

Efficacy of *Pathyaksha Dhatryadi Kashayam* Tablet and *Godanthi Bhashma* on *Ardhavabhedaka* with special reference to Migraine

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Abstract:

As per the classical texts of *Ayurveda*, *Ardhavabhedaka* is a one of *Shirakshoola* caused by all the three *Doshas* causing severe tearing and pricking pain in half of the head, with nausea, vomiting and piercing pain suddenly after a fortnight. Migraine is a kind of powerful headache that usually presents with nausea, vomiting and sensitivity to light. Most people start having migraine headache between ages 10 and 40. They generally last between 4 to 72 hours. A 30-year-old female patient presented with 5 years history of migraine was treated with *Pathyaksha Dhatryadi Kashayam* tablet and *Godanthi Bhashma* for 4 weeks and follow up 7 months. The clinical presentation of patient was recurrent attack of headache, nausea, vomiting, difficult to engaging of day to day work and photophobia. She has taken abortive and preventive treatment in regular basis but no improvement was reported. The patient was treated for one month with these medicines. *Terminalia chebula*, *Terminalia bellirica*, and *Embilika officinalis* have properties of *Kapha* and *Pitta* balancing and also *Vata Anulomana*. *Andrographis paniculata*, *Azadirachta indica*, and *Tinospora cordifolia* have *Pitta Nashaka* property. *Curcuma longa* is an excellent anti-inflammatory drug. *Godanthi Bhashma* has coolant properties and preferred in the treatment of *Pitta* imbalance disorders. Progress of the treatment was recorded and therapeutic effects were evaluated through symptomatic relief using ICHD (International Classification of Headache Disorder). It can be concluded that these regimen is effective in treating *Ardhavabhedaka* (Migraine) by reducing symptoms and reducing the recurrence of the disease.

Key words: *Ardhavabhedaka*, Migraine, *Godhanthi Bhashma*, *Pathyaksha Dhatryadi Kashayam*

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Introduction:

Chronic and recurring of headache, nausea, vomiting, and/or other symptoms of neurological dysfunction is in varying admixtures in migraine. [1] Recurrent attacks of headache varied in intensity, frequency and duration commonly unilateral in onset and usually associated with anorexia and sometimes with nausea and vomiting. Some are associated with conspicuous sensory, motor and mood disturbances. [2] The lifetime prevalence of headache (including anybody with any form of headache), migraine, and tension-type headache were 93.8% and 69% in men; and 99, 25 and 88% in women. The point prevalence of headache was 11% in men and 22% in women. [3] According to *Acharya Charaka*, due to *Nidana Sevana*, *Vata* gets aggravated, which alone or combined with *Kapha* seizes one side of head and causes severe pain. The aggravated *Vata* gets obstructed by *Kapha* and it dry up the *Kapha* or *Somatatva* of *Manya*, *Shankha*, *Bhru* and *Lalata Pradesha* and causes severe pain in half of the head. [4] In this way, to dry up the *Kapha* copulation of *Pitta* is also necessary. So *Sushruta's* opinion is appropriate in his way. On studying the etiology and symptoms, the disease *Ardhavabhedaka* can be realized as *Vatika* or *Vata-Kaphaja* disorder. [5] But due to nature of disease it may assume *Sannipatika* appearance swiftly. Thus, involvement of all the three *Doshas* is obviously evident in *Ardhavabhedaka*. Still vitiation of *Vata Dosh* or *Vata* along with *Kapha* is predominantly present in *Ardhavabhedaka*. *Ardhavabhedaka* is mainly caused by *Prana Vayu*. *Rakta* is considered as the main

Dushya and *Shirogata* as the main *Srotasa* involved in *Shiroroga* as *Acharya Charaka* has included *Shiroruka* in *ShonitajaRoga*. [6] There is no effective medicine in allopathic for this. Medicines; *Pathyaksha Dhatryadi Kashayam* tablet and *Godanthi Bhashma* were prepared by *Triphala* (*Terminalia Chebula*, *Terminalia bellirica*, *Embilika officinalis*), *Andrographis paniculata* (*Bunimbha*), *Curcuma longa* (*Haridra*), *Azadirachta indica* (*Vasa*), *Tinospora cordifolia* (*Guduchi*) and Calcium sulphate (*Godanthi*). *Terminalia Chebula*, *Terminalia bellirica*, and *Embilika officinalis* having properties of *Kapha* and *Pitta* balancing and also *Vata Anulomana*. *Andrographis paniculata*, *Azadirachta indica*, and *Tinospora cordifolia* having properties of *Pitta Nashaka*. *Curcuma longa* is an excellent anti-inflammatory drug. *Godanthi Bhashma* has coolant properties and preferred in the treatment of *Pitta* imbalance disorders.

Pathyaksha Dhatryadi Kashayam Tablet and *Godanthi Bhashma* are the effective treatment to relief of all types of symptoms of migraine and recurrence of attack.

Case History:

The patient in this study was a 30-year-old female house wife who was diagnosed as migraine for 5 years. She was suffering from benign and recurring syndrome of headache, nausea, vomiting and difficult to engaging to day to day works. One side of head has affected mainly. The participant has taken abortive and preventive allopathic medicines to manage the symptoms. But there was no

relief from the disease. She was free from all other chronic disorders like hypertension, diabetes mellitus, thyroid disorders etc. Patient was on strictly under diet control and behavior control.

Intervention

The intervention used in this case was *Pathyaksha Dhatryadi Kashayam* Tablet and *Godanthi Bhashma*. The study was conducted over a 1 month period. Two tablet of *Kashayam* tablet were given twice a day before meal with adequate quantity of warm water and 250mg of *Godhanthi Bhashma* twice a day with adequate quantity of luke warm water after meal and 7 months follow up. Medicines were prepared by *Terminalia Chebula*, *Terminalia bellirica*, *Embilika Officinalis*, *Andrographis paniculata*,

Curcuma longa, *Azadirachta indica*, *Tinospora cordifolia* and Calcium sulphate which has *Kapha Pitta* balancing and *Vata Anulomana* drugs respectively.

Data Collection

ICHD was used to collect data throughout present case study. ICHD was used to measure the outcome of headache (Severity, Frequency, and Duration) unilateral headache, disturbance of daily routine, nausea and vomiting before and after treatment. Progress of the treatment was recorded at the arrival of the participant at the clinic before treatment every week. Pre and post intervention symptoms intensity measurements were measured weekly including follow up period.

Table no-1: Subjective Criteria (ICHD):

Parameters	Before Treatment	After treatment
Severity of Headache	4	0
Frequency of Headache	4	0
Duration of Headache	4	0
Nausea	2	0
Vomiting	2	0
Disturbance of Daily Routine	5	0
Photophobia	1	0

Results and Discussion:

The improvement was assessed on the basis of relief in the symptoms of the disease. The results of the study were collected with the usage of the ICHD provided reliable data by measuring the effects of *Pathyaksha Dhatryadi Kashayam* tablet on symptoms of

migraine before and after treatment. The data indicated that a 100% improvement of symptoms within four weeks of the data collection and no recurrence during follow up period.

The study shows the positive outcomes of *Pathyaksha Dhatryadi Kashayam* tablet and

Godanthi Bhashma. Result showed there was a 100% significant improvement. The follow up study was also shown that no recurrence of symptoms till today (7 months). *Ardhavabhedaka* is considered as a *Shirakshoola* caused mainly due to the vitiation of *Vata Dosha*, *Kapha Dosha* and *Rakta*. The *Prathaksha Dhatryadi Kashayam* tablet has opposite *Guna* of *Vata Dosha* and *Kapha Dosha* such as *Teekshna* and *Ushna Veerya*. *Godanthi Bhashma* has indicated to *Shirakshoola* and it has properties of *Pitta Shamana* and blood purification.

Conclusion:

It can be concluded that there is satisfying scope of suggesting these Ayurvedic management as safe and effective procedure for Migraine (*Ardhavabhedaka*).

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