

A clinical study on the management of *Ardhavabhedaka*

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Abstract

Ardhavabhedaka is one among the eleven types of *Shiroroga*. It can be correlated with migraine based on the similarity in etiology, pathology, symptoms and treatment principles. Migraine is the second most common cause of headache. WHO has ranked migraine as number 19 among all diseases worldwide causing disability. Migraine headache attacks may be triggered by allergic reactions, bright lights, loud noises, odors or perfumes, physical or emotional stress, changes in sleep patterns, smoking or exposure to smoke, skipping meals and alcohol. A total number of twenty subjects volunteered to this program and as an effort to validate the above, the present study bears the details of twenty migraine patients who were first diagnosed and treated for migraine by allopathic physicians and were then referred to receive Ayurveda treatment. “*Pathya Pruthvi Kwatha*” 30ml was used thrice a day for oral administration. Out of those, fifteen subjects completed 90 days of Ayurveda treatment. This treatment brought significant relief in reducing the frequency and intensity of pain and associated symptoms of migraine patients. Eleven subjects reported significant improvement in overall symptoms of migraine. Overall assessment showed statistically highly significant results with the p value < 0.000.

Keywords: *Ardhavabhedaka*, Migraine, *Pathya Pruthvi Kwatha*

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