

# Ayurvedic Management of Migraine (Suryavarta Vyadhi) - A Case Study

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## Abstract

A common, incapacitating brain condition is migraine. A monthly headache count of less than 15 is indicative of episodic migraine (EM), while a monthly headache count of more than 15 is indicative of chronic migraine (CM). There is a clinical correlation between Suryavarta vyadhi and migraine. An OPD patient, a 35-year-old man, arrived complaining of a bad headache that was interfering with his daily work and lowering his productivity. He was taking Sumatryptin, a tab of allopathic treatment.

Equal amounts of water were provided together with Godanti Bhasma 250 mg OD, Sutashekhar Ras 250 mg BD, Shirshuladivajra Ras 250 mg BD, and Pathyadi kadha 20ml BD. Utilizing Argwadh Kapila Vati, vivechana (therapeutic purgation) was administered. The patient's headache was 90% better after Virechana. It was recommended that he give up smoking entirely.

**Keywords:** Virechana, Sumatryptin, Suryavarta, Migraine, Smoking.

## Introduction:

A frequent and incapacitating brain condition is migraine. Migraine is thought to afflict around 41 million adults, making it the second most common neurological illness behind anxiety. A monthly headache count of less than 15 is indicative of episodic migraine (EM), while a monthly headache count of more than 15 is indicative of chronic migraine (CM).

Different analgesics or triptans are used to treat acute attacks. Few people who suffer from migraines take medicine to reduce the frequency, duration, and intensity of their episodes. When two or more migraine attacks occur each month, when

the quality of life is significantly reduced, when acute medication treatment for migraine attacks is ineffective, or when an individual is intolerant to or side effects of acute treatment.

## Aim and Objective:

To Study the literature on Surayavarta and migraine  
Evaluate the impact of Ayurvedic treatment on migraine symptoms.

## Material and Methods:

An OPD patient with a chronic headache was taken in. The patient's complete history was recorded. A thorough analysis was conducted. Ayurvedic medicine was administered. After the course of treatment, an assessment was conducted.

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**History of the patient :**

An OPD patient, a 35-year-old man, complained of having a bad headache for the past two days, which had been interfering with his regular work and decreasing his productivity. The patient had a pulse of 82 beats per minute and a blood pressure of 130/80 mmHg when examined. Following a thorough systemic evaluation, everything was found to be normal. A patient may have four to five headache bouts per week. Sometimes, a single episode lasts for one to two days. The patient has begun experiencing headaches. He used to consume prepared meals with salt. Patient's family issues are causing mental strain. Patient was prescribed a regular tablet, Migratan 50 mg OD, for relief; nevertheless, he did not experience the expected result and thus sought out Ayurvedic treatment.

**Treatment given:**

Godanti Bhasma 250 mg OD, tab Aragwadh kapiluvati 2 tab HS, Sutashekhar Ras 250 mg BD, Shirshuladivajra Ras 250 mg BD, and Pathyadi kadha 20ml BD were administered to the patient along with an equivalent volume of regular water after meals for a duration of 7 days. The patient was instructed to cease smoking and to walk after meals (Shatapauli) and to follow up after seven days. Following a seven-day follow-up, the patient received the same Ayurvedic medication for a further fifteen days. At that point, the patient's therapy was discontinued, and they were instructed

to entirely give up smoking and to exercise for five minutes after meals.

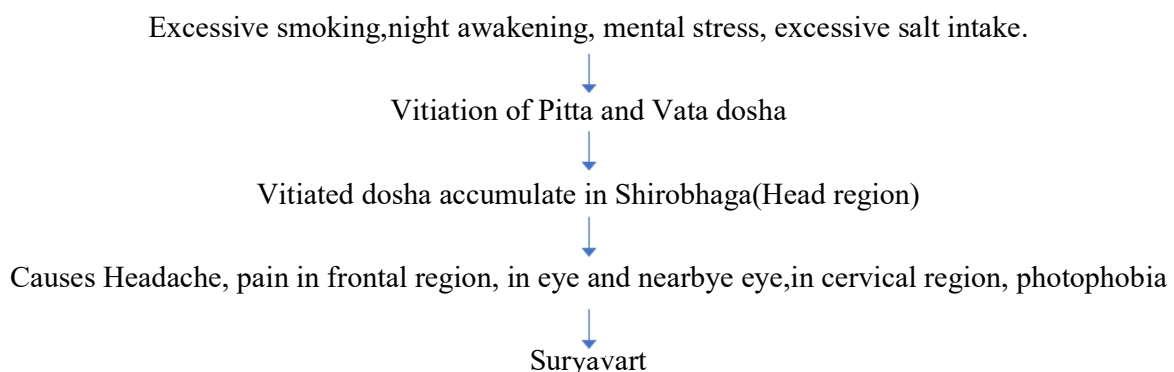
**Result:**

At the initial follow-up, the patient's headache had improved by 40–50%. His three headache episodes, each lasting five to six hours, don't interfere with his daily tasks.

Aragwadh Kapiluvati's mild Virechana provided up to 90% headache alleviation for the patient. The patient is now experiencing only one or two headache episodes each week, which has improved his productivity at work. The patient had 95% alleviation after a month. So it was suggested that he give up smoking altogether.

**Discussion:**

The patient arrived at OPD for Ayurvedic treatment with a diagnosis of persistent migraine. Clinical evidence links migraine to Suryavarta vyadhi, as stated in Shirorog (head disorders). Acharya Vagbhata lists the following etiological causes for Shirorog: smoking, swimming, waking up during the night and sleeping during the day, excessive perspiration, constipation, mental tension, and excessive alcohol consumption<sup>1</sup>. Headache, frontal area pain, pain in the eye and surrounding eye, cervical region pain, and photophobia are symptoms of Suryavarta<sup>2</sup>. The patient's Suryavarta etiopathogenesis was as follow



The Suryavart The recommended course of treatment for Suryavarta includes bloodletting (Sireavedha), regular use of milk and ghee, Nasya (drug administration by the nose), and Virechana (therapeutic purgation)<sup>3</sup>. Shakhagata Pitta was eliminated as a result of Raktamokshana's vitiation, providing relief to tolerant. However, the patient's problems were relieved to a 40–45% degree since Kosthagata Pitta remained. Therefore, it was suggested to eliminate Kosthagata Pitta Virechana. Given that vivechana is supposed to be the finest for Pitta dosha shodhana, it was given<sup>4</sup>. Along with Pathyadi Kadha, Godanti Bhasma is used to treat headaches. It is an effective treatment for migraine headaches. It's Jwaraghna (antipyretic), Pachana (digestive), Shoolaghna (analgesic), and Deepana (appetizer)<sup>5</sup>. Shirashooladivajra rasa is an excellent remedy for headaches, including those that are rather severe<sup>6</sup>. When there is a Pitta vitiation in the headache, Sutashekhar Rasa helps. It lessens When a headache is caused by vitiation of Pitta, Sutashekhar Rasa helps. It eliminates the built-up Pitta from the stomach and lowers Pittastrava, or the discharge of peptic juice<sup>7</sup>. Thus, all medications either calm down or eliminate the vitiated Pitta, thereby reducing the intensity of migraine symptoms.

#### Conclusion:

A documented case of migraine was examined. His Ayurvedic diagnosis was as follows: Suryavardha.

After virechana was completed, Shamana chikitsa received Godanti Bhasma, Sutashekhar Ras, Shirashooladivajra Ras, and Pathyadi Kadha.

Over 90% of the patient's pain subsided. Therefore, we can apply this treatment to further migraine cases. It is, however, a singular instance. To establish this medication as a standard migraine treatment, more clinical trials should be carried out.

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