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A Role of *Brimhana Dravyas* in *Suryavarta* with special reference to Migraine without Aura - A Case Study

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ABSTRACT

Introduction

This is a case report of 45 year old female who visited Govt. Ayurveda Medical College, Bangalore with the complaint of half headache which starts mildly in the morning and increases gradually as the day goes on, reaches the peak at around 12 PM and subsides in the evening. The symptoms aggravate during the days when the lady walks under the sun and after head bath. Based on the symptoms, the diagnosis was made as *Suryavarta*.

Materials and Methods

The subject was systematically reviewed and intervention was planned according to chikitsa sutra of *Suryavarta*.

Result

The subject showed considerable improvement subjectively as shown by Headache Impact Test (HIT-6) score.

Discussion

Attribute based treatment is one of the treatment modality told in Ayurveda. Langhana-Brimhaneeyam is the chapter in AshtangaHridaya which explains the treatment for the three doshas based on gunas(attributes). Based on this, in the present study, guna based treatment for *suryavarta* is studied.

KEYWORDS

Suryavarta, Migraine, Coconut water



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INTRODUCTION

Migraine is a recurrent headache disorder manifesting in attacks lasting 4-72 hours. Typical characteristics of the headache are unilateral location, pulsating quality, moderate or severe intensity, aggravation by routine physical activity and association with nausea and/or photophobia and phonophobia¹. The incidence of migraine is more in females than males. Headaches are broadly divided into two categories, primary and secondary, with migraine falling under the heading of primary headache disorders. Migraine is again divided into migraine with aura and without aura. Grossly it is taken as *ardhavabhedaka* for its characteristic unilateral location. But no other symptoms which are unique to migraine such as nausea or vomiting, photophobia and phonophobia are mentioned in classics for *ardhavabhedaka*. Whereas in *suryavarta* type of *shirahshoola* (headache), the environmental factor that is movement of sun throughout the day that triggers the headache is given as the typical character of the headache. In this study, migraine without the aura under the heading of *suryavarta* will be studied.

MATERIALS AND METHODS

Case report:

Basic information of the patient:

Age: 45 years

Sex: Female

Religion: Hindu

Occupation: Homemaker

Socioeconomic status: Middle class

Chief complaints:

Left half headache during day time since one year.

History of present illness:

The patient was apparently normal one year ago. Gradually she developed left half headache which starts early in the morning and intensifies as the day progresses. The pain becomes maximum in the mid day at around 12 PM and gradually subsides in the evening. The patient also noted that the pain was severe during the days when she had head bath and after walking under the sun. Hence approached our hospital for the needful.

History of past illness:

No past history of diabetes mellitus, hypertension, seizures, stroke, cardiac problems or any other systemic abnormalities.

Personal history:

a) Aharaja:

Diet is predominantly with *katu-madhura rasa* (spicy & sweet diet)

b) Viharaja:

The patient has a routine of walking 2 km in noon hours.

Examination:

1. Prakriti(Constitution): Pitta-kaphajaprakriti
2. Vitals were normal.
3. Respiratory system, Cardiovascular system and Per abdomen showed no abnormality.
4. Central nervous system: Romberg's test: Negative
5. Ophthalmic examination: No abnormality detected
6. ENT examination:
 - A. i) Right ear: Tympanic membrane: Intact External Auditory canal: Clear
 - ii) Left ear: Tympanic membrane: Intact External Auditory canal: Clear
 - B. Tests of hearing
 - i) Rinne's test: Right ear- Rinne's positive Left ear- Rinne's positive
 - ii) Weber's test: No lateralization.

Diagnosis:

Suyavarta (Migraine without aura)

Treatment adopted:

1. Avapeedanasya with *Narikelodaka* for 7 days (from 10/05/2019 to 17/05/2019).
2. *Kamadugha rasa* 1-0-0 with warm water before food for 20 days (from 19/05/2019 to 07/06/2019).

Assessment criteria:

Subjective criteria:

Headache Impact test(HIT-6)² questionnaire score- before and after treatment

RESULTS

1. The headache impact test(HIT-6) score showed severe impact(score-60) before treatment.
2. After treatment, the impact was little(score 38).

DISCUSSION

For the disease like *vatajashoola*, *suryavarta*, *svarakshaya* etc., *brimhananasya* is indicated. Ashtanga Hridaya gives directly some of the *nasyadravyas* like *dhanvamamsarasa* (soup extracted from arid animals meat), *dhanvapranirakta* (blood of arid animals) and *niryasa* (resin) which can be used for *brimhananasya*³. Whereas

Ashtangasangraha gives a hint about the kind of *dravyas* that can be used for *brimhananasya*. He clearly mentions that *snigdha* and *madhuradravyas* and the formulations prepared using *dravyas* having *snigdha*, *madhuraguna* can be taken for *brimhana nasya*⁴. In this study, *narikelodaka* (coconut water) is selected as the *dravya* for *nasya* and *Kamadugha rasa* as internal medication. The rationality behind the selection of these medications is detailed in table 1.

The practice of *narikelodaka* being instilled for *nasya* in migraine is existing in folklore

practice of Karnataka. Migraine without aura is usually compared with *ardhavabhedaka* for its characteristic symptom of half headache.

Table 1 Rationality behind selection of medicines

SI no.	THERAPY/ MEDICINES	REASON
1	<i>Narikelodaka</i>	Sweet, unctuous, cool, and alleviates <i>Pitta-vata</i> .
2	<i>Kamadugha rasa</i>	Amrutasatva, swarnagairika and abhraka are <i>pittaharas</i> mainly.

But in this case, the triggering factor of half headache is sunlight and the symptoms of *suryavarta* that is aggravation in mid-day and alleviation in evening are present. The type of pain in migraine is told as pulsating type and the same is told in *suryavarta* also. *Rujamsaspandana* is the term used for the same. But since there is no distinction between the lines of treatment between *suryavarta* and *ardhavabhedaka*, and the treatment for *ardhavabhedaka* is same as *suryavarta*, the problem of correlation does not arise.

CONCLUSION

Migraine has been included as the disease of central nervous system and the brain of migraine patient is sensitive to external stimuli. Extreme heat or cold, humidity, bright or glaring lights are some of the environmental factors that are known to trigger migraine headaches. Indefinite in

finding comfort either by heat or cold is one of the symptom mentioned in the Ayurveda classics for *suryavarta*. This explains the mental factors that is involved in *suryavarta*. *Vatadosha* is known to control the mind as told in classics and grossly the line of treatment for *vataja* diseases is *brimhana*. This can be hypothesized as the reason behind *brimhana* line of treatment told for *suryavarta*. In future, the drugs which has sweet taste and unctuous property like *yashtimadhuksheerapaka*, plain ghee etc. can also be taken up for *nasya* in *suryavarta*.

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