.<sup>[14]</sup>

### *Shirashooladivajra Rasa*

According to *Bhaisajya Ratnawali*, *Shirashoola divajra Rasa* contains *Shudha Parada*, *Gandhaka*, *Triphala*, *Mulethi*, *Pipli*, *Dashmoola*, etc which together effective in all types of *Shiro Rogas*. "*Vatikam Pattikam Sarvam Shirorogam Vinashyat*" which means all types of *Shiroroga* whether it is *Vataj* or *Pittaj*, *Ekdoshaj* or *Tridoshaj Shirorogas* can be effectively manages

through this *Rasa*. The *Anupana* should be milk, water or honey that act as 'adjuvant' increases the absorption capacity of *Rasa*.<sup>[15]</sup>

### *Shwasakuthar Rasa*

It is a herbomineral drug which contains *Parada*, *Gandhaka*, *Tankana*, *Vatsnabha*, *Pippali*, *Maricha*, *Shunthi*, *Manashila*, etc as per Ayurvedic literature. It is *Katu*, *Tikta in rasa*, *Ruksha*, *Teekshna* and *Vyavayi* in *Guna*, *Ushna* in *Veerya* and *Katu* in *Vipaka* which in together functions as *Vata-Kaphahra* (balance *Vata* and *Kapha*), *Strotovishodan*, *Agnideepana*, *Malarupikaphanashak*, etc. *Shirah* is the place of *Indriya* and *Kapha* so this *Rasa* that acts as a *Kaphanisharaka*, *kaphachedana* and *Kaphanashaka* plays an effective role in management of *Ardhavabhedaka* symptoms. As it is also *Amanashak* and *Amapachak* due to *Katu* and *Ruksha Guna* which helps to relieve from indigestion also.<sup>[16]</sup> This *Rasa* is also used for *Nasya Karma* in *Suryavarta*, *Ardhavabhedaka*, severe *Shirorogas* as mentioned in *Bhaisajya Ratnawali*. *Adrak Swarasa* or *Pana Swarasa* is used as *Anupana* with *Shwasakuthar Rasa* for increasing its efficiency.<sup>[17]</sup>

### *Pathyadi Khwath*

It is *Tikta Kashaya Rasa Pradhana* having *Madhur Vipaka* with *Ushna Virya* and *Laghu* and *Ruksha Guna* predominance. Most of the patients with migraine are seen having hyperacidity due to history of consumption of street food, night out, stressful lifestyle, etc which results in *Pitta* predominance leads to nausea and vomiting with vertigo. *Pathyadi Khwath* will be best *Pittashamak Dravya* due to its *Madhur Vipaka* and *Tikta Kashaya*. It acts as *Strotoshodhaka* and *Kledashoshaka* due to its *Ushna Virya*, improve metabolism due to its *Amapachak* property eliminate the *Doshas* accumulated in the body. All we can say that *Pathyadi Khwath* can break the *Samprapti* of *Ardhavabhedaka*.<sup>[18]</sup>

### *Lavan Bhaskar Churna*

It is an Ayurvedic formulation traditionally used for the treatment of *Agnimandya* (loss of appetite), *Gulma*, *Pliha*, *Arsha*, *Grahni*, *Vibandh*, etc. The *Ushna*, *Laghu*, *Ruksha Guna*, *Deepana*, *Kapha-Vata-Hara Karma* of the ingredients increase the power of *Rasa* and *Dhatvagni*, decreases the formation of *Ama*. It helps in digestion, increases appetite, regulating the formation of HCl which prevents gaseous distension. The *Churna* is used in *Vata-Kapha Pradhana* diseases. As in *Ardhavabhedaka*, patient complaint of indigestion and bloating accompanied by nausea, *Lavanabhaskar Churna* will reduce the symptoms effectively.<sup>[19]</sup>

### *Pranayamas (Yogic Breathing)*

The *Prana* and mind are interconnected to each other and their influence is bidirectional. Simple

breathing exercises such as slow and controlled breathing are known to calm the mind. Yogic breathing exercises are known as *Pranayamas* and are considered a form of meditation in itself, as well as a preparation for deep meditation. It helps to promote the well-being physically and self-awareness, improve lung capacity, maintains the pressure of blood, anxiety, other psychosomatic patterns by increasing the parasympathetic tone.<sup>[20]</sup>

After 15 days of treatment with *Nasya Karma* with *Go-Ghrita*, and internal medications of Herbomineral Ayurvedic formulations with *Shwasakuthar Rasa*, the patient shows marked improvement in *Lakshna* of *Ardhavabhedaka* and reduction in severity of illness. Yogic breathing called *Pranayama* plays effective role in healing fast followed by *Pathya-Apathya*.

### CONCLUSION

The present case study shows the importance of Ayurvedic formulation in the treatment of migraine which is correlated with *Ardhavabhedaka*. As migraine is a chronic recurrent type of vascular headache characterized by its cardinal feature of either half side headache which requires preventive strategies and long-term management. As it hampers the daily life routine activities decreases the quality of life which further leads to stress. It is necessary to treat the disease effectively so that further disease progress can be stopped which can be achieved through Ayurvedic formulations. Ayurveda is old system of medicine that believes that disease is caused by imbalance of *Doshas* and when the balance is disturbed, either decreased or increased it produces a state of *Dosha Vaishamyas*. *Ardhavabhedaka* is *Tridoshapradhana* by *Sushruta* (*Vata-Kapha Pradhana* and *Pitta Prakopa*) by *Vagbhata*. The main line of treatment includes *Vatakaphahra* and *Pittashamak Karma* through *Shodhana* and *Shamana* of *Sharik* and *Mansik Doshas*. Ayurvedic herbo mineral formulations prove to be effective in management of signs and symptoms of patient in a relative short period of time. The treatment protocol managed through *Nasya Karma* with *Go-Ghrita* (medicated oil/ghee in nostrils), *Pranayama* (yogic breathing) and *Shamana Aushadis* like *Shwasakuthar Rasa* (*Kaphanashak* and *Vatashamak*), *Pathyadi khwath* (*Pittashamak*), *Shirashooladivajra Rasa* (pain reliever), etc. with *Pranayama* which enhances the healing process. Ayurveda believes in pacifying the disease from roots and cleanses the body by its unique treatment strategies of *Shodhana* and *Shaman Chikitsa* followed by *Pathya-Apathya*. The Ayurvedic formulation opted for *Ardhavabhedaka* management seems to be effective and gives promising results within a short period of time.

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