



## **Therapeutic Applications of Viddha Karma in the Management of Ardhavabhedaka(Migrain)-A Case Series**

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### **Abstract**

Migraines, or Ardhavabhedaka as described in Ayurveda, are more than just headaches. They strike suddenly, often with nausea, vomiting, and an extreme sensitivity to light and sound, Ayurveda looks deeper aiming to correct the root imbalance in the body.

This article shares the journey of three patients who had been living with chronic migraines for years. Each of them had tried allopathic medicines without lasting results. Through Viddha Karma (therapeutic needling) combined with Ayurvedic medicines like Pathyadi Kwatha, Pachana Churna, and Shankhavati, they experienced something different - relief that began from the very first session and gradually led to complete recovery within a few months.

These cases highlight how Ayurveda not only reduces pain but also restores balance and well-being. The findings suggest that therapies like Viddha Karma can offer hope to patients who are tired of recurring migraines and dependence on painkillers, giving them a chance at a healthier, pain-free life.

**Key Words:** Ardhavabhedaka,viddha,karama, pain gait theory.



## Introduction

Ardhavybedaka is described in Ayurveda as one of the Shirorogas, characterized by severe unilateral headache often associated with nausea, vomiting, photophobia, and phonophobia.[1] In modern medicine, it correlates with migraine, a chronic neurovascular disorder affecting nearly 14% of the global population. Migraine leads to significant disability, functional impairment, and dependency on analgesics. While modern treatment offers only symptomatic relief, Ayurveda emphasizes root-level management through Dosha balancing and Shiro-Roga Chikitsa, particularly using Viddha Karma.

Pain pathway understanding bridges Ayurveda and modern science. Pain is mediated by nociceptors, processed in the dorsal horn, and relayed through ascending tracts (spinothalamic, spinoreticular) to the thalamus and cortex (S1, ACC, Insula). Descending modulation via PAG and raphe nuclei regulates perception. Thus, Ayurvedic approaches like Viddha Karma provide mechanical and neurovascular modulation, aligning with modern concepts of pain relief.

Types of Ardhavybedaka:

Acc to sushruta samhita –tridoshaja[2]

Acc to astaga hrdaya :vatja,pitaja,kaphaja [3]

Acc to madhava nidana :vataja ,pitaja ,kaphaja,sanipatika.[4]

**Methodology:**

**Procedure steps in Viddhagnikarma:[7]**

**Purva Karma:** Patient evaluation, marking tender points, cleansing with antiseptic, and selecting sterile 26½ gauge needle.

**Pradhana Karma:** Insertion of needle perpendicularly yava pramana (depth 1-4 mm) at selected Vedhya Sira points, mild stimulation.

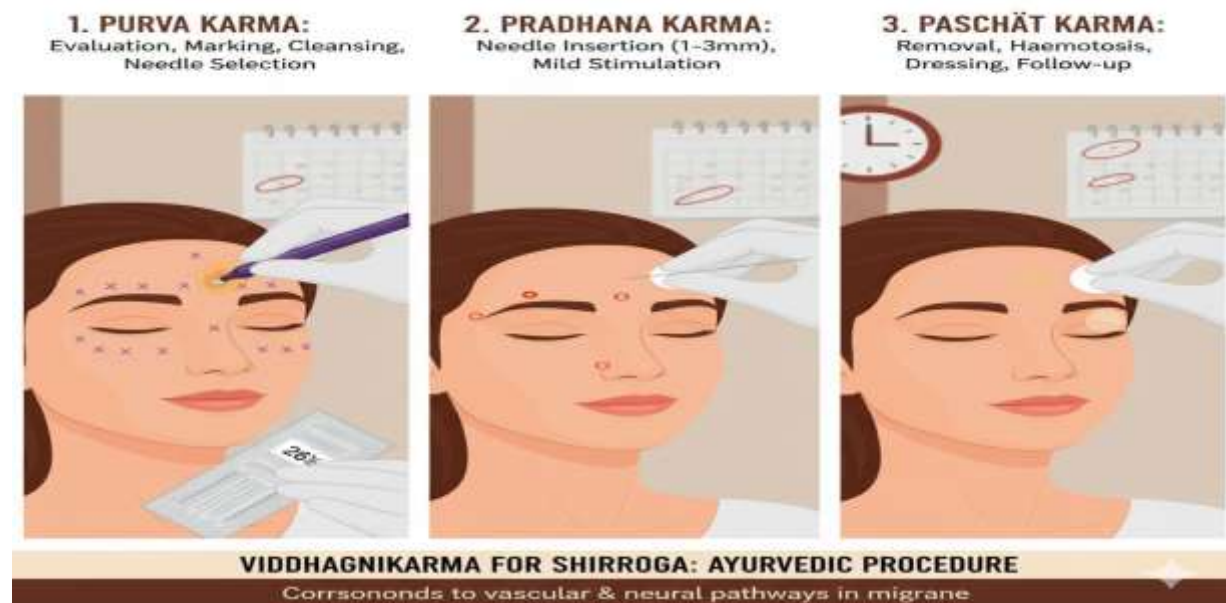
**Depth of viddha karma :**

**muscular regions:**4-6mm,**bony areas :**6-10mm,**skin areas:**2-4 mm.



**Paschat Karma:** Needle removal, haemostasis, antiseptic dressing, and follow-up sessions weekly or monthly as required.

Vedhya Sira described for Shiroroga in Ayurvedic texts include sites near Shankha, Apanga, Avarta and Phana points. These anatomical locations correspond with major vascular and neural pathways involved in migraine pathology.



### Probable Mechanism of Action of Viddhaagnikarma

Viddha Karma is an Ayurvedic therapeutic technique[8] that involves precise needling or puncturing at specific points on the body.

This procedure helps to remove obstructions of Āvarita Vāta (blocked Vata) and reestablish the smooth flow of vital energy. By promoting Srotoshodhana (cleansing of bodily channels). [9]

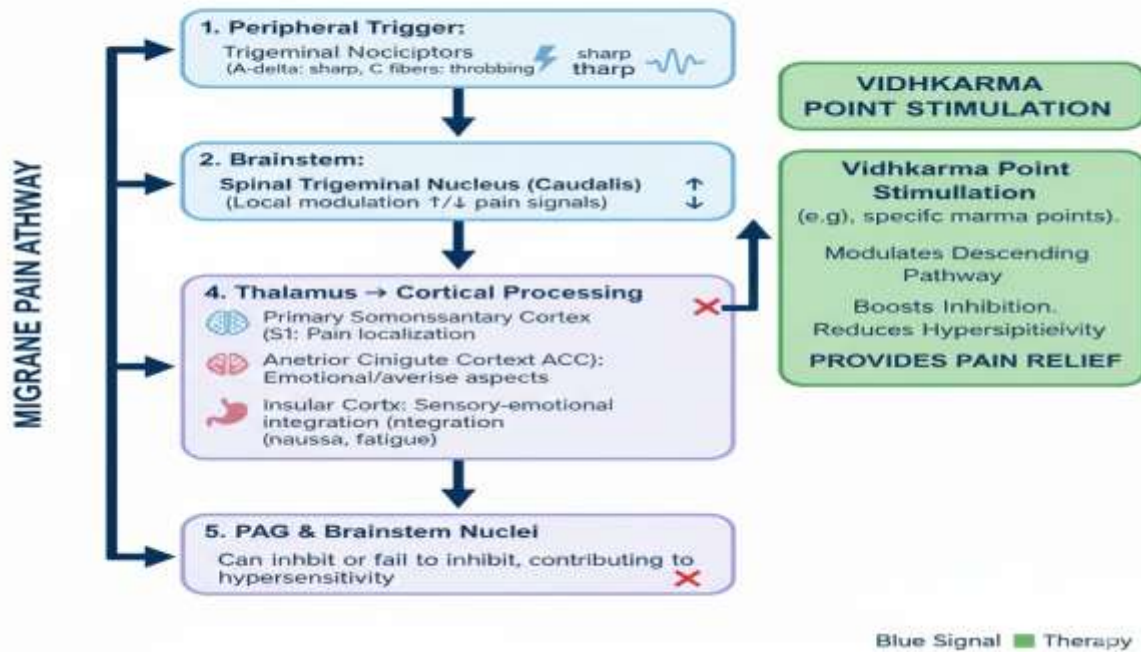
it supports better circulation, pain relief, and overall physiological balance.[10]



**Pain Pathway:**



### ARDHAVBHEDAKA VIDHKARMA POINT STIMULATION FOR MIGRAINE RELIEF



#### Patient information:

##### Case -1

A 46 year female patient from Rajkot (Gujarat)house wife by profession. and she came in my OPD with the complaints of suffered by migraine (ardhava bhedaka) since 17 year .she had no other illness or accidents . within specific period(3 days/week) She reported on-and-off, predominantly left-sided, frontal headaches, along with nausea, photophobia (sensitivity to light), and phonophobia (sensitivity to sound).and other symptoms seen like ,gas, acidity, constipation, weakness in body, diminished craving for food, specially migraine symptoms has aggravated so she suffered recurrent attacks of headache 2-3 time a month , each lasting 2-3 days continuously extreme pain in head . Despite beging on allopathic treatment and using analgesics for pain management ,she had got relief some times after passed out flatulence. Symptoms worsened during menstruation.



**History of past illness** :no history of hypertension ,diabetes mellitusor any other serious illness

Surgical history:NAD

**Personal history**: Bowel-constipation,gas ,acidity,Appetite – abnormal,Micturition :normal,Allergy –nill

Addiction –Tea ,

**Physical examination**: Body weight:45 kg ,Heart rate :94/min,Respiration rate: 21/min,

blood pressure :110/78mmHg

**treatment :**

:pathyadikwatha 1 cup early morning befor taking food at empty stomach[11]

Pachanachurna(avipatikarchurna) : 1 spoon Hs at night bed time.[6]

Tab.shankhavati 2-2-2/Af[5]

Vidhha karma –for 6 month, every week sittings taken

The present case study includes vidhha karma done on the specific points there is sthapani,avarta,apanga,andphana,nasagra. stimulating by 26.1/2 needle and piercing depth is 2mm

**Result :**

She got half of the relieved after 1st sitting Now. she is Totally(100%) recoverd after taking 6 month of treatment of vidhha karma ,Now patient has been totally cured and living healthy normal life again

## **Case -2**

A 38 year male A patient fromHydrabad(Telangana) Merchant by profession. and He came in my opd as he was suffering from symptoms of migraine(ardhava bhedaka) since 2 year .He has no other illness or acidents . within specific period(2time /week )He reported on-and-off, predominantly left-sided, frontal headaches, along with nausea, photophobia (sensitivity to light), and phonophobia (sensitivity to sound),, ,gas,acidity, some times constipation,debility,pain in heel of the leg, khnee joint stiffness, speciallys migraine symptoms agrevated so He sufferd recurrent attacks of headache 2 time a week , each lasting 6-8 hours



continuously. before taken ayurveda medicine he had taken continuously allopathic treatment and using analgesics for pain management, He had get relief some times after vomiting should occur, Specifically headach seen at when he had gone long time traveling. He had tired of this pain so he come in my opd. at madhuram hospital jasapar, Jamnagar.

**History of past illness :**no history of hypertension, diabetes mellitus or any other serious illness

**Surgical history:**NAD

**Personal history:** Bowel- gas, acidity, some times constipation, Appetite – normal, Micturition : normal

Allergy – nil, Addiction – Tea,

**Physical examination:** Body weight: 70 kg, Heart rate : 96/min, Respiration rate: 23/min

blood pressure : 120/80 mmHg

**Treatment :**

: pathyadiwatha 20 ml/BD with same quantity of luke warm water at empty stomach [11]

Pachanachurna (avipatikarchurna) : 1 spoon Hs at night, bed time. [6]

Tab. shankhavati 2-2-2/Af [5]

Vidhha karma – for 3 month, every week sittings taken

The present case study includes vidhha karma done on the specific points there is sthapani, avarta, apanga, and phana, nasagra, stimulating by 26.1/2 needle and piercing depth is 2mm

**Result :**

hw is getting 50% of relief after 1<sup>st</sup> sitting of vidhha karma taken.

Now patient has Totally (100%) recovered after taking 3 month of treatment of vidhha karma.

Now patient has been totally cured and living healthy normal life again.



### **Case -3**

A 43 year male - A patient from Rajkot (Gujarat) Merchant by profession. and He is come in my OPD with the complaints suffered by migraine (ardhava bhedaka) since 8 year .He has no other illness or accidents . within specific period(2time /week ) He reported experiencing on-and off frontal headaches predominantly at left sided and accompanied by nausea and sensitivity to light and sound, ,gas,acidity, some times constipation,debility,pain in heel of the leg, knee joint stiffness, specially migraine symptoms aggravated so He suffered recurrent attacks of headache 2-3 time a month , continuously half left side head pain . Before taken ayurveda medicine he had taken continuously allopathic treatment and using analgesics for pain management ,He had tired of this pain so he come in my opd.at madhuram hospital jasapar,jamnagar

**History of past illness :**no history of hypertension ,diabetes mellitus or any other serious illness

**Surgical history:**NAD

**Personal history:**Bowel- gas ,acidity, some times constipation,Appetite – normal,Micturition :normalAllergy –nill,Addiction –Tea **Physical examination:** Body weight:70 kg, Heart rate :96/min,Respiration rate: 23/min blood presuur :120/80mmHg

#### **Treatment:**

:pathyadi kwatha 20 ml/BD with same quantity of luke warm water at empty stomach[11]

Pachana churna(avipatikar churna) : 1 spoon Hs at night ,bed time[6]

Tab.shankhavati 2-2-2/Af[5]

Vidhha karma –for 3 month, every week sittings taken

The present case study includes vidhha karma done on the specific points there is sthapani,avarta,apanga,andphana,nasagra, stimulating by 26.1/2 needle and piercing depth is 2mm

#### **Result :**

He had got 80% relief after 1<sup>st</sup> sitting of vidhha karma taken.

Now patient has Totally (100%) recovered after taking 5month of treatment of vidhha karma.

Now patient has been totally cured and living healthy normal life again.

#### **Assessment Criteria:**



**Pain Intensity Scale (VAS)**

VAS Score	Description
0	No Pain
1-3	Mild Pain
4-6	Moderate Pain
7-10	Severe Pain

Pain was recorded before treatment, after the first sitting of Viddha Karma, and after completion of treatment.

**Results:**

**Table 1: Pain Intensity (VAS Score)**

Case	Before Treatment	After 1st Sitting	After Completion	% Relief
1	9	5	0	100%
2	8	4	0	100%
3	9	2	0	100%

**Table 2: Statistical Analysis (VAS Scores)**

Parameter	Mean ± SD Before	Mean ± SD After	Mean Difference	t-value	p-value	Significance
VAS Score	8.67 ±0.58	0.00 ±0.00	8.67	15.0	<0.001	Highly Significant

(Paired t-test applied)

Highly Significant.

**Discussion:**

Migraines are often described as draining, frustrating, and sometimes unbearable. For people who suffer repeatedly, the usual reliance on pain killers becomes a cycle pain comes, the pill is taken, relief comes for a while, and then the cycle starts again.



In this study, the treatment approach was very different. The focus was not only on calming the headache but also on improving digestion, reducing acidity, and correcting the imbalance of Vata, which Ayurveda identifies as the root cause in Ardhavabhedaka.

The technique of Viddha Karma, where fine needles are inserted at specific points like Sthapani, Avarta, Apanga, and Phana, worked almost like a reset button for the body. Patients felt relief even after the first session, which shows how quickly the body responds when energy pathways are cleared. Modern science may explain this through nerve modulation and changes in pain perception pathways, while Ayurveda sees it as restoring the free flow of energy.

At the same time, herbal medicines like Pathyadi Kwatha[11] and Pachana Churna(avipatkar churna.[6]) helped improve digestion and reduce acidity. Since many migraine sufferers also complain of gas, constipation, or poor appetite, correcting the stomach issues indirectly reduced the headaches.

The most striking observation was that, unlike painkillers, which only suppress pain for a few hours, this treatment offered a slow but complete recovery. Patients not only became free from headaches but also felt healthier, lighter, and more confident in their daily lives.

This tells us that a combined approach, working on both the mind and body .is the key to managing migraines in a long-lasting way.

All three patients showed significant improvement right from their first Viddha Karma sitting. Unlike allopathic painkillers, which gave them only short-term relief, Ayurvedic treatment brought gradual but permanent recovery.

The supportive role of Pathyadi Kwatha[11] and Pachana Churna(avipatkar churna[6]) in correcting digestion and reducing acidity, combined with the targeted action of Viddha Karma, created a holistic effect. Patients not only became pain-free but also regained overall well-being and confidence.

This shows that Ayurveda, with its integrative approach, can play a key role in managing migraines, especially for patients who are tired of repeated attacks and dependency on painkillers.

## **Conclusion**

This small study shows that migraines (Ardhavabhedaka) can be effectively managed with Ayurvedic treatment, especially with Viddha Karma. All three patients experienced dramatic relief, and with time, their condition completely disappeared. What makes this approach special is that it does not just silence the pain but works on digestion, Dosh balance, and overall well-being. Compared to modern painkillers, which only



provide temporary relief, Ayurveda offers a deeper, more permanent solution. For people struggling with recurring migraines and tired of relying on medicines, Viddha Karma and Ayurvedic therapy can be a life-changing alternative.

### Notes

- [1] Vāgbhaṭa. Aṣṭāṅga Hṛdaya, Uttara Tantra 23/19.
- [2] Suśruta Saṁhitā, Uttara Tantra 25/15–16
- [3] Vāgbhaṭa. Aṣṭāṅga Hṛdaya, Uttarasthāna 23/24–25
- [4] Mādhava. Mādhava Nidāna, Chapter 45, Verses 34–35.
- [5] Govind Das Sen. Bhaiṣajya Ratnāvali, Āmavātādhikāra, Śloka (Śākhvati reference).
- [6] Govind Das Sen. Bhaiṣajya Ratnāvali, Amlapitta Chikitsa Adhyaya, Verses 25–29.
- [7] Gogate RB. Viddha and Agnikarma Chikitsa. Pune: Vaidya Gogate Memorial Foundation; 2022.
- [8] Suśruta. Suśruta Saṁhitā, Sūtra Sthāna 12/3–6. Varanasi: Chaukhambha Sanskrit Sansthan; 2018.
- [9] Vāgbhaṭa. Aṣṭāṅga Hṛdaya, Sūtra Sthāna 29/1–4. Varanasi: Chaukhambha Krishnadas Academy; 2018.
- [10] Gogate RB. Viddha and Agnikarma Chikitsa. Pune: Chaukhambha Sanskrit Pratishthan; 2010.
- [11] Vāgbhaṭa. Aṣṭāṅga Hṛdaya, Uttarasthāna 23/25 – Śīroroga Pratiṣedha Adhyāya. Varanasi: Chaukhambha Sanskrit Series Office; 2019.



case :1



case:2



case :3