

Nidanpanchamatamak Study Of Ardhavbhedakin Ayurveda

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ABSTRACT -

There are several ways of disease diagnoses in Ayurveda, and one of these methods is the concept of Nidanpanchak. It contains five modules, which are Nidan (causes), Purvarupa (prodromal features), Rupa (clinical features), Upashaya (therapeutic techniques), and Samprapti (pathogenesis). Nidan Panchaka is essential for diagnosing as well as planning appropriate management for the disease.

In Ayurveda Ardhavbhedak is a form of Headache characterized by unilateral pain that affect half of the head. Based on the clinical manifestation Ardhavbhedak is frequently linked with Migraine in contemporary science. In the current environment the incidence of Ardhavbhedak has been increased due to changes in the lifestyle and increased Stress. As the cases of Migraine are increasing day by day, it is recognized as a serious health concern. Exploring etiopathogenesis of Ardhavbhedak and managing it accordingly is the need of hour. In this current review, we have tried to intricate the Nidan Panchaka of Ardhavbhedak.

KEYWORDS - Ardhavbhedak, Migraine Nidanpanchaka

INTRODUCTION

A precise and accurate diagnosis is essential to a disease's effective treatment.¹ Nidan panchak aids in the diagnosis of illnesses at different phases. Nidan panchak is crucial to identify the specific Nidana (etiological factors), dosha vitiation, and Samprapti (pathogenesis or disease progression).² Together or separately, these five components aid in the process of accurate diagnosis.

Shiras, or the head, also known as "Uttamanga" is crucial to Trimarma as it is location of brain and sense organs. Hence the diseases of Shiras are given prime importance³. These diseases are called shiroraga, one of these is Ardhavbhedak. In current scenario Ardhavbhedak is impacting a large number of people worldwide due to change in the lifestyle and increased stress levels in population. Ardhavbhedak is a type of Tridosha-Shiroroga. Due to involvement of Tridosha there is development of Bheda, Toda, Bhrama and Shula type of pain in half side of head (Unilateral) which develops after Paksha (15 days) or Dasha dina (10 days) or Akasmata (circumstantially).⁴ According to recent studies, the symptoms of Ardhavabhedaka, which include nausea and moderate-to-severe half-sided headaches, are exactly the same as those of migraine. In contemporary science migraine is said to be diagnosis of exclusion because of absence of definitive test or biomarker to diagnose. The primary method of diagnosing migraine is detailed history. Nonetheless, blood tests and imaging methods can be used to exclude out other potential headache causes.⁵ Also it is stated unequivocally in contemporary medical textbooks that there is no appropriate, standardised treatment for migraines. Here the Nidanpanchamatamak study can help in identifying the specific Nidana (etiological factors), dosha vitiation, and Samprapti and hence can contribute to precise diagnosis and planning appropriate treatment measures.

ETYMOLOGY

The term Ardhavbhedak incorporates two sanskrit words "Ardha" and "Bhedaka".

"Ardha" signifies half or unilateral

"Ava" signifies adverse outcome, and

"Bhedaka" means fragmenting or perforating or pricking type of pain

Definition of Ardhavabhedaka

Ardhavbhedak is a type of shiroroga having key feature of 'Ardha Mastaka Vedana' (Half sided headaches). In Ayurvedic texts all acharyas have made reference to Ardhavabhedaka in Shiro-Roga Prakaran. Acharaya Sushruta in the Uttar Tantra, listed eleven different kinds of Shiro-Roga, one of

these is Ardhavabhedaka. All the acharyas including Acharaya Charak, has mentioned it as Vatajaor Vata-Kaphaja vikara⁶, but Acharaya Sushruta states that it is a Tridoshajavikar.

Nidana (Etiology) of Ardhavabhedaka^{7,8,9,10,11}

Dietary:

- **Atirukshaahara** – (Excessive intake of dry and course food) Atirukshaaharasevanis responsible for vitiation of Vata Dosha
- **Anashana**(Abstaining from/Fasting/Dieting/Starving oneself)it is of 2 types 1. Abhojanata 2.Alpamatrabhojan .Anashanaresponsible for vitiation of Vata and pitta Dosha
- **Harithamati** (Excessive intake of class of greens e.gZinger, Garlic,Onions,Reddish etc) Harit varga is responsible for vitiation of Vata Dosha due to its ruksha and laghu guna. Also due to predominance of agnimahabhuta, ushnateekshna guna, they are responsible for vitiation of Pitta Dosha
- **Atiseetambusevana**(Excessive intake of chilled water) Due to its sheeta property it is responsible for vitiation of Vata and Kapha Dosha
- **Atiamlasevana**(Excessive intake of Sour foods) Excessive intake of Amla Rasatmak foods is responsible for vitiation of Kapha Dosha due to kapha vishyandanaproperty of Sour foods . It is also responsible for Raktadushti and Pitta prakopa.
- **Ati Madhya sevana**(Excessive intake ofAlcohol) Madya when taken in excess is responsible for vitiation of Pitta and Rakta doshaas itpossesushnateekshna guna.
- **Ati guru ahara**-(Excessive intake of foods which are heavy to digest) Excessive intake of Guru aharais responsible for reduced digestive fire i.eAgnimandya and kapha prakopa.
- **Atyasana**(intake of excessive quantity of foods)Matragurubhojan is responsible for vitiation of all the three doshas.
- **Adhyasana**(Taking food before the previous meal is digested) It can leads to Agnimandya and Aam uttapatti ,which ultimately results invitiation of all the three doshas.

LIFESTYLE:

- **Abhyangadwesa**(Abhorrence to massage) – Intense aversion for doing abhyangare results in decreasedSnehansha of body resulting in vitiation of Vata Dosha
- **Atimaithuna**(Excessive indulgence in sexualactivities)Atimaithunare results in dhatukshaya and which ultimately results in vitiation of Vata Dosha
- **Bashpanigraha** (suppression of the tears)Bashpanigraha is the common factor for headache, it results in vitiation of Vata Dosha
- **Avasyaya** (Exposure to drizzle,mist and smog)Due to its sheeta property it is responsible for vitiation of Vata and Kapha Dosha
- **Rathrijagarana**(wide awakening at night) Rathrijagaranaresponsible for vitiation of Vata and pitta Dosha
- **Uchairbashana** – (speaking loudly/Shouting/Yelling) will results in vitiation of Vata Dosha
- **Vegadharana** -(Suppression of the natural urges specially of Mutravega, Purishavega, Kshavathuvega,Chardivega) Vegadharanawill results in vitiation of Vata Dosha
- **Ayasa**(Excessive physical exertion) Ayasa will results in vitiation of Vata Dosha
- **Atitsweda**(Excessive Perspiration) Atitswedare results in vitiation of pitta Dosha
- **Atapasevana**(Excessive exposure to sunlight)Atapasevana -increases pitta and rakta
- **Purovatasevana**-(Affliction with Easterly wind) Purovatasevanacauses pitta and raktavridhi
- **Diwaswapna**-(Day sleeping)Diwaswapna is responsible for vitiation of Kapha and pitta Dosha
- **Atiswapna** -(Hypersomnia)Atiswapna is responsible for vitiation of Kaphadosha
- **Diwaswapna**-(Day time Sleep)Diwaswapna is also responsible for vitiation of Kaphadosha

Psychological- Manasika nidana -Stress is the commonest triggering factor for development of Ardhavabhedaka. Stress can lead to tense muscles in the scalp and neck, which can exacerbate headaches. Also in addition to causing headache pain, stress can cause the brain to release chemicals that alter blood vessels and result in other symptoms related with Ardhavabhedaka.

- **Manasasantapa**

- **AtiRodana**

External Factors(Agantujanidana)-Shiro Abhigata can results in Post Traumatic Headaches (PTH) due to Vata and raktapradopa

Purvarupa (Symptoms) of Ardhavabhedaka

Although the Ayurvedic classics for Ardhavabhedaka do not specifically mention Purvarupas, some acharyas have mentioned samnayPurvarupas of Shiroroga, stating that Kapha dominant Shirorogamay be characterised by restricted head movements, such as flexion and extension, as well as head heaviness.General Purvarupas for Shirahshoola have been identified as Daha and Supti in Madhava Nidana, which was published by Sastu Sahitya in 1985.¹²

Rupa (Symptoms) of Ardhavabhedaka^{13,14,15}

1.Pratyatmalaksana in Ardhavabhedaka- The cardinal feature of Ardhavabhedakais 'Ardha Mastaka Vedana' (Half sided headaches) .All acharyas have mentioned this key feature Shula (pain) in UttamangaardhamunderArdhavabhedaka

2.Samanya Lakshana of Ardhavabhedaka-

- Atheeva Sambhedatoda (fragmenting or perforating or pricking type of pain)
- Bhrama (dizziness/ vrtigo),
- Shula (pain) in Uttamangaardham (one half of head)
- The pain can be felt in other parts like- Manya (nape of neck) Bhru(The Eyebrows region), Shankha (Temple region), Karna (Ears), Akshi (Eyes) and Lalataardhe(half of the Forehead).
- The Shula develops after Paksha(15 days) or Dasha dina (10 days)orAkasmata (circumstantially)

3.Aggressive Lakshana of Ardhavabhedaka -

- Vinashayet Nayanam (Destruction of Eyes)
- Vinashayet Sravanam(Destruction of Ears))

Samprapti (Pathogenesis) of Ardhavabhedaka^{16,17,18}

Indulging in various nidana (weather Aharaj,Viharaj,mansik and Aagantuj)of Ardhavabhedakare results in dosha prakopaandAgnimandya. Which results in development of Kha-vaigunya in Rasavaha&Raktavahastotas.Srotodushtiis evident after this and the process give rise to SthansamsharayaAvastha .After this there is development of variouslakshanas of Ardhavabhedaka.

SampraptiGhataka of Ardhavabhedaka(Migraine)

- Dosha - Tridoshaja (Su.U.25), Vata Kaphaja (Ch. Si. 9)
- Dushya - Rasa, Rakta dhatus
- Agni - Manda
- Srotas - Rasavaha, Raktavahasrotas
- Srotasdusti – Sanga, Vimargagamana
- Adhisthana - Shirah (Head Udhbhavasthana - Amashaya, Pakvasaya

CONCLUSION

A thorough understanding of Nidan Panchak can assist a Vaidya in identifying the ailment early on, allowing them to choose the best course of treatment.Ardhavabhedakon the basis of clinical manifestation is similar to Migraine Headache,whichis characterised by paroxysmal unilateral headache accompanied by nausea and vertigo.In comparison to high cost imaging techniques used for diagnosing migraine on the basis of exclusion ,Nidan Panchakcould be cost effective and precise measure.

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