

Ayurvedic management of *Ardhavabhedaka* (Migraine)

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Abstract

Ardhavabhedaka defines *Ardha Mastaka Vedana*. Migraine, the most common cause of vascular headache afflicts approximately 15% of women and 6% of men. Migraine can often be recognized by its activators like stress, lack of sleep, worries, red wine, menses, estrogen etc. and by its deactivators like sleep, relaxation, meditation, pregnancy, exhilaration and drugs. Modern life style and stress are the main causative factors for the condition. Many medications have been tried and a many are still under research, but modern drugs are not acceptable due to their inherent drawbacks. In contrast, Ayurveda has a variety of natural medication in the treatment of *Ardhavabhedaka*. It was planned to compare the results between *Laghu Sutashekhara Rasa* orally in Group A, *Brihat Dashamoola Taila Nasya* in Group B, placebo drug in Group C and *Goghrita Nasya* in Group D. Total 150 patients were selected. The overall effect of therapy showed that in Group A, 38% patients cured while 36% patients showed marked improvement. In Group B, 46.67% patients moderately improved while 35.55% patients showed marked improvement. In Group C, 90% patients did not show considerable change. In Group D, 48.89% patients moderately improved and 28.89% patients showed marked improvement. No any adverse drug reaction was found during the whole study. From the results and observation it can be concluded that Group A shows better results in *Ardhavabhedaka*.

Keywords: *Brihat Dashmoola Taila, Laghu Sutashekhara Rasa, Nasya*

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