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STUDY OF PATHYADI KWATH IN ARDHAVBHEDAK (MIGRAINE)

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ABSTRACT

Migraine is very common neurovascular disabling disease encountering in day to day life. Migraine is defined as a paroxysmal attack having a sudden onset accompanied by usually unilateral severe headache, nausea, vomiting and other symptoms of neurological dysfunction. Migraine, the second most common reason for cerebral pain afflicts around 15% of women and 6% of men. With the disease afflicting majority of the people in their prime age i.e. from second decade to fifth decade, it is affecting their professional and social life, hampering their health. *Ardhavabhedaka* can be scientifically correlated with Migraine due to its cardinal feature 'half sided headache and also due to its paroxysmal nature'. In *Ayurveda*, Migraine is described as *Ardhavabhedha kawhich* is a major health issue among people of age group 20 to 50 year. It is mentioned as *Tridosha Pradhana* by *Sushruta* and *Vatakaphapradhana* by *Vagbhata*. According to WHO, migraine is the third most common disease in the world with an estimated global prevalence of 14.7% (around 1 in 7 people). The attack gives warning before it strikes a brilliant zigzag line or star shapes appears before, the patient has visual disturbances such as blurring of vision or flashes of the light, blind spot unilateral headache that can cause severe throbbing pain or pulsing sensation usually on one side of head with aura, excruciating pain which lasts for 4 to 5 hours. *Ayurveda* believes in treating the disease from its root cause while other systems of medicines have lots of limitations. This article reviews the evaluation and treatment of *Ardhavbhedak* (migraine) and highlights the study of *Pathyadi Kwath* in evaluating and treating patients.

Keywords - : Migraine, *Ardhavbhedak*, *pathyadikwath*

INTRODUCTION -

Headache is one of the most common of all human physical complaints. It is also a major cause of absenteeism from work and of avoidance of social and personal activities. Headache is actually a symptom which may be of primary idiopathic type or may be a manifestation of a wide range of organic diseases such as brain tumor, subarachnoid hemorrhage, meningitis. Migraine attacks are a complex brain event that unfolds over hours to days, in a recurrent manner. The most common type of migraine is without aura (75%) of that the headache.

It is highly prevalent headache disorder over the past decade having considerable impact on the individual and society. It can involve brain, eye and autonomous nervous system.

Sushruta explains 11 types of *Shiroroga* in *Uttartantra*. *Vataj*, *Pittaj*, *Kaphaj*, *Sannipataj*, *Raktaj*, *Krimij*, *Kshaya*, *Suryavarta*, *Anantavata*, *Ardhavabhedak*, *Shankhak*.¹ one of them is *Ardhavabhedaka* in which paroxysmal unilateral headache. As indicated by *Acharaya Sushruta*, it is a *tridoshaj* disease and according to *Acharaya Charaka* it is *Vataja* or *Vata-Kaphaja*. *Ardhavabhedaka* can be scientifically correlated with Migraine due to its cardinal feature 'half sided headache'

which is also explained by commentator *Chakrapani* as '*ArdhaMastakaVedana*' (Ch.Su. 7/16) and also due to its paroxysmal nature. All the three *doshas* are involved in the pathogenesis of the *Ardhavabhedaka* with the predominance of *Vata* or *Vatakapha*. *Ayurveda* emphasizes various treatment modalities for *Ardhavabhedaka* which includes both *shamana* and *shodhana* in the management.

AIMS AND OBJECTIVES

1. To study literature regarding migraine & *Ardhavabhedaka*.
2. Assess the effect of Ayurvedic treatment in the *Ardhavabhedaka* (Migraine)

MATERIALS AND METHODS:

Various literatures about *Kriyakaalpa* from various *Samhitas* and published material

METHODOLOGY:

A systematic search strategy was adopted using "PubMed" for the main search process. The keywords used for the purpose of PUBMED search include "Migraine, *Ardhavabhedak Pathyadi Kwath*". No limits were adopted as; journals, years of publications, language, types of articles or author. But the articles published in English languages only were selected for purpose of review.

Role of Pathyadi Kwath – The mighty conqueror of all headaches

Pathyadi Kwath is poly herbal Ayurvedic decoction containing *Pathya (Harad)* and other medicinal herbs & extremely effective for all types of headaches. This occult formulation is created very meticulously by blending the right proportions of *Pathya* with several other medicinal herbs. The final fuse is endowed with antioxidant, adaptogenic, and laxative properties. Its anti inflammatory, purgative, and pain-relieving powers make it a go-to solution for treating headaches. It is also widely used to address other issues like migraine, constipation-induced headache, and headaches due to eyestrain or lack of sleep. *Pathyadi Kadha* is indicated in the treatment of *Shiroroga*. It also reduces the intensity and frequency of migraine attacks².

Drugs used are -

As per Sharangdhara Samhita Madhyamakhandanda

Pathya (Haritaki) – Chebulic Myrobalan Fruit rind

Aksha (Bibhitaka) – Belliric Myrobalan Fruit rin

Dhatri (Aamlaki) - Indian gooseberry fruit

Bhunimba (Kiratatikta) (Pl.)

Nisha-Turmeric (Rhizome)

Nimba-Neem (Stem Bark)

Amruta-Indian *Tinospora* (Stem)

Sr. No	Name of Drug	Latin Name	Proyoganga	Maatra
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o	s			
1	Hritaki	Terminaliachebula	Fruit	1 Part
2	Bibhitaki	Terminalialibricalica	Fruit	1 Part
3	Amalaki	Phyllanthusemblica	Fruit	1 Part
4	Nimba	Azadiracaindica	Multw ak	1 Part
5	Bhunimba	Andrographispaniculata	Sarvan g	1 Part
6	Haridra	Curcuma longa	Kanda	1Part
7	Guduchi	Tinosporacordifolia	Mula	1 part

Table no. 01

Properties of pathyadi kwatha dravyas :

Sr. No	Name of Drugs	Rasa	Guna	Ver ya	Vi pa ka	prabhava
1	Haritaki	Madhur,Amla, Kashya,katu,Tikt a	Laghu Ruksha	Ushna	Madhur	Tridoshahar
2	Bibhitaki	Kashya	Laghu Ruksha	Ushna	Madhur	Kaphapitahara
3	Amalaki	Madhur,Amla, Kashya,katu,Tikt a	Laghu Ruksha	Sheeta	Madhur	Tridoshahar
4	Nimba	Tikta, Kash	Laghu	Sheeta	Katu	Kaphapitah

		ya	hu	a		ara
			Ruk sha			
5	Bhu nim ba	Tikta	Lag hu	Sh eet a	Ka tu	Kaph apitah ara
			Ruk sha			
6	Hari da	Tikta, Katu	Lag hu	Us hn a	Ka tu	Kaph apitah ara
			Ruk sha			
7	Gud uchi	Tikta, Kasha ya	Lag hu	Us hn a	Ma dh ur	Trido shaha r
			Ruk sha			

Table no. 02

1. It is noticeable from the above table that *Pathyadi Kwath* is *Tikta Kashaya Rasa Pradhana* with *Madhur Vipaka* and *Ushna Veerya* with *Laghu & Ruksha Guna* Predominance. As per *Acharya Sushruta Ardhavabhedaka* is said *Tridoshapradhan* and *Acharya Charak* said it as *Vatakaphapradhana Doshadushti*.

2. While in practically most of the patients with migraine are seen having hyperacidity, habit of eating of street food, spicy food, night out, stressful lifestyle these are described as *Pittaprapakopaka Hetus* in *Ayurveda*, which are responsible for feeling of nausea, vomiting, vertigo. So considering pitta predominance in *Ardhavabhedaka Tiktakashaya* and *Madhur Vipaka* of *Pathyadi Kwath* will be best *Pittashamaka Dravya*.

3. *Katu* and *Tiktarasa* of *Pathyadi Kwath* have *Deepana, Pachana Karma* that will act as *Aampachan*.

4. *Ushna Veerya* of *Pathyadi Kwath* acts as *Strotoshodhaka* and *Kledashoshaka*; eliminate pathological *Doshas* accumulated in the body.

5. In addition, *Laghu* and *Ruksha Guna* act as *Kleda Shoshaka*, mala of *Kapha Dosh*. All we can say *Pathaydi Kwath* is the formulation that can break the *Samprapti* of *Ardhavabhedaka*.

Dosage –

Dose- 10-20 ml of *Kwath* with *Koshnjala*

Duration- 10-12 weeks

DISCUSSION

Headache is one of the most common of all human physical complaints. This type of Migraine is very common and correlated with *Ardhavbhedak* in *Ayurveda* explained by commentator *Chakrapani* as *Ardhamastakavedna*³. *Ayurveda* believes in treating the disease from its root cause while other systems of medicines have lots of limitations.

CONCLUSION –

Migraine is very common neurovascular disabling disease encountering in day to day life. Migraine is defined as paroxysmal attacks having a sudden onset accompanied usually unilateral severe headache, nausea, vomiting and other symptoms of neurological dysfunction.

Ardhavabhedaka can be scientifically correlated with Migraine due to its cardinal feature 'half sided headache' and also due to its paroxysmal nature⁴.

Ayurveda believes in cleansing the body and Propitiate the *Tridoshas* from the roots by using unique treatment modalities such as *Shodhana* and *Shamana Chikitsa*. These treatment approaches a balanced physiology which brings healing the body and mind. This helps to achieve well as control of migraine to the patient. *Ayurveda* opens new doors for treatment of migraine through integrative approaches and aid a new treatment option among practitioners of new era where there is no permanent cure for migraine⁵.

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