

Management of Ardhavabhedaka in Ayurveda – A Case Report

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Abstract: *Ayurveda* has mentioned various branches which includes different eight branches called as ‘*Ashtanga Ayurveda*’¹. *Acharya Sushruta* also explained various branches in his *Sutrasthana* 1st *adhyaya*². *Shira* [Head] is one among the *Shadangas* which is considered as ‘*Uttamanga*’ and also mentioned as seat for *Prana* and *Indriyas*³. *Ardhavabhedaka* is mentioned one among the *Shirorogas* mentioned by *Acharyas*⁴. It can be correlated with the Migraine in modern science. It is one of the important disorder that found in general practice which needs immediate treatment as its signs & symptoms worsening situation or complaints of patients. *Ayurveda* has mentioned various emergency treatments which are mentioned for *Ardhavabhedaka* includes *Siravyadha*, *Nasya*, *Shamana Chikitsa*. Here in this case study, *Godanti* & *Shankha Bhasma* used for the management of *Ardhavabhedaka*.

Keywords: *Ardhavabhedaka*, Migraine, *Shamana Chikitsa*

I. INTRODUCTION

Ardhavabhedaka is one described among the *Shirorogas*, also it is one of the important *Shiroroga* which is commonly found. *Ardhavabhedaka* has severe pain in the half of *Shirah Pradesha* i.e. *Manya*, *Bhru*, *Shankha*, *Akshi*, *Karna* & *Lalata*, etc. The intensity of pain is sharp as produced by *Arani* or *Shastravata*. Attacks of *Ardhavabhedaka* may be repeating in 10 days or 15 days⁴.

According to *Acharya*, if *Ardhavabhedaka* remains untreated it will be converted into *Badhirya* [deafness] and *Andhyata* [blindness]⁵. *Acharya Charaka* mentioned that due to the intake of *Ruksha Aahara*, *Atimatra Bhojana*, *Avashyaya*, *Shrama*, *Vegadharana*, *Vyayama*, causes *Vata Dosha* vitiation & increases which goes in to the *Shira Pradesha* alone or with *Kapha Dosha* to produce pain⁶.

Migraine is one of the common cause for headache, which affects health of both men and women. Also, it affects person’s social and professional life. In modern science there is symptomatic treatments were mentioned which failed to prevent its recurrence or recurrent attacks.

In *Ayurveda* there are various managements were mentioned which includes *Siravyadha*, *Nasya*, *Shamana Chikitsa*. In which *Godanti*, *Shankha Bhasma* used for the management of *Ardhavabhedaka*. Therefore, in this study *Godanti*, *Shankha Bhasma* is used for the management of *Ardhavabhedaka*.

Aim & Objectives of the study –

Aim – Management of *Ardhavabhedaka* in *Ayurveda* – A Case Report.

Objectives – To study the role of *Godanti* & *Shankha Bhasma* in the management of *Ardhavabhedaka* w.s.r. to Migraine.

Materials & methods –

Case study –

A 28 years old male patient visited OPD with presenting complaints of *Ardhashirah Shoola*, *Hrullasa* since from 3-5 days [on & off].

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History of present illness –

Patient is normal before 3-5 days, then he suffered from pain in the *Ardhashirah Shoola, Hrullasa*. Patient had complaints severe pain in head which affects his daily activities. Shoola also referee to the *Dakshin Karna*. Patient had taken modern treatment which provides symptomatic relief. Therefore, for relief patient comes to hospital.

Chief complaints –

Ardhashirah Shoola
Hrullasa
Dakshin Karna Shoola

Past history – No any history of major illness.

Personal history – H/O Stress, consumption of fast food, Insomnia.

General examination –

PR = 80/min BP = 110/70 mm of Hg RR = 20/min Weight = 56 kg Height = 155 cm	<i>Mala = Samyaka</i> <i>Mutra = Samyaka</i> <i>Jivha = Sama</i> <i>Sparsha = Anushna</i> <i>Aakruti = Madhyam</i>
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Systemic examination – No any abnormality in CNS, CVS, RS.

Management –

In this case study, *Godanti & Shankha Bhasma* were given with *Ghritha* as *Anupana* in the management of *Ardhavabhedaka*. *Godanti & Shankha Bhasma* is known for *Shoolahara, Vatapittahara*, useful in the management of Neurogenic disorders. This *Yoga* has action on *Pitta dosha & Rakta dosha* due to its *Ashrya-ashrayi* relation.

Godanti & Shankha Bhasma has *Pittaghna doshaghata*, it reduces *Shoola, Daha* as it produces due to the *Pitta Prakopa*. *Ghritha* also helps to balances the *Pitta dosha* due to its *Sheeta Virya, Madhura Vipaki, Snigdha Guna*. It has properties like *Pittashamana, Vatahara, Dahaghna, Shoolahara*.

Drug	Dose	Kala	Anupana	Study duration
<i>Godanti & Shankha Bhasma</i>	10 gm	Morning & Evening	<i>Ghritha</i>	15 days

Along with treatment proper *Pathya Aahara & Vihara* had been followed by patient. In *Aahara, Snigdha dravyas* like *Ghrithapana, Godhuma, Shashtika Shali, Dadima, Draksha*, etc, *Pitta Shamaka Dravyas* are given. In *Vihara, Adhwagamana, Vyayama* is important.

Observations & Results –

Effect of the treatment on *Ardhashirah Shoola, Hrullasa, Dakshin Karna Shoola* is as follows ;

	Symptoms	Before treatment	After treatment
VAS Scale	<i>Ardhashirah Shoola [Dakshin]</i>	9	2
	<i>Dakshin Karna Shoola</i>	8	1
Signs & symptoms			
	<i>Hrullasa</i>	++++	+



Discussion

Ardhavabhedaka has includes vitiation of *Vata*, *Pitta* as well as *Rakta Dosha*. Therefore, the management for *Ardhavabhedaka* is to reduces the *Pitta Prakopa*, *Vata dushti*, and *Rakta dushti*. *Godanti & Shankha Bhasma* possess *Pittaghna* properties, also helps to reduces the *Rakta dhatu dushti*. *Godanti, Shankha Bhasma* which helps to decreases the blood pressure increased in migraine as it decreases the *Dosha Dushti*, relieves *Pitta Shamana*, *Vata Shamana* helps to relieves throbbing pain present in the head.

II. CONCLUSION

In this case all symptoms like *Ardhashirah Shoola*, *Hrullasa*, *Dakshin Karna Shoola* are significantly diminished in 15 days of study. In conclusion *Godanti, Shankha Bhasma* are significantly effective in *Ardhavabhedaka*, followed by proper *Pathya & Apathya*.

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