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Evaluation of the clinical efficacy of *Śariwothphalādi lepa* in the management of migraine

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Abstract

Headaches are classified as primary and secondary. Migraine is the most common of primary headache disorders. Migraine disorders are further classified into migraine without aura, migraine with aura, familial or sporadic hemiplegic migraine, and basilar-type migraine. Complications of migraines include chronic migraine, status migrainous, persistent aura without infarction, migrainous infarction, and migraine-triggered seizures. Migraine has different symptoms; it may be different from person to person. This study aimed at finding the efficacy of an herbal formula lepa including *Hemidesmus indicus*, *Nymphaea lotus* L., *Saussurea lappa*, *Glycyrrhiza glabra* L. which was a safe and effective external mode of therapy for migraine without side effects. Throbbing, pulsating pain, photophobia, phonophobia, nausea & vomiting, visual disturbance, tinnitus and duration of headache were assessment criteria & assessment of the effect of treatment was done on the basis of relief of the subjective and objective parameters of migraine under a grading system. Thirty patients had engaged in this study. All were advised to avoid the other treatments for migraine & apply the lepa on pained area, when they feel migraine. Observations were recorded after six months. While considering the P value of symptoms, P value <0.05 for throbbing, pulsating pain, photophobia, phonophobia, visual disturbance, duration of headache. So *Śariwothphaladi lepa* is effective on these five symptoms. But P value >0.05 for nausea and vomiting, tinnitus. So it is not effective on these two symptoms. According to pharmacodynamics action, it has *Pitta shamaka* and *Kapha wardaka* property. So it has deep sleepy condition after using *Śariwothphaladi lepa*. It is helpful to reduce symptoms of migraine quickly. According to the study *Śariwothphaladi lepa* has given effect for reducing the symptoms of migraine. Finally, it was confirmed that *Śariwothphaladi lepa* is effective in the management of migraine.

Keywords: Migraine, *Śariwothphaladi lepa*

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