

The effect of *Suthra Nethi Karma* on “Migraine”

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Abstract

Migraine is now recognized as a common chronic condition. Migraine usually presents before the age of 40. The cause of migraine is not yet completely understood. Many medications have been tried and a lot of research has been undertaken. Migraine is described as “*Ardhavedhaka*” in Ayurveda classics. It is defined as “*Ardha Mastak Vedana*”. One of the six *Shadhkarma* is “*Nethi Karma*” and *Suthra Nethi Karma* is one of the *Nethi Karma*. It cleanses the cranium and bestows clairvoyance and exert a profound physiological effect on the body, mind and personality. The purpose of this review was to study the effect of *Suthra Nethi Karma* in the management of migraine. Conceptual study was done using Ayurveda and various Yoga texts. According to Ayurveda *Ardhavedhaka* affects half part of the head and causes different types of pain for a short duration and recur in 3-5-10-15-30 days (interrupted pain) and is associated with vertigo. This *Shodhana Karma* acts on the physical level irrigation of the nasal mucosa and removes accumulated mucus from the nostrils, associated passages and sinuses allowing air to flow without obstruction. It releases emotional tension and promotes a balance between the left and right nostrils and consequently the right and left hemispheres of the brain. This induces a state of harmony and balance throughout the entire central nervous system and other systems. This also induces a reversal in the flow of the nerve impulses to and from the brain bringing out stimulation and awakening of the brain centers. It can be concluded that *Suthra Nethi Karma* is a head purification technique and is effective in the management of migraine.

Keywords: *Ardhavedhaka, Shadhkarma, Suthra Nethi Karma*

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