



Review Article

A Comprehensive Review of Unani Treatise Elucidation of Shaqiqa (Migraine)

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I N T R O D U C T I O N

Headache is very common in general population, with about 70 percent of adults endorsing a history of headache on annual basis. Shaqiqa (migraine) is a disorder characterized by recurrent attacks or episodes of headache accompanied by other neurologic and gastrointestinal symptoms.^{1,2} They are probably caused by a functional disturbance in the cranial circulation.² Migraine presentation is multifaceted with symptoms emanating from multiple factors including vascular, neurologic, gastrointestinal, endocrine and visual. The core features of migraine include recurrent headache that is often unilateral, gastrointestinal symptoms such as nausea, vomiting and hyperaesthesia manifested by photophobia and phonophobia.^{1,2,3} The headache in Migraine is generally has a pulsatile or throbbing in quality and the pain is exacerbated by routine physical activity involving movement of the head. The course of migraine is highly variable. Migraine is highly prevalent, and associated with significant pain, disability and hampers quality of life. This disorder is typified as much by nausea and photophobia as it is by pain because of the severity of pain associated with migraine.³

Migraine regarded as the second most common cause of headache, and also the headache related neurologic cause of disability in the world. It afflicts approximately 15% of women and 6% of men over a one-year period.⁴ Headache is very common in general population, with about 70 percent of adults endorsing a history of headache in a given year. Aggregate weighted average prevalence of definite migraine is 10.9 percent from international studies is very close to the 10-12 percent rate in pre-ICHD-2 studies.¹ The World Health Organization (WHO) has identified migraine among the world's leading causes of disability. In both sexes of all ages, migraine is responsible for 1.4% of total years of life lost due to disability. About 90% of migraine sufferers have a family history of migraine.⁵ The prevalence of migraine peaks between the ages of 25 and 55 years, the ages when most individuals with migraine are most likely to be employed.^{6,7} Migraine is the 3rd most prevalent and 6th most disabling illness at global level.⁵ Migraine headache is a significant health problem affecting most of the women as compare to men. In women, the hormonal fluctuations seen during pregnancy and lactation can affect migraine frequency and magnitude.⁸



Migraine can be precipitated by cyclic oestrogen, which may account for their high prevalence in women. Stress is also a precipitant factor and many persons with migraine are overly controlled, perfectionist, and unable to suppress anger.² In Unani literature, Shaqiqa (migraine) is described under the heading of Suda (headache) and is defined, as a disease entity including its definition, aetiology, pathophysiology, clinical features, prevention, line of treatment.^{9,10,11,12,13,14,15,16} The term Shaqiqa is derived from an Arabic word 'shaq' which means a part or a side.⁹ It is called as hemicrania in Greek.^{9,12,13} The English counterpart of Shaqiqa is migraine. Hippocrates (460-377 BC), was the first to describe a collection of symptoms which comprises aura, pain and vomiting as part of a single disorder. He proposed that headache can be triggered by exercise or intercourse, and vomiting could partially relieve the pain of headache.¹⁰ The Ebers papyrus, an Egyptian treatise on medical text dating back 1500 BC, described headache as "sickness of the half of the head" and explained the treatment of Shaqiqa (migraine).¹⁷ Many eminent Unani physicians like Galen, Ibn-e-Sina (Avicenna), Razi, and Ajmal Khan characterised its aetiology, pathophysiology, prevention, dietary recommendation and its treatment.^{9,10,13,18}

Material and Methods

All the classical Unani books in digital format, vast online literature and literature available in the library of Jamia Hamdard were explored and majority of the authentic classical Unani treatises were reviewed.

Unani Perspective of Shaqiqa (Migraine)

Shaqiqa (Migraine) is a disorder characterized by recurrent attacks or episodes of headache which affects only one half of head, or sometimes it may involve the whole head, and is often unilateral or may be bilateral, mostly accompanied by nausea, or vomiting, photophobia, and phonophobia. It is caused by vapors (Bhukharaat), originates toward the head. The hot humors (Akhlat-e-Harra) or cold humors (Akhlat-e-Barida) are regarded as causative factors.^{9,11,12,13,14,15,16,19,20} Dilatation and pulsation of extracranial vessels could be present while an attack. Pain could be felt in the temporal, occipital, parietal, and periorbital region. Intensity of pain is reduced by the application of pressure bandage.

Buqrat: (Hippocrates) (460-377 BC) was the first Unani scholar to describe Shaqiqa (migraine) as a singular disorder, associated with collection of symptoms which included aura, pain, and vomiting. He believed that physical exercise or intercourse could be act as trigger to begin the pain of headache whereas vomiting can partially relieve the pain of headache. He was the first to state that headaches were true disorders and not a curse from the Gods. He also was the first person to distinguish among different types of headaches.

Celsus: (215-300 AD) believe that scorching sun or fire, coldness, and drinking alcohol (wine) could set off migraine attack. Aretaeus of Cappadocia (2nd cent. AD) He got credited with discovering migraine owing to his conventional description. He classified headaches under three categories: cephalgia, cephalia and heterocrania.

Jalinoos: (Galen) (131-201 AD) suggested the name "hemi crania", which means "half of the head" to define headache. Hemi crania when translated from Greek to Latin became "hemi cranium", was transformed to "megrin" in ancient English and "migraine" in French. According to Galen "This pain afflicts the weakest part of the head, and observes its weakness, then it reaches at the center of the head. The pain usually persists in the weakest part of the head. This pain may remain present at all time or sometimes it may occur as a recurrent attacks or episodes."^{19,20}

Abul Hasan Ahmad bin Mohammad Tabri (780-850 AD): According to Rabban Tabri "This disease is known as Shaqiqa because of its occurrence in one shaq (part) of the head. The matter which produces this pain is present in arteries in small amount, hence unable to produce pain in entire head."^{19,21} He mentioned two types of Shaqiqa in his book Moalajat Buqratiya namely Shaqiqa Haar (Hot Migraine) and Shaqiqa Barid (Cold Migraine). He also quoted that the statement of Ibn Sayyar that "migraine may affect whole of the head" is trustworthy.^{20,21}

Zakariya Razi (Rhazes: 850-923 AD): In his book Kitab-al-Hawi, dated around (1500 BC) described its etiology, pathogenesis, symptoms, its prevention and treatment. According to Razi, Baroodat (coldness), Akhlat Ghaleeza (viscous humor), or Istefragh (evacuation) are the main causative factors either in the form of polymenorrhoea or excessive puerperal discharge. He also stated that sometimes, headache may cause short episode of facial paralysis.^{19,20,22}

Ali Ibn-e-Abbas Majoosi (930-944); According to this renowned physician, it involves half of the head, as a result of accumulation of morbid matters, Ratoobat-e-Ghaleeza (thick fluid), Bukharat (vapors), from stomach Bukharat-e-Hadda (hot humors) which initiates high grade fever such as Humma-e-Muharriqa. Ali Ibn-e-Abbas Majoosi stated that, these morbid humors fill the Aghshiya (meninges) inside brain initiates the pain of Shaqiqa (migraine). In his book Kamil-us-Sana he mentioned, etiology and symptoms of Shaqiqa in detail.¹¹

Ibn-e Sina (Avicenna: 980-1037 AD): According to him; this pain is occurred in one side of head, often comes with recurrent attacks or episodes. The pain in Migraine often occurs either inside the skull in Aghshiya (meninges) or outside in the muscles of temporal region. The pain begins to be felt deep in the eyes then, gets worst even to touch. Avicenna mentioned that, the pain of Shaqiqa is

produced by predominantly Akhlat-e-Harra (hot humors), Akhlat-e-Barida (cold humors). Sometimes Riyah (flatus) and Bukharat (vapors). Clinical features of Shaqiqavaries according to cause.⁹ He has also advised, fas'd (venesection) of UrooqJabeeha (facial vein) and Huqna (enema) as its treatment.⁹

Abu MirwanAbd-ulMulklbn-e Zohar (1092-1162); According to Ibn Zohar, Riyah Haar (hot flatus), Imtila (congestion) or Bukharat (vapours) from morbid matters of Maida (stomach) are the responsible factors to initiate the pain of Shaqiqqa. He also stated that, fas'd (venesection) is beneficial if the cause is congestion.¹¹

Sharfuddin Ismail Jurjani (1041-1136); He proposed that, the disease of Shaqiqqa often occurs in half head. The cause of Shaqiqqa exist under the muscles of temporal region. He mentioned, treatment of Shaqiqqa according to predominance of Akhlat (humors) in his book Zakhira-e-khwarzamShahi. He also mentioned that, AyarijFaikra (A Unani Formulation) is highly effective in pain of Shaqiqqa.¹⁵

Hubal Baghdadi (1121-1213) According to this great physician Shaqiqqa (migraine) is a pain of headache either occurs in Aghshiya (meninges) of brain manifests clinically as pain felt deep into the eyes. Sometimes, this pain occurs in the meninges which envelop the skull from the inside. In this condition pain not felt deep into the eyes. He mentioned that, the cause of Shaqiqqa is Bukharat (vapor) and Riyah (flatus). He advised Hab-e Qoqaya for it in his book Al-Mukhtaratil Tib.²³

Najeeb-ud-din samarqandi(1232 AD): He proposed that, shaqiqqa (migraine) is a form of headache which occurs as a result of very small amount of morbid matters, It usually occurs in one shaq (part) of the head and not in the complete head. Morbid matters Being kept in the arteries of the skull, the weaker part of head accepts it. These morbid matters are bukharat (vapors) or hot and cold humors.²⁰

Hakeem GulamJilaniKhan; in his book MakhzanulHikmat, described that Shaqiqqa (migraine) is a type of episodic headache, usually occurs in half head but sometimes it may involve whole head. He stated that Shaqiqqa is often associated with nausea or vomiting, photophobia and tinnitus. He stated that, the episodes of Shaqiqqa (migraine) could be exacerbated by sweets and high non-vegetarian diet. He also mentioned that, the pain of Shaqiqqa can be persist for 2-3 hours to 24 hours and it may stay long about 2-3 days in severe form of Shaqiqqa. As a preventive measure GulamJilani Khan stated that during an attack patient of Shaqiqqa should be kept under dark room with no voice till the end of pain of Shaqiqqa.¹²

Hakeem Azam Khan (1813-1902); According to him Shaqiqqa is a type of headache, usually occurs in one side of head either right or left and pain often begins in episodes. Azam

Khan described that, vapours arising from whole body or specific part of organ, accumulated into the weaker part of the head, and Riyah (flatus) can cause Shaqiqqa, if it's not treated properly, it may lead to Nuzul-ulMaa (cataract) and defect in vision. He also stated that initially, pain of Shaqiqqa felt deep into the eye and nightmares are seen. He also described that, during an episode of Shaqiqqa (migraine) patient unable to touch affected part by using their own finger. if it's not treated properly, it may lead to Nuzul-ulMaa (cataract) and defect in vision. In his book Al-Akseer, he categorized shaqiqqa into two different form (1) ShaqiqqaHaar and (2) ShaqiqqaBarid, and also described their etiology, clinical features, dietary recommendation, prevention and treatment.¹⁶

Hakeem Ajmal Khan (1927); According to this eminent scholar of Unani System of Medicine, shaqiqqa (migraine) is a specific form of headache, occurs in recurrent attacks or episodes, usually appear in half of head right or left side of head and sometimes, it may involves the whole head. Hakeem AjmalKhan elucidated that the intensity of pain is more either right or left side, it episode is begin with Tul-e-Aftaab (sun rises) then, gradually moves, and ends with Ghuroob-e-Aftab (sun set). The patients of shaqiqqa is usually prefers darkness to light and like to be in dark and bad light.

In his book Haziq, he also mentioned the cause of shaqiqqa (migraine) is Balgami or khariRakeeqRatubat (liquid phlegmatic matter), produced by incomplete treatment of Nazla or Zukam (cold). He also stated that, the disease of Shaqiqqa are more common in females as compare to male. He also mentioned that if this pain is persisting for long duration, eye sight could be damaged.¹³

Classification of Shaqiqqa (Migraine)

According to involvement of khilt (humours), Shaqiqqa is classified in four categories viz.

- Shaqiqqa-e-Damwi (migraine due to dominance of blood)
- Shaqiqqa-e-Balgami (migraine due to dominance of bile)
- Shaqiqqa-e-Safrawi (Migraine due to dominance of bile)
- Shaqiqqa-e-Saudawi (Migraine due to dominance of black bile)

These four types are further classified into two broad categories. According to temperament of morbid matters viz. (1) *Shaqiqqa-e-har* (hot type of migraine or migraine due to hot temperament of morbid matters), this form of Shaqiqqa (migraine), accompanied by heaviness of head, rapid pulse, warmth at the site of pain, constipation, tinnitus, pulsation at the site of pain, relief of pain by cold items etc. (2) *Shaqiqqa-e-barid* (cold type of migraine or migraine due to cold temperament of morbid matters), this form of Shaqiqqa manifests itself as a, heaviness of head, coldness at the site of pain, cold and catarrh in cold season, relief of pain by using hot items etc.

Unani Elucidation of Shaqiqa (Migraine)

The Unani system of Medicine proposed by Hippocrates in 460-377 BC, based on the concept of equilibrium and balance of Akhlat or natural bodily humours (blood, bile, black bile, and phlegm). Any imbalance in the quality and quantity of these humours may cause the diseases whereas restoration of these balance leads to health. Among the numerous types of headache, Shaqiqa is the most imperative. Many of the eminent Unani physician like Jalinoos, Ibn-e sina and Zakarya Razi etc. have been described its aetiology, pathophysiology, prevention and its treatment. Shaqiqa is a disease caused by imbalance of Akhlat (humours) in the body.

It is a type of suda (headache) which is by recurrent attacks or episodes of headache. Headache is most often unilateral, or sometimes bilateral in origin and widely variable in intensity, frequency, and duration, localized usually in the region of temporal, ear, occipital, parietal and periorbital regions. Its common symptoms are nausea or vomiting, photophobia and phonophobia. Some other symptoms are osmophobia, pallor, fatigue, tinnitus, altered vision, difficulty in concentration. Dilation and pulsation of extra cranial vessels can be easily noted. If we apply tight bandage with pressure, it lowers the intensity of pain. It has also been described by Ebers papyrus dated around (1500 BC) presented it as "sickness of the half of the head" and mentioned a passage concerning the treatment of it. The basic fundamentals of treatment are done by correcting humoral imbalance, ilajbi'lzid that is treatment in contrast to its nature and Mizaj of the disease and by manipulation in the Asbab-e sittazooriyah.

Conclusion

from the above discussion it can be concluded that Shaqiqa (migraine) is the centuries old disorder known to mankind. Its aetiology, pathophysiology, prevention and treatment has been fully described and explained by almost all distinguished scholars of Unani System of medicine.

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