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## An Ayurvedic approach to migraine with *Godanti*

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### Abstract

A lot of people get migraines about 11 out of 100. The headaches tend to start between the ages of 10 and 46 and may run in families. Migraines occur more often in women than men. Pregnancy may reduce the number of migraines attacks. Until the 1980s, scientists believed that migraines were due to changes in blood vessels within the brain. Today, most believe the attack actually begins in the brain itself, and involves various nerve pathways and chemicals in the brain. This has been observed that, migraine attack can be triggered by stress, food, environmental changes, or some other factors. However, the exact chain of events remains unclear. Prevention can be done by avoiding smoking, caffeine, and alcohol, exercise regularly, get enough sleep each night and meditation. Common prescribing drugs include: Beta-blockers, Anti-depressants, Anti-convulsants, Calcium channel blockers. But the permanent improvement cannot be achieved. With the use of *Godanti Bhasma*, herbal compound formulation and some meditation exercise will correct the chemical disturbance in the brain. This will help to complete treat the disease and also these drugs safe even in pregnancy.

**Keywords:** Migraines, Beta-blockers, *Godanti Bhasma*, *Pathyadi kashaya*

### 1. Introduction

A migraine is a type of primary headache that some people get repeatedly over time. Migraines are different from other headaches because they occur with symptoms such as nausea, vomiting, or sensitivity to light. In most people, a throbbing pain is felt only on one side of the head. Migraines are classified as either "with aura" or "without aura." An aura is a group of neurological symptoms, usually vision disturbances that serve as warning sign. 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<sup>[1]</sup>.

#### 1.1 Triggering Factors<sup>[1]</sup>

- Allergic reactions
- Bright lights, loud noises, and certain odors or perfumes
- Physical or emotional stress
- Changes in sleep patterns
- Smoking or exposure to smoke
- Skipping meals
- Alcohol or caffeine
- Menstrual cycle fluctuations, birth control pills
- Tension headaches
- Foods containing tyramine (red wine, aged cheese, smoked fish, chicken livers, figs, and some beans), monosodium glutamate (MSG), or nitrates (like bacon, hot dogs, and salami)
- Other foods such as chocolate, nuts, peanut butter, avocado, banana, citrus, onions, dairy products, and fermented or pickled foods

#### 1.2 Symptoms<sup>[1]</sup>

Migraine headaches, which can be dull or severe, usually:

- Feel throbbing, pounding, or pulsating
- Are worse on one side of the head
- Last 6 to 48 hours

Symptoms accompanying migraines include:

- Nausea and vomiting
- Sensitivity to light or sound

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- 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.

Symptoms that may linger even after the migraine has gone away include:

- Feeling mentally dull, like your thinking is not clear or sharp
- Increased need for sleep
- Neck pain

### 1.3 Complications

Migraine headaches generally represent no significant threat to your overall health. However, they can be chronic, recurrent, frustrating, and they may interfere with your day-to-day life. Stroke is an extremely rare complication from severe migraines. This risk may be due to prolonged narrowing of the blood vessels, limiting blood flow to parts of the brain for an extended period of time [1].

### 1.4 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. Many of the prescription medications for migraines narrow your blood vessels. Therefore, these drugs should not be used if you have heart disease. Several studies are supporting use of herb formulation for treating migraines.

This work has been done in random OPD patient of migraines with using *Godanti Bhasma* and *Pathyadi kashaya*.

**1.5 Godanti Bhasma** [2] has been described as best drug for headache in *Rasamrata*- A text book of *Rasashastra*.

### Properties

**English Name**- Gypsum

**Chemical Name**- Calcium sulphate,  $\text{CaSO}_4 \cdot 2\text{H}_2\text{O}$

This is going to be used in *Ayurvedic* formulation after 20<sup>th</sup> century.

**Best Quality**- White like moon and stone has multiple layers. It is found at Rajasthan and Gujrat.

Purification should be done with juice of *Neem* (*Azadirachta indica*) leaves. *Bhasma* should be made by burning by heat in unoxxygenation state.

**Dose**- 1-2 gm per day

Drug should be used along with *Madhu*, *Mishari*, *Cow Ghrita* and Milk.

**Other uses**- PEM, PUO, Leucorrhea, Chronic Bronchitis.

**1.6 Pathyadi Kashaya** [3] has been described for the treatment of various type of headache as per *Sharangadhar Samhita* in 13<sup>th</sup> century.

This is decoction of 6 drugs- *Triphala* (*Haritaki*, *Amalki* & *Vibhitaki*), *Haridra*, *Neem*, *Gudachi*.

**Dose**- 20ml two time in a day.

**As per analysis of physical and chemical property of these drugs mention below-**

**Triphala**- It corrects our digestion and assimilation process. Means, it will normalize our gut.

**Haridra and Neem** both acts as antibiotic and prevent unwanted production of inflammatory chemical mediators.

**Guduchi** acts as antioxidant and free radical scavenges.

This study suggesting that, these drugs are normalizing our Gut-Brain axis. This prevents production of harmful undigested material, prevents production of unusefull chemical mediator by antigen- antibody reaction and also removes the free radical from blood. These all harmful chemicals are responsible for altering the chemistry of brain, which is the main factor for triggering the attack of migraines. All these drugs are also safe in pregnancy and cardiac patients [4].

### 1.7 For Prevention [1]

- Avoid smoking, caffeine, and alcohol
- Exercise regularly
- Get enough sleep each night
- Learn to relax and reduce stress – try progressive muscle relaxation (contracting and releasing muscles throughout your body), meditation, biofeedback, or joining a support group.

### 2. Asanas for Migraines [5]

Savasana, Urdhva Mukha Svanasana, Matsyendrasana, Pascimottanasana, Janusirsasana, Uttanasana, Prasarita Padottanasana, Adho Mukha Svanasana, Forward Virasana

### 3. Conclusion

With this study migraine can be completely treated and prevented by use of herbomineral, herbal formulation and yogic exercises in spite of any modern chemical drugs. Even though these formulations are free from any complication and restriction of use.

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