

An Ayurvedic approach to Migraine with Jatiphala Churna and Lepa : A Case study¹Dr Narendra Yadnik, ²Dr S.V. Sarganacharya, ³Dr Madhavi Hebali, ⁴Dr Ravi Joshi¹Lecturer, Dept. of Sharir Kriya, Parul Institute of Ayurved, Parul University, Limbda, Vadodara.²Professor, Dept. of Swasthavritta, Parul Institute of Ayurved, Parul University, Limbda, Vadodara.³Professor, Dept. of Rognidan, Parul Institute of Ayurved, Parul University, Limbda, Vadodara.⁴Lecturer, Dept. of Sharir Rachana, Parul Institute of Ayurved & Research, Parul University, Ishwarpura, Vadodara.**Corresponding Author:** Dr Narendra Yadnik, Lecturer, Dept. of Sharir Kriya, Parul Institute of Ayurved, Parul University, Limbda, Vadodara, India**E-mail Id:** narendrayadnik@gmail.com**Conflicts of Interest:** Nil**Abstract**

Worldwide, migraines affect nearly 15% or approximately one billion people. It is more common in women at 19% than men at 11%. Some people get repeated headache over time is called as Migrain. Migraines are different from other headaches because they occur with symptoms such as nausea, vomiting, or sensitivity to light. A 45 year old female patient with complaining of severe headache which disturbs her routine work and hamper his productivity came to OPD. She was diagnosed as having Migraine. She was taking Allopathic medicine, Tab. Vasograin (Ergotamine Tartarate) 1mg BD. Dhanvantari nighantu have mentioned the property of Jatiphala (Nutmeg) as "Arti nashanam". Arti means severe pain may be of head, neck or joints. Also many of the Acharya like Sushruta, Bhavprakasha have mentioned the "Vatahara" property of Jatiphala. Whenever there is throbbing pain, prakupit Vata dosha is the reason. Hence decided to assess the effect of Jatiphala churna & Lepa over migraine.

Keywords: Migraine, Suryavarta, Sumatryptin, Jatiphala**Introduction**

In many people, a throbbing pain is felt only on one side of the head. It has been estimated that migraine is the second most prevalent brain disorder after anxiety, affecting nearly 41 million adult. Migraines are classified as either "with aura" or "without aura." An aura is a group of neurological symptoms, usually vision disturbances that serve as an indication of Migraine. Patients who get auras typically see a flash of brightly colored or blinking lights shortly before the headache pain begins. However, most people with migraines do not have such warning signs. *Some people* have migraines frequently, up to several times a week. *Other people* only have a migraine occasionally. It's possible for years to pass between migraine attacks. **Migraine attacks** can sometimes get worse over time, but they tend to gradually improve over many years for most people. However, a number of effective treatments are available to reduce the symptoms and prevent further attacks. Ayurvedic approach of Jatiphala churna & Lepa can be the treatment for acute attack. So the research is needed.

Causative Factors

- Physical or emotional stress
- Allergic reactions
- Bright lights, loud noises, and certain odors or perfumes
- Changes in sleep patterns
- Menstrual cycle fluctuations, birth control pills
- Skipping meals
- Alcohol or caffeine
- Tension headaches

Symptoms

- Migraine headaches, which can be dull or severe, usually: Feel throbbing, pounding, or pulsating
- Are worse on one side of the head
- Lasts for 6 to 48 hours

Sub-symptoms

- Nausea and vomiting
- Sensitivity to light or sound
- Loss of appetite
- Fatigue
- Warning signs (auras) that can precede a migraine include seeing stars or zigzag lines, tunnel vision, or a temporary blind spot

Treatment

There is no specific cure for migraine headaches. The goal is to prevent symptoms by avoiding or altering triggers. When you do get migraine symptoms, try to treat them right away. “Godanti Bhasma” has been described as best drug for headache in Rasamruta. Also “Jatiphala” is described as pain killer. Dhanavantari Nighantu, Sushrutacharya, Bhavprakasha have described “Jatiphala” as Vatahara and Artinashanam.

Database of Jatiphala

- 1) **Synonyms** - Malatiphala, Malatisuta, Sugandha.
- 2) **Chemical Composition** – Myristicin, Methyl Eugenol, Beta pipene, Alpha terpene, Myristic acid
- 3) **Part used** – Seed, seed coat, oil.
- 4) **Dose- Oral** – 250 mg of pinch with Madhu, 10 ml Kashaya,
Ointment form – Lepana over forehead, joints and pain site.
- 5) **Medicinal Properties**
Rasa – Tikta(bitter), Katu (Pungent)
Guna – Laghu, Tikshna (Penetrating)
Vipaka – Katu

Virya – Ushna

Dosha effect – Vatahara, Kaphahara.



Figure 1: Jatiphala (Nutmeg)

Aim & Objective

- 1) Assess the effect of Jatiphala Churna & Lepa in the Migraine.
- 2) To study literature regarding migraine & Suryavarta

Material and Methods

A known case of Chronic Migraine came to OPD. Detail history of the patient was taken. Complete examination was done. Jatiphala Lepa was applied over pain site immediately. Also Godanti bhasma (250mg) along with Sutshekhara (250mg) was given. Patient felt well after 2 hours of bed rest. Patient was advised to use Jatiphala churna (125mg) mixed with Madhu and also Jatiphala Lepa to apply over forehead two times a day. Assessment was done after complete treatment. (7 Days)

Patient History

A 45 year old female patient came to OPD with complaining of severe headache and loss of sleep since 2 days which disturbs her routine work and hampers her productivity. On examination patient was afebrile, pulse 68 per minute, blood pressure was 11/70 mmHg. All other systemic examination was done which found to be normal. Patients have 4-5 episodes of headache in a week. One episode may persist for 2-3 days sometimes. Patient has started the problem of headache 1years before. She used to take salt in cooked food. Patient has mental tension due to family problem. Patient on Regular Tablet Migratan 50 mg OD for relief, But as she didn't get desired effect so he came to take Ayurvedic treatment.

Treatment Given

Patient was given Jatiphala Churna (125mg) with madhu, Godanti Bhasma 250mg OD, Sutashekhara Ras 250mg BD, and Jatiphala Lepa was applied over forehead. Jatiphala churna was mixed with warm water to use as ointment over forehead. After patient got relief, she was advised to take same Ayurvedic medicine for next 7 days except Godanti bhasma and Sutshekhara. Godanti bhasma and Sutshekhara was eliminated to assess the effect of Jatiphala. After 7 days patients follow up was taken. Same medicine was advised for next 3 weeks and follow up was taken.

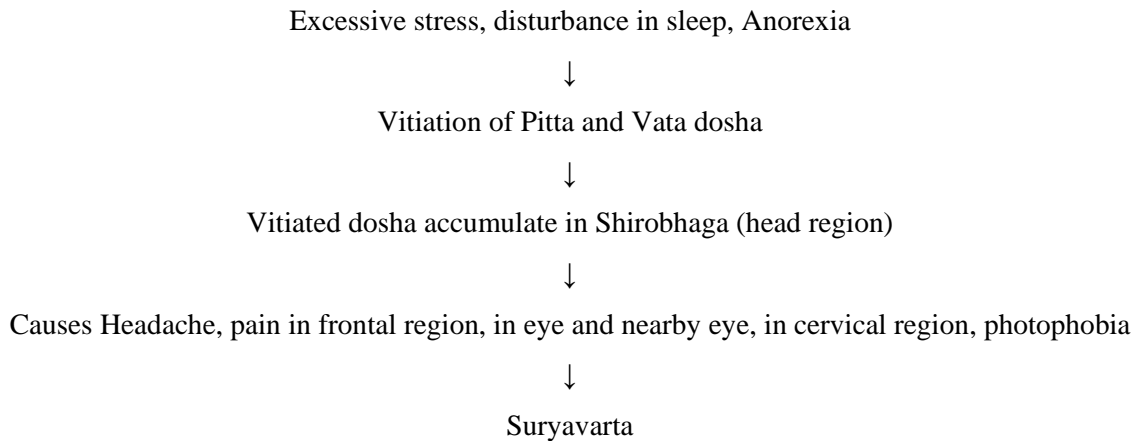
Result

On first follow up patient had got 30-40% relief in headache. She has 3-4 episodes of Headache which persist for 5-6 hours only which don't hamper her routine work. In 2nd follow up patient has again 3-4 episode but intensity of pain was

lowered than previous. Her routine work was not hampered. In 3rd follow up she got 1-2 episodes and got 50-60% relief. Now patient don't have long episode of headache which increased his work productivity and also only 1-2 episode per week.

Discussion

Patient was already diagnosed as chronic migraine came to OPD for Ayurvedic treatment. Migraine can be clinically correlated with Suryavarta vyadhi which is explained in Shirorog(diseases of head). Symptoms of Suryavarta are Headache, pain in frontal region, in eye and nearby eye, in cervical region, photophobia. Etiopathogenesis of Suryavarta in patient was as follow-



As Jatiphala is Ushna virya, it decreases Vata dosha. As vata dosha decreases, pain and frequency of episodes may have decreased. Also, Vatahara property, Artinashanam (Painkiller) property is described by mentioned Acharyas. So in this way Jatiphala churna and Lepa either pacifies or removes the vitiated Vata and subside the symptoms of Migraine.

Conclusion

A known case of Migraine was taken. She was diagnosed as per Ayurved as Suryavarta. Jatiphala Churna & Lepa, Godanti Bhasma, was given for Shamana chikitsa(pacifying therapy). Patient got more than 70% relief. So we can use this treatment in other cases of Migraine. But it is only a single case. Multiple clinical trials should be conducted to establish this treatment as general treatment for Migraine. Also standardization of Jatiphala Lepa can be a further scope of study.

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