



## COMPARATIVE REVIEW ON MIGRAINE IN SIDDHA MEDICINE AND OTHER TRADITIONAL INDIAN SYSTEMS OF MEDICINE

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### ABSTRACT

Traditional medicine also known as indigenous or folk medicine comprises knowledge systems that developed over generation with in various societies before the era of modern medicine. Siddha is one of the traditional medicine systems. In siddha concept vayu plays a major role and with the support of either vatham or kapham manifests migraine. Siddha also deals about another two varieties of migraine pointed by the siddhar “Yugi muni” and they are “Soorya vartham” and ‘Chandra vartham’.Migraine is a kind of neurological disorder. It is the third most common disease in the world. It is ranked globally as the seventh most disabling disease among diseases and leading cause of disability among all neurological disorders. Global prevalence of migraine 14.7% that around 1 in 7 peoples. Chronic migraine affects approximately 2% of the world population. In Ayurvedha migraine is found to be identical “Ardhavybhedham” and Unani term has “Shaqqeqha”. The present study was aimed to evaluate the various modalities of Siddha and other systems such as Ayurvedha,Homoepathy,Yoga/ Naturopathy and Unani(AYUSH) and treatment regimen in patients with migraine headache.

**KEY WORDS:** *Siddha, Traditional medicine, AYUH, Migraine, Herbs*

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## 1. Introduction

Migraine is a neurological disease. The word "migraine" is French in origin and comes from the Greek language / Greek "hemi crania" (as dose the English term "megrim"). Literally, "hemi crania" means "only half the head" Migraine is the third most common disease in the world (behind dental caries and tension-type headache) with an estimated global prevalence of 14.7% (that's around 1 in 7 people) [1,2].

### 1.1. SIDDHA LITERATURE

In Siddha literature, "YUGI VAITHIYA CHINTHAMANI" 80 types of Vaatha diseases are explained. Among the 80 types of Vaatha diseases "Yugi" classified 10 type of Thalainoigal. ORUTHALAI VAAGAADHA BEDHAM is one among the 10 types. [3]

ஒருதலை வாகாத பேதம்

பகரான வொருதலையைப் பாதி நொந்து  
பகழி கொண்டு மெளலிதனைப் பிளந்தார்  
போல

நிகரான கண்ணு நீர் பாய்ந்து காந்தி  
நெடு மூச்சு விட்டுமே நினைந்து துன்பந்  
திகரான சடந்தானுந் திடுக்குண் டாகிச்  
சிணுக்கிரும ளாகியே பசிகா ணாது  
வகரான வாதமாய் மயிர்க் கூச்சமாகும்  
வாகாத பேதத்தோர்தலை வலியு மாமே.

- யுகிவைத்திய சிந்தாமணி -  
800[Pg.no:128][4]

### 1.2. ETIOPATHOGENESIS

In Siddha, Vayu plays a major role and with the support of either Vaatham or Kapham, manifests migraine. Improper food habits and personal habits also participate in the onset of disease.

#### SYMPTOMS

- Hemi cranial headache
- Throbbing pain of the head
- Lacrimation
- Visual disturbance
- Aura

## 2. AYURVEDHA LITERATURE

In Ayurveda migraine is found to be identical to Ardhavbhedaka characterized by pain in

half side of head. Vedana in half of the portion of the head is called Arddhavabhedaka. [5]

### 2.2. ETIOPATHOGENESIS

The hyper action of the nerve cells and expansion and dilation of blood vessels are caused because of the Vaatha vitiation due to the above factors. This further vitiates Pitha and Kapha which causes the inflammatory process.

#### SYMPTOMS

- Pain in arddhavabhedaka will be severe as though cutting by a sharp weapon or churning by a churner.
- Sensitivity to light, noise, and odours
- Nausea and vomiting, stomach upset, abdominal pain
- Loss of appetite
- Sensations of being very warm or cold
- Paleness
- Fatigue
- Dizziness
- Blurred vision
- Diarrhea
- Fever (rare)

## 3. UNANI LITERATURE

Shaqeeqa is an Arabic word which is derived from the word, Shaq" which means a part or a side, due to which it is named as Shaqeeqa. The cause of migraine is either riyah haar or imtila.[6]

#### SYMPTOMS

- Unilateral and pulsating nature of pain
- Heaviness in the head
- Redness over eyes and face
- Nausea
- Vomiting

### 3.1.Types

In Moalajat Buqratiya, the author described that Shaqeeqa can be of 2 types i.e., Shaqeeqa haar and Shaqeeqa barid.

#### 3.1.1. Shaqeeqa haar

In this type of Shaqeeqa, the symptoms will be heaviness of head, hotness of the site of pain, rapid pulse, tinnitus, pulsation at the site of pain, relief of pain by using cold items, constipation,.

#### 3.1.2. Shaqeeqa barid

In this type of Shaqeeqa there will be heaviness of head, coldness of the site of pain, relief

of pain by using hot items, cold and catarrh in cold season.

#### 4.HOMOEOPATHY LITERATURE

Homeopathy literature has described in three manifestations:

1. Psoric
2. Syphilitic
3. Sycotic

##### 4.1.Psoric manifestation

- The symptoms are opposite to syphilitic
- Psoric headache occur in day time
- Patients have emotional disturbances (grief, sorrow, etc)
- Increased by rest, lying down, hot application
- Decreased by motion, cold application.

##### 4.2.Syphilitic manifestation

- The symptom are opposite to psoric
- It occur in night time and get better in morning
- Increased by motion, cold application
- Decreased by riding, exertion, quiet rest

##### 4.3.Sycotic manifestation

- The symptoms resembles the syphilitic
- Decreased by lying down and at night, especially after mid night
- There are feverish headache of children
- Patients in restless and want to keep in motion, which increases the headache.

#### 5. YOGA AND NATUROPATHY LITERATURE

According to naturopathy, the major cause of a disease is violation of nature law in thinking, breathing, drinking, dressing, working, resting and also in moral, sexual, social contact. It results in primary and secondary manifestation of the disease.[7]

##### 6. Major Causes (Trigger of migraine)

- ❖ Stress
- ❖ Sleep disorder
- ❖ Environmental changes such as weather, season, attitude barometric pressure & time zones, sensory overload including loud noises, bright lights and strong smells.
- ❖ Foods include alcohols aged cheese, chocolate, caffeine fermented diary food addictions.
- ❖ Hormonal changes such as estrogen fluctuations that occur before or during periods with pregnancy and menopause.

The above triggers causes series of events that eventually lead to enlargement and inflammation of blood vessels in the head result in migraine.

#### 7. Conclusion

It is concluded from the above study, in Ayurvedha literature, migraine is termed as “Ardhavbhedham” in Unani as “Shaqueeqa”, in Siddha as “Oru thalai vaagadha betham”. In Naturopathy and Homoeopathy, there is no specific term to denote migraine. The Homoeopathy literature has described migraine in three manifestations (Psoric, Syphilitic and Sycotic). But, Naturopathy literature didn't has any specific concept regarding migraine. They only use the tern migraine from allopathic (modern) texts as it is, but their etiopathogenesis is differ from allopathic concepts will is explained in the above study. This study helps in enhancing the knowledge about migraine in AYUSH literatures and promotes further research in future.

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##### Conflict Of Interest

None declared

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