



IMPORTANCE OF DIET AND HEALTHY LIFESTYLE IMPLEMENTATION IN PREVENTION OF ARDHAVABHEDAKA (MIGRAINE)

¹Dr. Abha Singh, ²Dr. Vineeta Singh

¹Assistant Professor, Dept. of Kriya Sharir, Apex Institute of Ayurvedic Medicine & Hospital, Samaspur, Chunar, Mirzapur, UP.

²Assistant Professor, Dept. of Swasthavritta & Yoga, Apex Institute of Ayurvedic Medicine & Hospital, Samaspur, Chunar, Mirzapur, UP.

Abstract: The main aim of Ayurveda is to maintain the health of healthy individual and cure the disease one. Siras is described as Uttamanga in Ayurveda classics due to presence of sense organs, alochaka pitta, tarpaka kapha and 37 marmas. There are 11 types of Siro rogas explained by ancient Acharyas. Ardhavbhedaka is one among them. In contemporary science Ardhavbhedaka can be correlated with Migraine. Due to hastily change in the lifestyle and behavior pattern of the people, the burden of Ardhavbhedaka continuously increases day by day. It occurs due to vitiation all the three dosha. Migraine is characterized one-sided headache with paroxysmal nature and it is accompanying with other symptoms like nausea, vomiting, photophobia and abnormalities in sensory parts. It shows adverse influence on quality of life and budget of individual and its family. Advanced technology, various researches, and the advanced medication are failing to give the best outcome over the Ardhavbhedaka. Lifestyle modification in terms of dietary regimen, daily regimen and yoga practices mentioned in Ayurveda and yoga science could help in prevention of Ardhavbhedaka.

Keywords: Ardhavbhedaka, Migraine, Pathya-aphya, Asana, Pranayama.

Article History

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Introduction

In the explanation of “Swastha”, ‘Prasanna Atmendriya Manah’ is understood to be the most important characteristic for a healthy human being, which explains importance of Shirah. Amongst all body parts the Head (Shirah) is most important, as Mana and five Gyanendriyas are situated in it, and Shirah regulates all the vital psychosomatic functions^[1]. Therefore, any functional or pathological abnormality affecting Shirah create huge disturbance to human being. Headache is an almost universal experience in human beings, for some it is an occasional, episodic nuisance symptom, for other it may be a manifestation of any disabling chronic disease or the first manifestation of a life threatening condition. In Ayurveda, headache has been inferred to have its own distinct existence, described by various Acharyas. Under the heading of Shiroroga Maharishi Charaka described its 5 types, Vagbhatta described 10 types and according to Sharangadhara there are 11 types of Shiroroga. The most common complaint regarding Shiroroga is Shirahshoola i.e. Headache. Different types of Shiroroga are Vataja, Pittaja, Kaphaja, Sannipataja, Raktaja, Krimija, Kshayaja, Suryavarta, Ardhavabhedaka, Shankhaka and Anantvata. Among them Ardhavabhedaka is found to be the most common one after Vatika Shirahshoola. The disease Ardhavabhedaka is characterized by paroxysmal attacks of headache which may be unilateral and severe in nature. All the three doshas are involved in the pathogenesis of the Ardhavabhedaka with the predominance of Vata or Vata-kapha. The disease is usually non-fatal but if not managed timely then it may damage eyesight or hearing. Ardhavabhedaka can be correlated with Migraine due to its cardinal feature “half sided headache” (“Ardha Mastaka Vedana” -Chakrapani), and also due to its “paroxysmal nature”.

Etymology of Ardhavabhedaka

Ardhavabhedaka consists of two words viz. Ardha and Avabhedaka. Ardha denotes half or half side, Ava- poor prognosis, and Bhedaka- breaking through, bursting out, and perforating kind of pain. Hence accurate denotation of Ardhavabhedaka is bursting or perforating type of pain in unilateral of the head either right or left. Ardhavabhedaka means “Ardha Mastaka Vedana” (headache on half part of head), according to Chakrapani

Definition of Ardhavabhedaka

According to Acharya Sushruta, due to vitiation of all three doshas pain arises in half side of the head which is pricking, splitting, piercing, and churning in nature at interval of either ten days or fortnight^[2].

Nidana (Etiology)^[3]

On the basis of vitiating Doshas, the etiological factors of Ardhavabhedaka may be classified as given as:

- 1. Ruksha ahara (ununctuous diet), Vegadharana (Suppression of natural urges), Purvi and sheeta vayu (expose to eastern wind and frost) vitiated Vata dosha*
- 2. Atapa sevana (Exposure to sun) vitiated Pitta dosha*
- 3. Divasayana (Day sleep), Intake of cold food vitiated Kapha dosha*
- 4. Manasa Santapa aggravate Manashika dosha*



Rupa (Symptoms) of Ardhavabhedaka

As stated in Charaka Samhita, Ardhavabhedaka is one category of shirah shoola in which shoola is experienced as arani manthanavat where half part of the head involved including bhru, akshi, lalata etc. triggered by vata only or in connotation with kapha [4]. According to Acharya Sushruta severe tearing and pricking pain in unilateral of the head accompanying with giddiness. These features seem every fortnight or ten days or any time [5]. Vagbhata has specified Ghata (Parietal region according to Arundatta and occipital region according to Indu) and all the Sandhis of Shirogata where pain takes place. He also stressed the paroxysmal aspect of it and said it comes in every Paksha (fortnight) or Masa (Month). The headache wanes by itself i.e., Svayameva Upashamyati [6].

Samprapti (Etiopathogenesis) of Ardhavabhedaka (Migraine): Due to the different kind of Nidana factors vitiate either Vata, Pitta & Kapha or Vata & Kapha get aggravated, which indulge with Rakta in the head, results in the manifestation of Shirahshoola and invading the half portion of head result in ardhvabheadaka.

Samprapti Ghataka (Component of Manifestation of Diseases) of Ardhavabhedaka (Migraine)

- Dosha** - Vata Kaphaja (Ch. Si. 9), Tridoshaja (Su.U.25)
- Dushya** - Rasa, Rakta
- Agni** - Mandagni
- Srotas** - Rasavaha srotas, Raktavaha srotasa
- Srotasdusti** - Sanga, Vimarga gamana
- Udhhava sthana** - Amashaya, Pakvasaya
- Marga** - Abhyantara
- Svabhava** - Ashukari
- Sadhyata-Asadthyata** - Sadhya
- Adhithana** - Shirah (Head)
- Vyaktisthana** - Shirah and its appendages (Bhru, Manya, Karna, Shankha, Akshi, Lalata, Ghata, Hanu and Shirogata Sandhi) [7]

Modern Perspective

Benign and recurring syndrome of headache, nausea, vomiting and/or other symptoms of neurological dysfunction in varying admixtures is termed as migraine (Harrison’s Principles of internal medicine, 15th edition). Migraine is kind of disorder in which intermittent type headache episodes occurs which is associated with nausea, photophobia and phonophobia [8]. 20.2 percent of women and 9.4 percent of men are estimated to suffer from this condition [9].

It is usually one-sided and often present in the form of throbbing or pulsating sensation and other nausea, vomiting, phonophobia, and photophobias are associated symptoms [10]. Migraine recurrence bouts may depend on either a lower threshold or on particularly strong or continuous trigger components, or both. [11]

Phases of Migraine [12]

There are four probable phases to a migraine:

1. The prodromal, arises hours or days before the headache start
2. The aura, instantly rises the migraine
3. The pain phase, also known as headache phase
4. The post-dromal, the impacts experienced after the end of a migraine attack

Doctrines for Anticipation of Ardhavabhedaka (Migraine):

1. Nidana parivarjana - As indicated by the treatment perspective, the etiological causes producing headache should be eluded. Commonly rest, abstain from holding of the urges, controlling the mind and thoughts is useful. Likewise other Aharaja and Viharaja Hetus must be avoided.

2. Pathya Ahara-Vihara - Along with Nidana parivarjana, according to the predominance of the manifesting dosha, the vitiated doshas should be brought to their usual state with the aid of pathya (wholesome) ahara-vihara, based on Samanya Vishesh concepts. Ayurveda emphasizes more on the importance of Diet and Lifestyle in the maintenance of health and prevention of diseases.

a) The Pathya-Apathya (Wholesome & Unwholesome) Ahara for Ardhavbheda are as follows: [13]

S.No.	Ahara -Varga (Classes of Food)	Pathya /Do’s	Apathya/Don’t
1	Shuka dhanya (Cereals)	Old Shali Rice, Shathi Rice	Godhuma (Wheat)
2	Shimbi dhanya (Pulses)	Mudga (Green gram), Kulattha (Horse gram), Masa (Black gram)	Adhaki (Red gram)



3	Shaka (Green leafy vegetables)	Patola (Pointed Guard), Karvellaka (Bitter guard), Shigru (Drumstick), Bathua (Green leafy brigade)	Jambir (Lemon), Palandu (Onion)
4	Phala (Fruits)	Amalaki (Indian gooseberry), Amra (Mango), Drakshaphala (Grapes), Dadima (Pomegranate), Narikela (Coconut)	Kadaliphala (Banana), Peanut, Apple
5	Dugdha (Milk) & milk product	Godugdha (Cowmilk), Goghrita (Cowghrita)	Dadhi (Curd)
6	Ikshu (Sugarcane and its products)	Honey, Sugar	-
7	Drinks	Kanji, Takra (Butter milk), Yusha (Soup), Water	Liquor
8	Spices	Clove, Haridra (Turmeric), Rasona (Garlic), Jiraka (Cumin), Pippermint, Shringerver (Ginger)	Chilli, Hingu (Asafoetida), Sarsapa (Mustard Seeds)
9	Taila (Oils)	Coconut oil, Sunflower	Mustard oil, Sesame oil
10	Others	Bhringaraj (False daisy), Coconut water, Kushta (Indian Costus root), Kumari (Aloe Vera), Karpura (Camphor) Musta (Nut Grass), Ushira (Vetiver)	Alcoholic beverage, Red Wine, Cold drinks, Coffee, Tea, Chocolate, Ice-cream, buttermilk and cream

b) The Pathya-Apathya (Wholesome & Unwholesome) Vihara for Ardhavbheda are as follows:

No.	Vihara (lifestyle)	Pathya/do's	Apathya/don't
1.	Dincharya (Daily Regimen)	Brahmuhurta Jagarana (Early morning awaking), Nitya Bhramana (Daily walking), Upvasa (Fasting), Nasyakarma (Nasal-irrigation), Dhumpana (Medicated smoking), Samyaka Nidra (Proper sleep),	Divaswapna (Day-time sleep), Ratrijagarana (Night awakening) Adharniya Vegadharana (Suppression of natural urges), Atapa Sevan (Excessive Sunlight exposure)
2.	Manshik bhav (Mental Regimen)	Mana and indriya prsanna (happiness)	Shoka (Depressed), Krodha (Anger), Chinta (Excessive worried)

3. Yoga - Yoga enormously widespread all over the world because of it is preventive and health promotion aspects. It is an applied science of life, working entirely on all facets of individual like physical, mental, spiritual, intellectual, and emotional. In current era Yoga has been reflected as effective measure for control of different psychosomatic and lifestyle disorders. Ardhavabhedaka (Migraine) is one of them, which occur due to stress. According to Yogic sciences when mind is restless and anxious all the time in individual, migraine occurs. By practicing of various asana, pranayama and dhyana help in enhancing the circulation and provide soothing effects on sympathetic nerves due to which mind and sense organs are kept in calm condition and headache doesn't takes place. Yogic practices beneficial in Ardhavabhedaka (Migraine) are as follows:

- Asana (Postures) - Standing Asana - Joint movements, Tadasana, Hastapadasana
Sitting Asana - Pascimottanasana, Padmasana,
Prone Postures - Makarasana, Bhujangasana,
Supine Postures - Setubandhasana, Pavanmuktasana, Savasana
- Pranayama (Breathing Exercises) – Nadisodhana, Bhramari
- Dhyana (Meditation)

Mode of Actions Yoga in Ardhavabhedaka (Migraine)

Regular practices of yoga help in prevention of disease and resist the progression of disease in further stage. Asanas like makarasana and shavasana in migraine assist to reduce stress by lessen the stressors both physical and mental. These asana provide mental relaxation from stress, which is one of the causes of migraine. Other asanas like Tadasana, Paschimottanasana, Bhujanagasana and Pavanmuktasana benefit in improving appetite. Various physiological and biochemical changes in abdominal viscera and endocrine glands take place. Pranayama increases the blood supply and oxygen supply thus help in calming the brain due to stress. Nadi shodhana and Bhramari pranayama balance the autonomic nervous system i.e. sympathetic and parasympathetic nervous systems, due to which decrease in tensions, stress, annoyance, anxiety, and insomnia^{[14][15]} occur. Dhyaan has tranquilizer effects which reduces the incidence and severity of attacks. It imparts the peaceful Neuro-physiological state.



Conclusion

Ayurveda is the classical system of medicine, with scientific lifestyle approaches to attain healthy life. Individual suffers from numerous diseases due to three main reasons viz. Asatmyendriyarthasamyoga, Pragyaparadha and Kala parinama. Application of Pathya Ahara and Vihara along with strict prohibition of Apathya Ahara and Vihara has been considered as the best tool for management of all diseases. Ardhavabhedaka (Migraine) is occurring most frequently due to adoption of faulty diet and lifestyle, uneasy mind, stress, depression, anxiety etc. By application of principal of Ayurveda i.e. nidana-parivarjana and application of Pathya Ahara-Vihara, disease can be prevented at initial stage.

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