

Migraine an Ayurvedic Perspective

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- Dr. Shyam's Ayurveda Centre
- Natura Wellbeing
- Malabar Ayurveda Centre
- Back to Roots

Visit of Migraine fairy to an Ayurveda doctor

I've
Migraine!
I need a
Sirodhara!

Someone
scooped out my
brains and put a
hand grenade in
my skull.

Vatabhitapa?
Ardhavabheda?
Pittabhitapa?
Kaphabhitapa?
Suryavartha?
Ananta Vata?
..... another disease?

Varanadi
Kashayam –
Morning

Pathyaksha
Dhathryadi
kashayam -
Evening



- The physician should never feel shy for not knowing the name of the disease, for there is no rule, that every disease has a name.
- We need to know the Disease pathology, Dosha, Vikara prakrithi, Adhishtana, Hethu visesha etc.

Migraine need not to have a Name!

Migraine Symptoms

Prodrome: 1-2 days before Migraine

Constipation	Vata
Mood changes	Vata
Food Cravings	Vata / Pitta
Neck Stiffness	Vata
Increased Thirst & Urination	Pitta / Vata
Frequent Yawning	Vata

Aura: seen in 20% of Migraine cases; lasts for 20 to 60 minutes

Visual phenomena - bright spots, flashes of light	Pitta
Temporary Loss of vision	Pitta / Vata
Pins and needles sensations in an arm or leg	Vata
Weakness / numbness - face, tongue or half body	Vata
Speech Difficulty	Vata
Tinnitus	Vata
Uncontrollable jerking or other movements	Vata
Limb weakness - Hemiplegic Migraine	Vata

Vata
Chaya
Symptoms

Pitta
Chaya
Symptoms

Migraine Symptoms

Vata

Pitta



Attack: lasts from 4 to 72 hours

Pain - both or one side – Ardhavabhedha	Vata
Pain that feels throbbing or pulsing	Vata / Pitta
Sensitivity to light, sound, smells, touch	Pitta / Vata
Nausea and vomiting	Pitta / Kapha
Blurred vision	Pitta / Vata
Lightheadedness followed by fainting	Pitta / Vata

Postdrome: after migraine for about 24 hours

Confusion	Vata
Moodiness	Vata
Dizziness	Vata / Pitta
Weakness	Vata
Sensitivity to light and sound	Pitta / Vata

Vata & Pitta Kopa
Symptoms

45% of patients
report Lacrimation,
nasal congestion,
rhinorrhoea - Kleda
& Sruthy is a Pitta
symptom

Etiology, Dosha Type, Roga Sthana

Dosha
Hethu

Vyadhi
Hethu

Ubhaya
Hethu



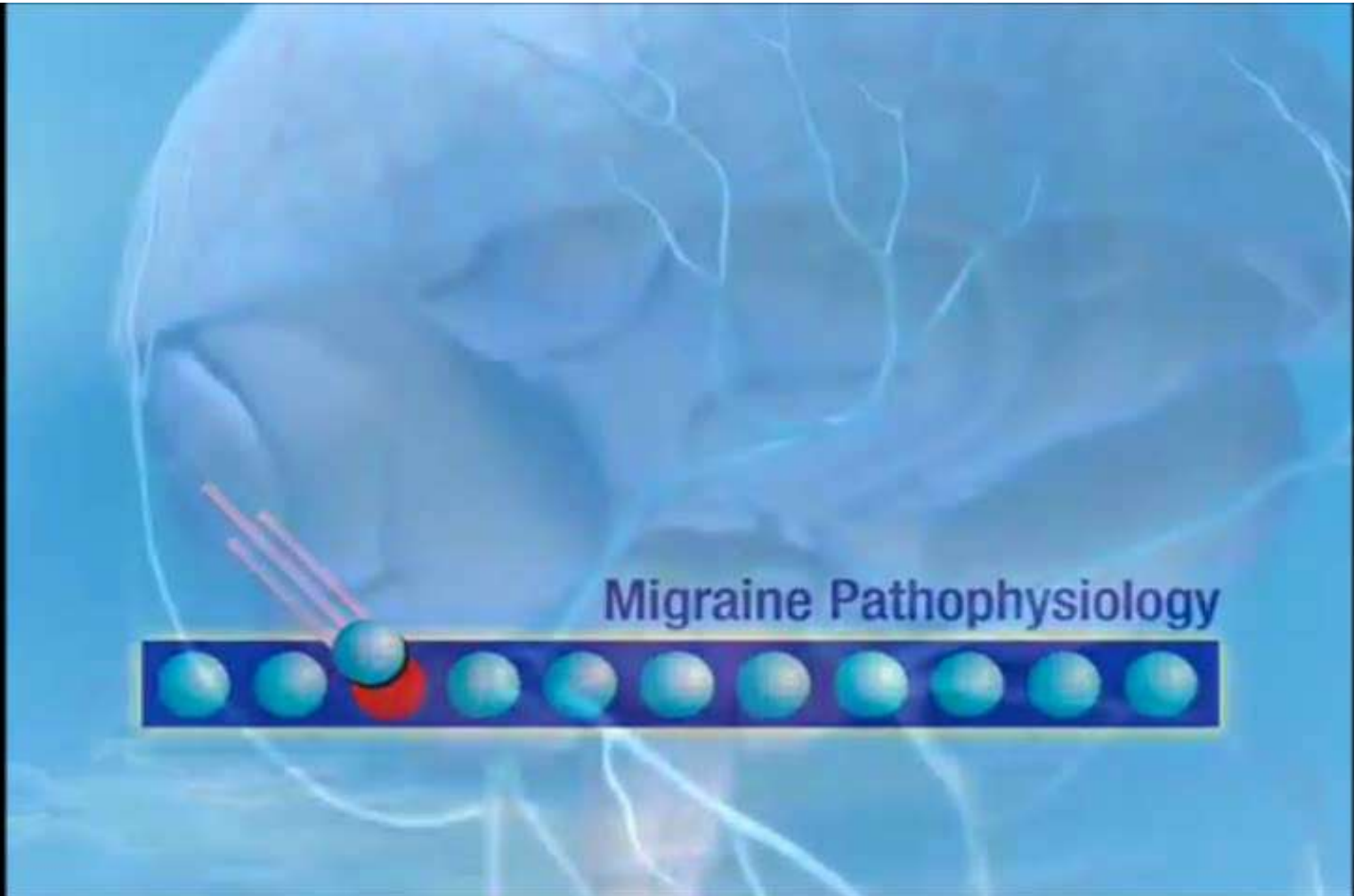
Prana Vata ✓

Alochaka Pitta ✓

Tarpaka Kapha

- Siras – Maha Marma
- Madhyama Roga Marga
- Vitiated Vata & Pitta locate in the Kapha stana – Siras

Migraine – Patho Physiology



Vata & Pitta in the Migraine pathology is self explainable

Trigger Factors – Vata Pitta Vitiating

- Alcohol
- Weather changes
- Lack of sleep
- Schedule changes
- Dehydration
- Hunger, certain foods
- Strong smells
- Teeth grinding at night
- Menstruation

Remission & Relapse Episodes Vishamata of Migraine

Koshta



Sakha

- Sroto Mukha Visodhana
- Vridhi
- Abhishyanthana
- Dosha pakat
- Vayu Nigrahat

Possibility of Dhathu
Leenavastha as in
Vishama Jwara

Concept of Jvara & Migraine

Vata Jvara

अशक्तिर्भक्षणे हन्वोर्जृम्भणं कर्णयोः स्वनः ॥
निस्तोदः शङ्खयोर्मूर्ध्नि वेदना विरसास्यता ।

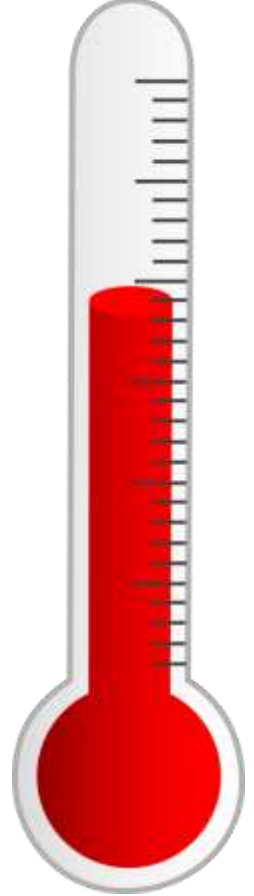
Vata Pitta
Jvara

शिरोर्तिमूर्च्छावसिदाहमोहः
कण्ठास्यशोषारतिपर्वभेदा ।
उन्निद्रतातृड्भ्रमरोमहर्षा
जृम्भातिवाक्त्वं च चलात्सपित्तात्



Vata Kapha
Jvara





तापहान्यरुचिपर्वशिरोरुक्
पीनसश्वसनकासविबन्धाः ।



Dosha Avastha

Doshas work as Single Unit

- Digestion – Pachaka Pitta & Samana Vata
- Vision – Alochaka Pitta & Prana Vata

- Kapha Avarana lakshana 
- Vata Kopa with Pitta anubandha 
- Pitta avarana to Vata 
- Pitta avarana to Prana Vata 

Daha
Trishna
Soolam
Bhrama
Tama

Bhramo
Moorcha
Ruja
Daha
Vamanam

Exclusion by Nidana, Lakshana, Upasaya

- Dosha – Vata Pitta
- Dosha Avastha – Dhathu gata, Dhathu Leena or Avarana
- Roga Sthana – Kapha sthana, Maha Marma, Madhyama marga
- Nidana - Dosha Hethu, Vyadhi Hethu, Ubhaya Hethu
- Disease similarity:
 - Ardhavabheda (Migraine with unilateral pattern & relapses)
 - Pitta Sirasoola (Migraine symptoms with Aura mostly)
 - Sooryavartha (Migraine symptoms with Aura mostly)
 - Vata Pitta Jwara (Migraine with vomiting)
 - Pitta avrita Prana Vata (Migraine symptoms with Aura mostly)
- Differentiate from:
 - Vata Sirasoola (Tension headache symptoms mostly)
 - Kapha Sirasoola (Sinus headaches)

Migraine Treatment Approach

- Sthani and Agantu Doshas
 - Priority to the Stronger Dosha
 - Priority to Sthanika Dosha than Aganthu
- Kapha sthana should be protected while treating Vata / Pitta doshas
- Treating Migraine as Vata Pitta Jwara
 - Stage 1:
 - Hydrate well (avoid hot water)
 - Manda or Peya with Laja can be given
 - Dadima or honey can be added
 - Vasthy parswa sirasooli, Vyaghri, Gokshura sadhitham...

Treatment of Migraine

Principles of Vata Pitta Jwara

- Stage 1:
 - Drugs of choices:
 - Pathyashadangam - Tridosahara mainly kaphapittahara
 - Amrithotharam kashayam - Tridosahara mainly kaphapittahara
 - Guloochyadi kashayam – Pitta Kapha hara
 - Sudarsanam gulika
 - Kirata thiktakam or Bhunimba, guloochi mustha nagaram.
 - Aragwadhadi kashayam – Pitta Kapha hara
- If Vata Kapha jwara symptoms are there – Vyaghryadi kashayam is a good choice

Treatment of Migraine

Principles of Vata Pitta Jwara

- Once ama pachana is achieved; Stage 2 can be started as Dosha (Vata Pitta) Samana
- Greeshma Charya
 - Kapha decreases, Vata increases
 - Avoid use of salt, pungent and sour foods, heavy physical exercises and exposure to sunlight
 - Favor sweet, light, cold, watery and snigdha food.
 - Drugs of choice
 - Thiktakam kashayam – Pitta hara
 - Maha thiktakam kashayam – Pitta hara
 - Drakshadi kashayam – Pitta Vata hara
 - Mridvikadi kashayam – Pitta Vata hara
 - Vidaryadi kashayam – Vata pitta hara
 - Kalyanakam kashayam –

Treatment of Migraine

Principles of Vata Pitta Jwara

- Stage 3 is ideal for Ghee in take
 - Thiktakam ghritham
 - Maha thiktakam ghritham
 - Vrisha ghritham
 - Brahmi ghritham
 - Kalyanakam ghritham
 - Maha kalyanakam ghritham
 - Vidaryadi ghritham



घृतमक्तर्शिरा रात्रौ पिबेदुष्णपयोनुपः ॥

- Use of Milk in Migraine

क्षीरोचितस्य प्रक्षीणश्लेष्मणो दाहवृद्धतः ॥
क्षीर पित्तानिलार्तस्य पथ्यमप्यतिसारिणः ।

Oushadha Kalam

Bed time
Between Meals

- Sirovasthy, Nasya, Virechana are effective remedies according to the stages.
- Stage 4 - Rasayana like Brahma Rasayana

Other common medicines in Headache

- Varanadi kashayam – Vata kapha samana – In Sinus headache & Tension headaches
- Indukantham kashayam – Vata Kapha samana – In Sinus headaches
- Dasamoola kaduthrayam – Vata Kapha samana – In Sinus headaches
- Guggulu thiktakam kashayam – Vata Kapha samana – In sinus headaches
- Rasnadi choornam in Tension or Sinus headaches while Kachuradi is better in Migraine
- Asana Eladi, Asana vilwadi are good choices for siro abhyangam in Tension or Sinus headache; while Asana manjishtadi, balaguloochyadi, bala dhathryadi, brahmi thailam etc works better in Migraine

Thank You!