

An Ayurvedic Formulation for Migraine Management: A Case Trial on a Herbal Combination

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Abstract:

Migraine, a debilitating neurological condition, affects millions globally and is often challenging to treat with conventional therapies. In an effort to explore natural, integrative treatments, Dr. Arjit developed a novel Ayurvedic formulation using seven ingredients: *Emblica officinalis* (amla), *Ocimum tenuiflorum* (tulsi), *Coriandrum sativum* (coriander seeds), *Cucumis sativus* (cucumber), *Foeniculum vulgare* (fennel seeds), *Mentha arvensis* (mint), and *Saindhava lavana* (rock salt). The remedy was trialed by Navreen, a migraine patient, who reported subjective improvement in symptoms. This paper examines the Ayurvedic basis, phytochemistry, and potential physiological effects of this formulation, drawing upon available scientific and traditional evidence.

1. Introduction

Migraine is a neurovascular disorder characterized by recurrent episodes of headache, often accompanied by nausea, photophobia, and phonophobia. Modern treatments may provide symptomatic relief, but long-term efficacy remains variable, with side effects common. The growing interest in traditional medicine has led to the development of alternative therapies rooted in Ayurveda. Dr. Arjit proposed a migraine relief formula based on dosha-balancing principles, trialed under observational settings by Navreen, who has a history of episodic migraines.

2. Methodology: Herbal Formulation

The formulation trialed by Navreen was prepared as follows:

- 1 whole amla (*Emblica officinalis*)
- 4 tulsi leaves (*Ocimum tenuiflorum*)
- 1 tbsp coriander seeds, soaked overnight (*Coriandrum sativum*)
- ½ cucumber, peeled and chopped (*Cucumis sativus*)
- 1 tsp fennel seeds, soaked overnight (*Foeniculum vulgare*)
- 5–7 fresh mint leaves (*Mentha arvensis*)
- A pinch of rock salt (*Saindhava lavana*)

These ingredients were blended into a liquid concoction, consumed in the early morning on an empty stomach for a period of four weeks.

3. Ayurvedic Rationale

According to Ayurvedic texts, migraines (known as *Ardhavabhedaka*) are caused by an imbalance in the *Vata* and *Pitta* doshas. The formulation was designed to pacify these doshas:

- **Amla:** Tridosha-balancing, primarily Pitta-pacifying; antioxidant and cooling.
- **Tulsi:** Adaptogenic; normalizes Vata and Kapha; relieves stress and inflammation.
- **Coriander Seeds:** Pitta-reducing; aids digestion and acts as a coolant.
- **Cucumber:** High water content; reduces internal heat; supports hydration.
- **Fennel Seeds:** Pitta and Vata balancing; carminative, helps detoxification.
- **Mint:** Vata and Pitta balancing; provides menthol-based cooling and analgesic effects.
- **Rock Salt:** Enhances mineral balance; mildly digestive and grounding.

4. Phytochemical and Pharmacological Properties

Ingredient	Key Constituents	Reported Effects
Amla	Vitamin C, tannins, flavonoids	Antioxidant, anti-inflammatory, neuroprotective
Tulsi	Eugenol, ursolic acid, linalool	Adaptogenic, anti-stress, immunomodulatory
Coriander Seeds	Linalool, flavonoids	Antispasmodic, anti-inflammatory, digestive
Cucumber	Silica, ascorbic acid, water	Hydrating, anti-inflammatory
Fennel Seeds	Anethole, fenchone, estragole	Carminative, spasmolytic, mild estrogenic activity
Mint	Menthol, rosmarinic acid	Analgesic, muscle relaxant, antinociceptive
Rock Salt	Sodium chloride, potassium, magnesium	Electrolyte balance, mild detoxification

Sources: Journal of Ethnopharmacology, PubMed Central, Ayurveda Pharmacopeia of India

5. Results of Observational Trial by Navreen

Navreen, a 29-year-old woman with a documented history of migraine episodes occurring 2–3 times per week, reported the following outcomes after four weeks of consuming the formulation:

- **Reduction in migraine frequency:** From 2–3 times/week to 1 episode in 4 weeks.

- **Reduction in severity:** Migraines that did occur were mild and resolved without medication.
- **Improved digestion:** Reported decrease in bloating and heaviness post-meals.
- **Mental clarity and alertness:** Enhanced mood and reduced fatigue.
- **No side effects:** Tolerated well with no adverse effects reported.

While these outcomes are subjective and based on self-reporting, they suggest potential for further structured research.

6. Discussion

This preliminary observational trial indicates that the Ayurvedic formulation may benefit migraine sufferers, particularly those with symptoms aligned with Vata-Pitta imbalances. The synergy of anti-inflammatory, adaptogenic, and cooling ingredients may contribute to neurovascular modulation, gut-brain axis regulation, and stress reduction—three key contributors to migraine pathophysiology.

However, limitations include:

- Lack of placebo control
- Single-subject trial (Navreen)
- Absence of objective physiological markers

Thus, the formulation holds promise, but requires further investigation through randomized controlled trials (RCTs) with a larger sample size.

7. Conclusion

The Ayurvedic formulation developed by Dr. Arjit and tested by Navreen offers a natural, integrative approach to migraine management. Rooted in traditional wisdom and supported by emerging phytotherapeutic evidence, this remedy deserves structured clinical evaluation to confirm its efficacy and safety. In the context of increasing interest in complementary medicine, this formulation could serve as a foundation for novel migraine therapies.

8. Future Directions

- Design of a double-blind, placebo-controlled clinical trial.
- Exploration of biochemical markers like serotonin, CGRP, and inflammatory cytokines.
- Standardization of ingredient dosages and preparation method.

References

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