

A CLINICAL STUDY ON THE EFFICACY OF LAGHUSUTHA SEKHARA RASA IN MIGRAINE HEADACHE W.S.R TO AMLAPITTAJANYA SHIRASHULA

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Abstract

Migraine is a primary headache disorder characterised with recurrent episodes of headache, affecting one half of head or both sides associated with symptoms such as nausea etc. last from 2-72 hrs approximately⁽¹⁾. Exact cause for Migraine is not known till date. However various theories are available which aim towards environmental⁽²⁾, genetic⁽³⁾ psychosomatic⁽⁴⁾ and gastrointestinal factors⁽⁵⁾

Acharya Madhava in his madhava nidana has discussed *Amlapitta* (acid-peptic disorders)⁽⁶⁾. While discussing its types and symptoms, a reference was found about a clinical presentation, which mimics migraine, while discussing *sleshmapitta pradhana amlapitta*. Hereby, it has been theoretically postulated that by addressing the Acid Peptic Imbalance i.e *amlapitta*, the migraine attacks could be controlled, or the intensity will be decreased.

Laghusutha sekhara rasa⁽⁷⁾: A classical herbo-mineral preparation.It is indicated for various conditions like *Amlapitta,Ardhavabhedaka,Suryavarta,Pittaja shirasula* etc. is selected to check the symptoms.

Hence an attempt is made to find a safe alternative and to establish a strong cause-effect relationship to correlate a Gastrointestinal pathway to migraine.

Key words: Amlapittajanya shirashula, migraine, laghusutha sekhara ras, gastrointestinal pathway.

Introduction

A 27 years old male patient came with rightsided headache associated with nausea and vomiting's since 3 years.He developed photophobia.Headache gradually developed, with duration lasting from 3 to 72 hours, and the intensity increased due to physical activity. If he skipping meals the headache attacks are more. Maximum 3 attacks once in 15 days on and off. Throbbing pain, sometimes with pulsation is noticed. Acute onset of headache was associated with giddiness and sour belching's. There is no history of any significant illness. The family history was not suggestive of same complaint. Prior to the treatment, his MIDAS⁽⁸⁾ score was 22 and pain intensity on VAS scale was 10. Routine investigations were within normal limits. He was under regular follow up in hospital. Observations and results were recorded as per standard parameters.

Materials and methods:

The subject was from OPD with registration number 26662 of Govt. Ayurveda Hospital, Erragadda, Hyderabad. Oral administration of *Laghusuthasekhara rasa* was selected as a treatment module. It was given in the dose of Along with the oral medication, dietary restrictions were also advised, specially to avoid *sleshmapitta vardhaka ahara* such as *masha, dadhi* etc

Observations and results:

Observation and results were recorded as per standard parameters. After 90 days of oral administration of *Laghusutashekara rasa*, it is observed that headache intensity, episodes of nausea and vomiting's were reduced significantly. MIDAS score was zero (0) and VAS scale is zero (0), Patient also feeling better.

Discussion:

Charaka samhitha⁽⁹⁾, *Susrutha samhitha*⁽¹⁰⁾ and *Madhavanidana* have thrown light on various conditions of headache like *suryavatha, ardhavabhedaka, shankaka* etc. *Acharya Madhava* in his *Madhavanidana* have discussed *amlapitta*. While discussing *sleshmapitta pradhana amlapitta*⁽¹¹⁾, the symptoms were said as *Bhrama, murcha, chardi, shiroruja* which are also seen in migraine.

There are many studies which suggest a strong relation between the digestive disorder and migraine. It has been found that people who have gastric disturbances have an increased prevalence and frequency of migraine attacks.

Laghusutasekhara rasa⁽⁷⁾ consists of 3 drugs, *Svarna Gairika, Sunthi* and *nagavalli*. Gallic acid and Cinnamic Acid seen in *Zingiber officinal*⁽¹²⁾ are well established for their gastro protective activity by inhibiting H⁺ release and protecting gastric mucin. Presence of gingerol makes a ginger a potential prostaglandin inhibitor and leukotriene inhibitor

there by reducing pain⁽¹³⁾. *Nagavalli* (*Piper betel*) contains Allylpyrocatechol, a potential agent found in betel leaves. Its known to exhibit potential anti-oxidant activity, Anti-inflammatory activity by inhibition of COX-2⁽¹⁴⁾. Various water based, Methanol and Ethanol extracts showed significant Analgesic, Anti-Inflammatory and Gastroprotective Effects⁽¹⁵⁾.

Conclusion :

With the presence of various secondary metabolites and active ingredients, the role of *sunthi* and *nagavalli* is established. Thereby, *Laghusutashekara rasa* becomes a prime option to control *amlapitta* and migraine.

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