iJRASET
International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 12 **Issue:** XII **Month of publication:** December 2024

DOI: https://doi.org/10.22214/ijraset.2024.65711

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International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 12 Issue XII Dec 2024- Available at www.ijraset.com

Pain Management in Ardhavbhedaka (Migraine Headache) through *Adhipati* and *Krikatika Marma* Therapy

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Abstract: ***Ayurveda is to maintain the health of healthy person and to cure the disease of ill-person. Ayurveda provided on the physiological and anatomical features of the body. Anatomical sites where muscles, veins, ligaments, bones, and joints converge are referred to as Marma. Marma, considered to be one of the places in the body where Prana (vital or pranic energy) resides, is one of the subjects covered in Ayurveda.***
Ayurvedic literature listed 107 Marma points based on their anatomical locations and surrounding structures. Among other things, groups of muscles, ligaments, arteries, tendons, and bones make up the majority of Marmas points in the body. The importance of the Marmas for everyday practice and life-threatening situations in terms of anatomical knowledge and surgical techniques was initially acknowledged by Acharya Sushruta, the founder of Indian surgery. These days, Marma therapy is highly popular due to its all-natural, non-invasive therapeutic approach. Marma therapy contributes to increasing or recharging physical, mental and spiritual energies.
The purpose of Marma treatment (therapy) is to facilitate the healing process by manipulating the body's vital energy or prana. This involves stimulating and activating the body's meridian points to release obstructions, promoting mental strength and relaxation. Similar to migraine headache, According to Acharyas, there will be severe pain in half side of the head, Marma Chikitsa utilize stimulation of Krikatika Marma and Adhipati Marma to alleviate pain in Ardhvbhedak (migraine headache) so these Marma are selected.
Keywords: Marma therapy, Pain Management, Ayurveda, ShiroMarma, Ardhavabhedaka (migraine headache)

I. INTRODUCTION

Ardhavabhedaka is correlated with Migraine in modern science. Migraine is an episodic headache which specially occur in head unilaterally. It consists of recurrent attacks with variable intensities and attack frequencies.[1]
According to *Acharya Charak*, "*Ardhavbhedaka* (migraine headache) is defined as cutting and churning pain in half of the head, cervical, eyebrows, temporal, ears, eyes, and frontal head." Acharya Sushruta states that "if one half of the head suddenly developed severe tearing and pricking pain, giddiness, and piercing pain within a fortnight or ten days." [2][3].
The significance of the 107 Marma Points has been described by Acharya Sushrut. Out of these 107 vital spots, the *Krikatika Marma* and *Adhipati Marma* are among them [4].
Marma therapy focuses on the neuroendocrine system. Actually, pressure or stimulation over these areas causes the release of chemical substances and neurotransmitters such as endorphins and enkephalin, which convey nerve impulses to the brain, resulting in the desired effect.
Marma therapy is used to treat diseases of the brain and neurological system. It helps to lessen discomfort in the joints, muscles, ligaments, nerves, and bones. *Marma* therapy utilize stimulation of *Krikatika Marma* and *Adhipati Marma* to alleviate pain in *Ardhavbhedaka* (migraine headache).
The role of *Marma* therapy is to maintain health and to cure disease. *Marma* therapy is a non-invasive and non-pharmacological process, so we have used as a management for *Ardhavabhedaka*. *Krikatika Marma* and *Adhipati Marma* are the points which we have stimulated during our *Marma* therapy [5].

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ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
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II. AIMS AND OBJECTIVES

To assess *Marma* therapy's efficacy in treating *Ardhvbhedaka* (migraine headache).

III. MATERIALS AND METHODS

It was a conceptual analysis. The data was collected from previous research articles, modern writings, classic *Ayurved*ic literature and earlier study papers

A. Marma

Marma is an anatomical region where muscles, veins, ligaments, bones, and joints come together. *Marma*s are critical sites in the body that can be lethal if traumatically injured [6].

Diseases can also be treated by carefully applying these *Marma* points during treatment.

Marma is the spot on the body where an energy obstruction is felt. It is the confluence between physiology and consciousness. Touching modifies the body's biochemistry and can bring about profound and alchemical changes in one's constitution [7].

Stimulating these inner pharmacy pathways instructs the body to manufacture precisely what it requires, including hormones and neurochemicals that repair the body, mind, and consciousness[8].

B. Adhipati Marma

Adhipati implies overlord because the term "*Pati*" indicates lord or master and the "*Adhi*" signifies above. *Adhipati Marma* is the body's master point, or more accurately, it is the manager of all the *Marma* points [9].

C. Anatomy In The Modern Era

The dural venous sinuses are positioned deeper in the *Romaavarta* line, which is located on the scalp externally where whorls of hair are present, i.e., the posterior fontanelle or lambdoid point.

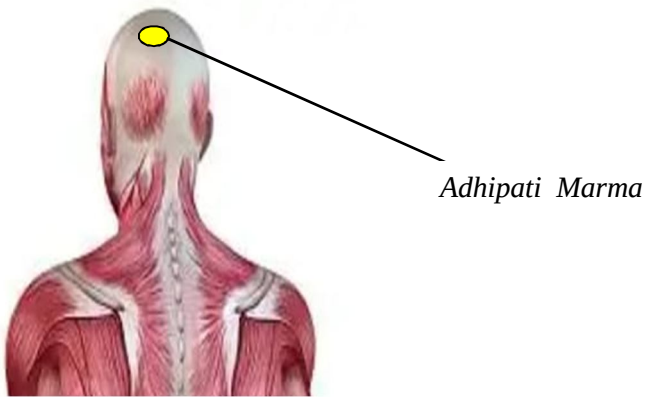


Fig.1: Showing *Adhipati Marma* location[10]

Name	*Adhipati Marma*, meaning "all-master"[11].
Number	One person, only one number.
Type	This kind of joint is called a *Sandhi.*
Size	It measures around ½ *Angul.*
Site	It's underneath the whorl of hair.
Comparison	The location where the superior sagittal sinus, straight sinus, occipital sinus, and transverse sinus converge is commonly compared to trochlear herophilia

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D. Krikatika Marma

Krikatika, or the base of the skull bone (occipital protuberance), is situated on both sides of the head-neck junction.[12]

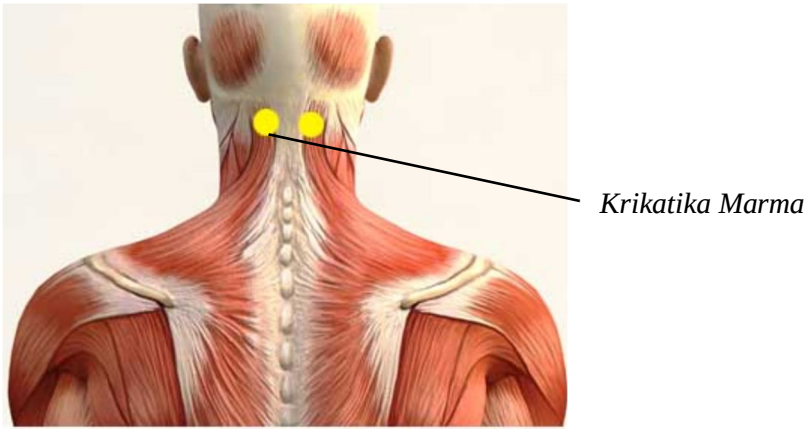


Fig.Showing *Krikatika Marma* location.[13]

Name	*Krikatika* (the joint in the neck)
Number	2 *Marma* points, one on each side of the neck.
Type	*Sandhi Marma* (Joint) *Vaikalyakara Marma*-Soma
Measure	½ *Anguli* (Finger Unit)
Site	In front of the external occipital protuberance at the neck-head intersection.
Anatomical structures	Atlanto-occipital joint. Occipital and first cervical bones. The anterior longitudinal, anterior and posterior primary ramus nerves. Vertebral artery and vein. Rectus capitis anterior and lateralis muscles.
Effect of injury	*Chala Moordhata* (head instability).

IV. KRIKATIKA MARMA'S ANATOMY

Vital points, or *Marma*, are the places in the body where different tissues, such as musculoskeletal, vascular, nerve or connective tissue, bone or cartilage, and joints, converge. Additionally, *Prana* or life energy, is located at these sites. Two *Krikatika*s exist *Marma* in the area of the neck, where the head and neck meet. They are made up of joints and are minuscule, measuring just 1 cm.

A. Pain Management Through Marma Therapy

Marma therapy is successful in upholding many of the highest moral principles held by its practitioners, it is a long-lasting, natural, and non-invasive kind of treatment. By fostering serenity, self-control, self-healing, realization, and happiness, it helps a great deal to avert pain and grief [10].

Pain is the primary symptom that interferes with a person's daily activities, hence it is the primary goal in the treatment of *Ardhavabhedaka*. As a result, *Marma* therapy is a non-medicinal, non-invasive technique to treating *Ardhavabhedaka* (migraine). *ShiroMarma* can effectively treat *Ardhavabhedaka* (migraine).

The pain in one or both halves of the head is typically the hallmark of migraine, an episodic headache illness. The most prevalent kind of headache in young adults is the migraine.

So, in order to treat *Ardhavabhedaka* (Migraine), we need to use a medical approach. *Marma* therapy is a developing applied component of *Marma*. *Marma* therapy is a non-invasive, simple procedure that, when performed correctly, provides maximum benefits.

B. Technique Of Marma Therapy [12]

Marma therapy is an easy and efficient way to restore vitality. 1) Posture: Proper posture is essential to practicing self-*Marma* treatment. The most practical position for practitioners is seated.

Whether you're sitting or standing, maintain a straight neck and spine without tensing up or sagging in one direction.

It consists of the subsequent actions:

a) Total physical relaxation
b) deep breathing exercises
c) whole-body awareness
d) psychic centre perception
e) knowledge of *Marma* points
f) Using your thumb and fingertips, lightly press the *Marma* points.
- ❖ The real therapy involves using the thumb or fingers to apply pressure to the *Marma* points.
- ❖ Pressure: based on *Marma*'s characteristics
- ❖ 0.8 seconds per stimulus for stimulation
- ❖ Repetition- 15 to 18 times in single sitting. The patient was seated with its spine straight, and the doctor was standing behind it.

C. *Krikatika Marma* Therapy Technique

1) Locating: *Krikatika Marma* is placed between the intersection of the *Shira* (head) and *Greeva* (neck);
2) Preparation: Ensure the patient is comfortably seated or lying down in a quiet and relaxing environment.
3) Gentle Stimulation: Using the pupl part of the thumb, apply gentle pressure on the *Krikatika Marma* points. Gradually increase the pressure within the patient's comfort level. The pressure should be firm but not painful. *Krikatika Marma* therapy is believed to: Alleviate headaches, particularly those originating from head. Promote mental clarity and calmness.

D. Adipati Marma Therapy Technique

This *Marma*(vital energy) point is believed to influence the central nervous system and is particularly useful for alleviating conditions like migraine headaches *(Ardhavbhedak)*.

1) Locating: *Adhipati Marma*: The *Adhipati Marma* point is located at the top of the head, where the sagittal and coronal sutures meet. It's essentially the highest point on the head.
2) Technique: Preparation: Ensure the environment is calm and the patient is comfortably seated .
3) Gentle Stimulation: Use the tips of your index and middle fingers to apply gentle pressure on the *Adhipati Marma* point.Start with light, circular motions to stimulate the area. This can be done clockwise and then counterclockwise.Gradually increase the pressure but keep it within the patient's comfort level. the stimulation of the *Sahasrakala* or *Sahasrara Chakra*(energy centre controls our connection to spirit) is greatly aided by the activation of *Adhipati Marma*. It also helps with spiritual science and *Kundalini Jagran* [13].

V. DISCUSSION

Through appropriate stimulation and manipulation, the *Marma* point normalises many pathologies in the body and harmonises the neurological and endocrine systems. Stimulation of these inner pharmacy pathways instructs the body to manufacture exactly what it requires, including hormones and neuro-chemicals that heal the body, mind, and awareness. Several opiate-like compounds found at various levels of the nervous system are responsible for pain relief. These compounds include beta-endorphin, met-enkephalin, and leu-enkephalin. These techniques are known as *Marma* therapy. Any type of pain should be treated with *Marma*s therapy. *Marma* Chikitsa(therapy) acts on the neuroendocrine system. In actuality, pressure or stimulation causes a nerve impulse to be sent to the brain, which has the desired effect. Apply pressure or stimulation to the *Krikatika* and *Adhipati Marma* sites. This treatment helps reduce pain in migraine headaches. The study's findings indicate that *Marma* therapy, specifically *Adhipati* and *Krikatika Marma*, is a safe and effective alternative therapy for pain management in Ardhavbhedk (migraine headache). The study's findings are similar with earlier studies on *Marma* therapy and pain management, emphasising the need for a comprehensive approach to pain management.

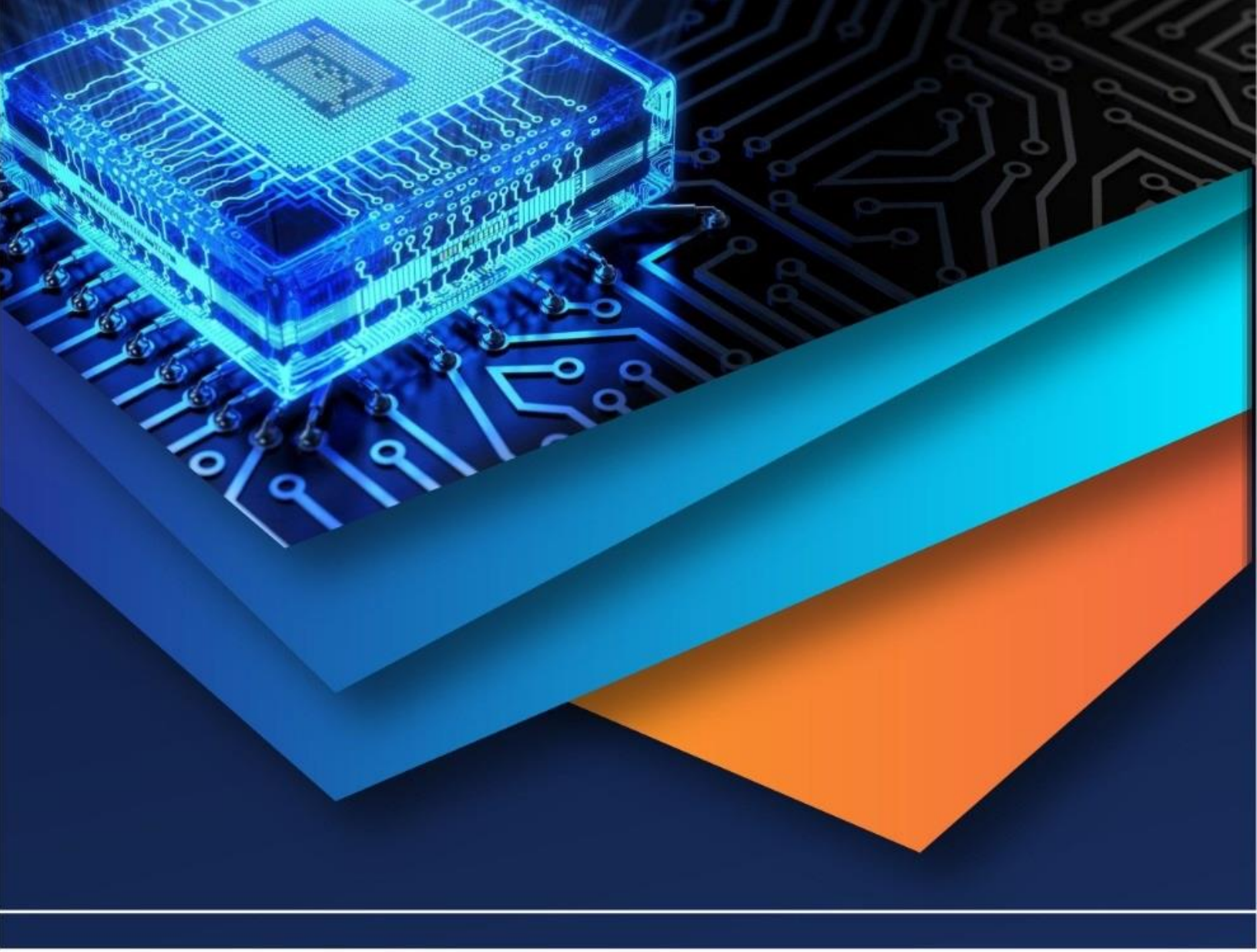
VI. CONCLUSION

This study offers important new understandings of how *Adhipati* and *Krikatika Marma* work to alleviate pain in *Ardhavbhedk* (migraine headache) patients using *Marma* therapy. The study has proven the value of a comprehensive strategy for managing pain that considers a person's physical, emotional, and spiritual needs. The study has proven the efficacy of *Marma* therapy, specifically with regard to the use of *Adhipati Marma* and *Krikatika Marma*. *Marma* therapy significantly reduces pain by activating these *Marma* points, which also facilitates cellular repair and the restoration of vital energy.

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