



Niramay[®]
āyurvedic hospital
Re-Search for AYURVEDA

Niramay's Ayurvedic Approach to **Migraine**

Finding Relief & Restoring Harmony

What Is Migraine?

Migraine is a neurological condition characterized by intense, recurring headaches often accompanied by other symptoms such as nausea, sensitivity to light, and visual disturbances.

Unlike regular headaches, migraines can last for hours or even days and significantly impact daily life.

From a modern medical perspective, migraines are believed to result from abnormal brain activity affecting nerve signals, chemicals, and blood vessels in the brain.

Ayurveda views migraine (commonly referred to as Ardhavabhedaka) as a condition primarily caused by an imbalance of Vata and Pitta Doshas, which influence the nervous system, circulation, and heat regulation in the body.

Types of Migraine

Migraine with Aura

Includes visual or sensory disturbances before headache onset.

Migraine without Aura

Most common type, without warning signs

Chronic Migraine

Occurs frequently (15 or more days a month)

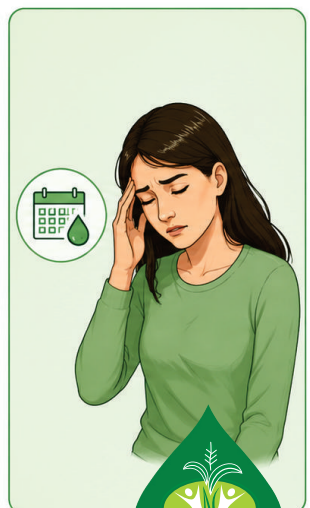
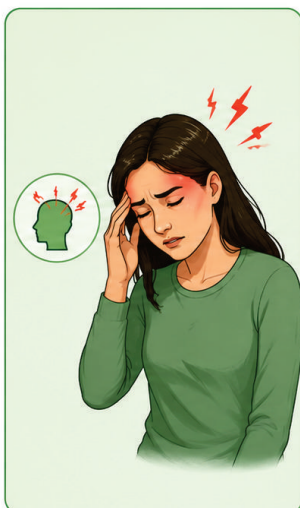
Vestibular Migraine

Associated with dizziness and balance issues

Menstrual Migraine

Linked to hormonal fluctuations

Each Type Requires A Tailored Treatment Approach.



Common Symptoms of Migraine

Symptoms may differ from person to person but often include:



Throbbing or pulsating headache (usually one-sided)



Nausea and Vomiting



Sensitivity to light and sound (phonophobia)



Blurred vision or visual disturbances (aura)



Dizziness or Fatigue

Major Causes of Migraine

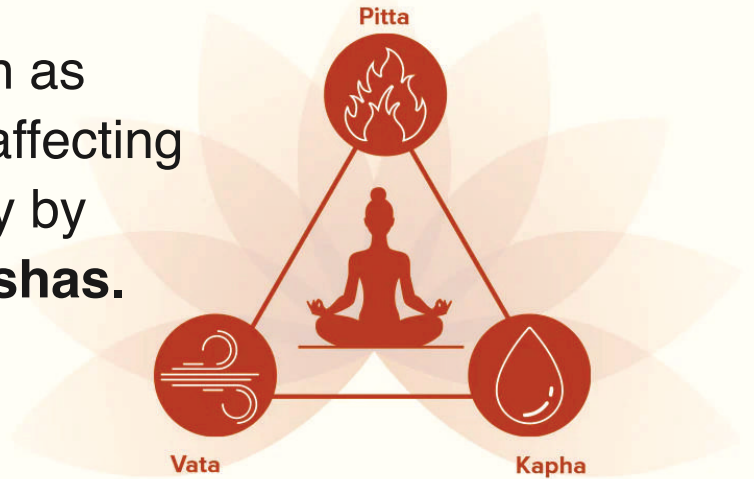
Several factors can trigger or worsen migraines:

- Stress and mental tension
- Hormonal imbalances
- Irregular sleep patterns
- Skipping meals or poor diet
- Excess screen time
- Dehydration
- Certain foods (caffeine, chocolate, processed foods)
- Environmental triggers (bright lights, strong smells)

Identifying and managing triggers is essential for long-term relief.

Ayurvedic Understanding of Migraine

In Ayurveda, migraine is known as Ardhavabhedaka, a condition affecting half of the head, caused mainly by aggravated **Vata** and **Pitta Doshas**.



Ayurvedic Causes

- 1) Imbalance of Vata and Pitta due to improper diet and lifestyle
- 2) Weak digestion (Agni) leading to toxin accumulation (Ama)
- 3) Excess heat in the body
- 4) Mental stress, anxiety, and emotional disturbances
- 5) Irregular routines and sleep disturbances

Ayurvedic View

According to Ayurveda, migraine (Ardhavabhedaka) develops due to an imbalance of Vata and Pitta Doshas, often triggered by stress, irregular eating habits, inadequate sleep, and unhealthy lifestyle practices.

Disturbed digestion may lead to the accumulation of Ama (metabolic toxins), which can interfere with the body's normal functioning and contribute to symptoms.



The Niramay Ayurvedic Treatment Approach

At Niramay Ayurvedic Hospital, migraine treatment focuses on **holistic healing, long-term relief, and prevention of recurrence.**

Each **treatment** plan is personalized based on the individual's condition, triggers, and overall health.

Proprietary Ayurvedic Medicines



ANTRESS TABLET



MANSI SYRUP



M-GRAIN TABLET



SODHAN CHURAN



PAXID SYRUP

The medicines shown are for informational purposes only & should be initiated only after consulting with our doctors or qualified ayurvedic practitioner.

Our Healing Process

1. Nadi Pariksha (Pulse Diagnosis)

A DETAILED ASSESSMENT HELPS EVALUATE:

- **Dosha imbalance**
- **Nervous system condition**
- **Muscle strength and coordination**
- **Digestive and metabolic health**
- **Overall vitality**

This forms the foundation of individualized treatment planning.

2. Personalized Ayurvedic Medicines

HERBAL FORMULATIONS ARE USED TO:

- **Balance Vata Dosha**
- **Strengthen nerves and muscles**
- **Improve circulation**
- **Enhance tissue nourishment**
- **Support overall recovery**

Medicines are carefully selected based on patient-specific needs.

3. Panchakarma Therapies for Migraine Relief



Abhyanga **(Medicated Oil Massage)**

Improves blood circulation
and reduces stiffness



Swedana **(Sudation Therapy)**

Relieves muscle rigidity and
promotes detoxification



Shirodhara

Calms the nervous system
and reduces stress



Nasya (Nasal Therapy)

Supports brain and nerve health



Basti **(Medicated Enema Therapy)**

Highly effective for balancing Vata and
improving nerve function



Pizhichil (Oil Bath Therapy)

Deeply nourishes muscles and
improves mobility



Patra Pinda Sweda **(Herbal Bolus Therapy)**

Reduces stiffness and
enhances muscle strength



Takradhara

Especially beneficial for
Pitta-related migraines

All therapies are administered under expert supervision & customized for each patient.

4. Ayurvedic Diet Guidelines for Migraine

Diet plays a key role in preventing and managing migraines.



What to Eat



Warm, Freshly Prepared Meals



Moong Dal & Light Lentils



Ghee in moderate quantity



Milk (if Suitable)



Cooked Vegetables Like Bottle Gourd, Pumpkin, Carrots



Whole grains like rice & wheat



Avoid These

- Spicy, oily, and fried foods
- Processed and packaged foods
- Excess caffeine and chocolate
- Fermented foods (in excess)
- Cold and stale food
- Irregular eating habits

Lifestyle Practices for Recovery

- 🌿 Maintain a regular sleep schedule
- 🌿 Avoid excessive screen exposure
- 🌿 Practice meditation and stress management
- 🌿 Stay hydrated
- 🌿 Avoid skipping meals
- 🌿 Engage in gentle yoga or breathing exercises
- 🌿 Limit exposure to bright lights and loud noise

Supportive Home Measures

- 🌿 Applying medicated oils on the scalp
- 🌿 Drinking warm water regularly
- 🌿 Practicing relaxation techniques
- 🌿 Maintaining a calm and stress-free environment

Why Choose Niramay Ayurvedic Hospital?

- ★ Holistic and patient-centered care
- ★ Expertise in neurological Ayurvedic treatments
- ★ Personalized therapy plans for every patient
- ★ Integration of Panchakarma and rehabilitation
- ★ Focus on restoring mobility and independence
- ★ Compassionate and supportive healing environment



Niramay[®]
āyurvedic hospital
Re-Search for AYURVEDA



1/934 Pratik House, Adagra street,
behind Central Bank of India, Nanpura, Surat.



+91 261 – 2470876



+91 75748 61856



www.niramayayurveda.com



niramayayu1991@gmail.com



Niramay Ayurvedic Hospital



niramayayurvedichospital



NiramayAyurveda