

ABSTRACT

Management of *Ardhavabhedaka* (Migrain)with *Virechana* and *ShamanaAushadhi* – Case study

Migraine is an episodic headache characterized by throbbing or pulsating type of pain involving half of the head that can last from 4-72 hours associated with at least 2 to 3 of the following symptoms like nausea , vomiting, loss of appetite, blurred vision , photophobia , phonophobia , sensitivity to smells , lightheadedness , diarrhoea and scalp tenderness .Where in these symptoms are almost similar with disease *Ardhavabhedaka*. *Ardhavabhedaka* is one among *shirorogas* ,which presents with *BhedatodavatArdhaparshwaShirashula* having periodic attacks and *PrakashaAsahishunata*. Around 40% of individuals worldwide are suffering from migraine headache ,it affects about 20% of women and 6% of men at some point in life. *Charaka* mentioned *Kaya Virechana* in the *ChikitsaSutra* of *Ardhavabhedaka* . *Virechana* is one among *Shodhan* which helps in eliminating *Pitta* associated with *Kaphadosha* and does *Vatanulomana*..Hence 5 cases of *Ardhavabhedaka* were advised *Virechana* followed by *Shamanaaushadhi* and improvement was assessed. Details of the study will be presented during oral presentation.