Complete cure of migraine : through ayurved

A case study

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ABSTRACT

Migraine is the third most common disease in the world with an estimated global prevalence of 14.7% (that is 1 in 7 people)[1],[3]. It is ranked globally as the 7th most disabling disease among all diseases[2]. The WHO estimated that there are 3000 migraine attacks occur everyday for each million of the general population[3].This equal to over 190,000 migraine attacks everyday in UK. The new york times F.D.A.approves first drug designed to prevent migraine may 17-2018 by Gina Kolata. This drug do not prevent all migraine attacks, but can make them less severe and can reduce their frequency by 50% or more. As a recent editorial in the journal JAM "put it" they are progress, but not a panacea (4).

In Ayurved, there are so many therapies are described for- how to stay healthy as well as how to cure disease. *Virechana* theapy (therapeutic purgation) is the most powerful detoxification therapy for *Pitta Dosha Dushti(5)*. Migraine can be clinically correlated with *Pittaja shirahshula* (headache). So we given *virechana* therapy for the patient of migraine. A 46 years old patient with complaining severe headache with minimum 4 attacks in a month for 17 years, came to O.P.D. he was taking allopathic medicine for 17 years. We had given *virechana* with *nishoth, haritaki, kutuki, amaltas kwath* (decoction) in 200 ml with 30 ml castor oil. After the *samyak shudhi* (ideal detoxification) and *samsarjan karma* (dietary regimen) we given *shirodhara* (pouring medicated oil on forehead) for 7 days and also given some medicine like *mahavatavidwanshaka rasa, shirahshuladi vajra rasa, godanti bhasma, punarnava mandura*, each in 125 mg, *sitopaladi churna* in 4 gm with honey for 45 days. Patient got complete relief in headache and insomnia. We have given this treatment in the 1st week June 2018 and till the date he is not suffering from headache. He was advised to follow the normal *pathya* () in daily life and mild exercise.

Keywords : Migraine, *Pittaj shirah shool, Virechana, Shirodhara, Pathya*

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BIOGRAPHY

Vandana saraf has expertise in ayurvedic internal medicine and passion to keep people healthy as well as to cure diseases. Her contextual evaluation and study based on clinical researches. Conduct OPD in Govt. hospital and also teaches Ayurved in college. Her expertise thesis work on obesity management by researched formula and some panchakarma therapy (lekhana basti –medicated oil and therapeutic decoction given by anal route). This approach has a good scope to research for all human being and has a different way to keep the world healthy.

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