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Role of Marma Chikitsa in the management of Ardhavabhedaka (Migraine) - A Single Case Study

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ABSTRACT

Main objective of *Ayurveda* is to maintain the health of healthy person and to cure the disease of ill-person. With the exploration of *Marma* Science, the whole scenario of Indian surgery may change in multidimensional approaches. *Marmas* are the vital points in the body where *Prana* exist. According to *Ayurvedic* texts the *Marmas* are the *Sthana*, when injured may be life threatening. If this *Marma Sthana* is properly stimulated than many physical and mental disorders like Migraine, Stress, Anxiety can be treated. *Acharya* has described *Shiropoga* with his etiology, symptoms, complication and treatment. *Ardhavabhedaka* is one of them. According to *Acharyas*, there will be severe pain in half side of the head, affecting particularly *Manya*, *Bhru*, *Shankha*, *Karna*, *Akshi* and *Lalaat*. The nature of pain is like *Shastra Arani Nibham*. In modern, Migraine is throbbing unilateral headache preceded by an aura associated with vomiting and visual disturbance. In modern Era, *Marma Chikitsa* plays an important role in the management of *Ardhavabhedaka* (Migraine). As Pain is the major symptom which affects the person's day to day activities, so pain is the major target in the management of *Ardhavabhedaka*. Therefore, *Marma Chikitsa* can be a non-medicinal and non-invasive approach in the management of *Ardhavabhedaka* (Migraine). *Shiromarma* can be used effectively in the management of *Ardhavabhedaka* (Migraine). This abstract elaborates the role *Marma Chikitsa* in *Ardhavabhedaka* (Migraine).

Key words: *Ardhavabhedaka*, *Migraine*, *Shiromarma*, *Marma*, *Ayurveda*, *Marma Chikitsa*

INTRODUCTION

Ayurveda is an ancient science of life in which knowledge of *Sharir* is described vividly. *Marmas* are the vital points in the body which prove to be fatal when subjected to trauma.^[1] If these *Marma* points are used carefully in treatment, the diseases can also be cured. *Marma Chikitsa* is the oldest treasure of Indian surgery from the Vedic period.^[2]

All authorities of *Ayurveda* have described *Shiropoga* in which *Shirahshool* is the common symptom. *Ardhavabhedaka* is one of them in which pain occurs in head unilaterally. According to *Acharya Charak*, there will be severe pain in half side of the head, affecting particularly *Manya*, *Bhru*, *Shankha*, *Karna*, *Akshi* and *Lalaat*. The nature of pain is like *Shastra Arani Nibham*.^[3]

Marma science is permanent, natural, non-invasive way of healing today, because it succeeds in conserving many of the highest moral values of its adherents. It promotes calmness, self-control, self-healing, realization and happiness and thus much to prevent suffering and sorrow.^[4]

As Pain is the major symptom which affects the person's day to day activities, so pain is the major target in the management of *Ardhavabhedaka*. Therefore, *Marma Chikitsa* can be a non-medicinal and non-invasive approach in the management of *Ardhavabhedaka* (Migraine). *Shiromarma* can be used

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effectively in the management of *Ardhavabhedaka* (Migraine).

Migraine is an episodic headache disorder usually characterized by pain involving either half of the head. Migraine is the most common type of headache in young adults. Migraine headaches often being with various prodromal sensations, such as nausea, loss of vision in part of the field of vision, visual aura, and other types of sensory hallucinations. Here in, we report a rare case of migraine without aura presenting with the relevant investigations.

Marma

Marma is defined as an Anatomical site where muscles, veins, ligaments, bones, and joints meet together. They are also the sites where not only *Tridosh* are present but their subtle forms like *Prana*, *Ojas*, and *Teja* are also present with *Sattva*, *Raja* and *Tama*.^[5] *Marma* is the point on the body where the blockage of energy is felt. It is the junction between physiology and consciousness, and by touching it changes the body's biochemistry and can unfold radical and alchemical change in one's makeup.^[6] Stimulation of these inner pharmacy pathways signals the body to produce exactly what it needs including hormones and neurochemicals that heal the body, mind and consciousness.^[7]

Marma Chikitsa

The basics of *Marma Chikitsa* can be considered as *Angirasi Chikitsa*. In *Angirasi Chikitsa*, *Rasa* refer to the executive elements that controls and carries out various function of the body. *Marma* therapy contributes to increase or recharge physical, mental and spiritual energies. On the physical level it helps to revitalize or re-energize the body tissues; at cellular level, it improves the vital functions like digestion, respiration, blood circulation and excretion. On the psychological level it improves the mental faculty by directing it in the positive direction.

Marma points being used for *Marma Chikitsa* are - *Vidhura*, *Apanga*, *Avarta*, *Sthapani*, *Simanta*, *Shringataka* and *Adhipati Marma*.

Ardhavabhedaka (Migraine)

While describing *Shiroroga*, many *Acharya* counted *Ardhavabhedaka* in *Shiroroga*. *Acharya Charak* has stated that there will be severe pain in half side of the head, affecting particularly *Manya*, *Bhru*, *Shankha*, *Karna*, *Akshi* and *Lalaat*. The pain is like *Shastra Arani Nibham*.

According to *Acharya Sushrut* there will be severe tearing and pricking pain in one half of the head associated with giddiness. These features appear every fortnightly or ten days or any time.^[8]

A useful definition of migraine is a benign and recurring syndrome of headache, nausea, vomiting and/or other symptoms of neurologic dysfunction in varying admixtures. Migraine can be recognized by its activators (red wine, menses, hunger, lack of sleep, glare, estrogen, worry, perfumes, let down periods) and its deactivators (sleep, pregnancy, exhilaration, triptans).

Instrumentation

Severity of Headache

0 = No headache.

1 = Mild headache, patient is aware only if he/she pays attention to it.

2 = Moderate headache, can ignore at times.

3 = Severe headache, can't ignore but he/she can do his/her usual activities.

4 = Excruciating headache, can't do anything.

Frequency of Headache

Assessed in term of (frequency in days)

0 = Nil 1 = ≥ 20 days

2 = 15 days

3 = 10 days

4 = ≤ 5 days

Duration of Headache

(Assessed in term of hours/day)

0 = Nil

- 1 = 1-3 hours/day
 2 = 3-6 hours/day
 3 = 6-12 hours/day
 4 = More than 12 hours/day

Nausea

- 0 = Nil
 1 = Occasionally
 2 = Moderate, however does not disturb the routine work
 3 = Severe, disturbing routine work
 4 = Severe enough, small amount of fluid regurgitating from mouth

Vomiting

- 0 = Nil
 1 = Only if headache does not subside
 2 = Vomiting 1-2 times
 3 = Vomiting 2-3 times
 4 = Forced to take medicine to stop vomiting

Gradation for associated symptoms

- 0 = No symptoms
 1 = Mild (can do his/her work)
 2 = Moderate (forced to stop work)
 3 = Severe (forced to take rest)
 4 = Excruciating (force to take medicine)

CASE REPORT

A 25 year old male patient OPD NO. Is 46483 presented with complaints of headache, nausea and vomiting for the past 1 year. No history of illness or accidents in the past five years and not taking any medication for any illness/disorder. He has continuous, unilateral headache in frontal, parietal lobe in left side sometimes right side. The nature of pain was moderate to severe associated with nausea and sometimes vomiting. Family history was not contributory. He has to take allopathic medicine for pain.

Examination

- Duration of headache - 1 year
- Frequency of attacks - 10 days
- Severity of headache - Moderate to severe
- Duration of each attack - 6 to 12 hours/day
- Site - Unilateral (Frontal & parietal)
- Location – character - Changing
- Nature of pain - Severe
- Associated symptoms - Nausea/vomiting
- Quality - Pulsatile & heaviness
- Past history - No
- Family history - Noncontributory
- Stress of life - Occupation
- Treatment history - Analgesic oral pills

Physical examination

- Body weight: 63 kg
- Heart Rate: 97/min
- Respiration Rate: 24/min
- Blood pressure: 140/80 mmHg

Investigation

- HB - 13.4 gm%
- TLC - 7800 cumm.
- DLC - Neutrophils-58 Lymphocytes-36 Monocytes-3 Basophil-0 Eosinophil-3
- ESR - 11 mm/hr
- RBS - 110 mg/dl
- C.T. Scan of head - Normal study.

Protocol of Treatment

SN	Marma point	Stimulation time	Sittings of Marma Chikitsa	Total time period
1.	Vidhura	0.8 sec.	Two time per day	30 days

2.	<i>Apanga</i>	0.8 sec.	Two time per day	30 days
3.	<i>Avarta</i>	0.8 sec.	Two time per day	30 days
4.	<i>Sthapani</i>	0.8 sec.	Two time per day	30 days
5.	<i>Simanta</i>	0.8 sec.	Two time per day	30 days
6.	<i>Shrngataka</i>	0.8 sec.	Two time per day	30 days
7.	<i>Adhipati</i>	0.8 sec.	Two time per day	30 days

RESULTS

Before and after completion of 30 days treatment clinical assessments were made from the interrogation and gradation of scoring pattern. There was a drastic change in the parameters as:

Sign & Symptom	B.T.	1st Week	2nd Week	3rd Week	4th Week
Severity of Headache	3	3	2	2	1
Frequency of Headache	3	3	3	2	1
Duration of Headache	3	3	3	2	1
Nausea	3	3	2	1	0
Vomiting	2	2	2	1	0

1st Follow up: after 30th day patient came to *Marma* OPD with low frequency and duration of migraine. He was advised to continue the same for 1 month.

DISCUSSION

The *Ayurveda* explains the episodic nature of *Ardhavabhedaka* (Migraine). Pain is the major symptom in the *Ardhavabhedaka* which affects the person's activities. *Marma* is the seat of vital energy i.e. *Prana*. *Prana* in *Ayurveda* are directly related to *Vata*. As per *Ayurveda* damage to *Marma* Structures, *Vata*

gets vitiated and causes pain. Severity of pain depends on the amount of injury, type of injury, area of that *Marma* involved in injury and composition of *Marma*.

The *Marma* point harmonizes the nervous and endocrine system and normalize different pathology in the body through vital power itself, with proper stimulation, manipulation. These techniques are known as *Marma Chikitsa*. It includes gentle massage over the *Marma* points. There are many theories in modern science regarding pain control by various methods like acupuncture, acupressure, etc.

In gate control theory of pain nerves from all over the body run to the spinal cord, which is the first main meeting point for the nervous system. In the spinal cord, you might imagine a series of gates into which messages about pain arrive from all over the body. These gates can sometimes be much more open than at other times. This is important because it is through these gates that messages from your body pass towards your brain. If the gates are more open, then a lot of pain messages pass through to the brain and you are likely to experience a high level of pain. If the gates are more closed, then fewer messages get through and you are likely to experience less pain. Several opiates like substances found at the various level of the nervous system that is responsible for pain suppression. These substances include beta-endorphin, met-enkephalin, leu-enkephalin etc.

So, in the management of *Ardhavabhedaka* (Migraine), to get out of this problem we need a non-medicinal approach. *Marma Chikitsa* is one of the emerging applied aspects of *Marma*. *Marma Chikitsa* is a non-invasive, easy to apply, with maximum benefits if applied properly. While performing *Marma Chikitsa* proper knowledge of *Marma* is mandatory. It can be a milestone in the field of medical science.

CONCLUSION

Ardhavabhedaka is correlated with Migraine in modern science. Migraine is an episodic headache which specially occur in head unilaterally. It includes recurring attacks of varying degree and the frequency of attack is different. *Acharya Sushrut* has explained 107 *Marma* Points and their importance. The role of

Marma Chikitsa is to maintain health and to cure disease. *Marma Chikitsa* is a non-invasive and non-pharmacological process, so we have used as a management for *Ardhavabhedaka*. *Vidhura, Apanga, Avarta, Sthapani, Simanta, Shringataka* and *Adhipati Marma* are the points which we have stimulated during our *Marma Chikitsa*. We have given *Marma Chikitsa* twice a day for 30 days. In above summary we have concluded that the patient gets relief in the severity, frequency and duration of Migraine by *Marma Chikitsa*.

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