



Ayurveda

A CASE STUDY OF SHIRODHARA WITH YOGNIDRA IN 'VATAJ SHIRSHOOL' (HEADACHE) !

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ABSTRACT One of the challenging and very common condition in current modern era is headache . WHO estimated that there are 3000 headache attacks occurring daily for every million population .Prophylactic drug treatment of headache should be considered when the quality of life is severely impaired . Headache can be clinically correlated with Vataja shirshool . A45 yrs old Female patient with complaining of severe headache at night [mostly aggravated] which disturbed her routine work and can not concentrate on her job . She was taking Allopathic medicine but not relieved .So shirodhara with yoga nidra was given to her on alternate days. About 3 sittings were given . After first dhara she felt better and got good sleep at night .After second dhara she got became completely free from headache and the last third dhara was given as apunarbhava .She was advised that , completely stop overthinking , upwas , not to take too much stress of work.

KEYWORDS : Vataj Shirshool , Shirodhara , Yognidra , Apunarbhav , Upwasa

INTRODUCTION :-

Shiroshool disorder affects all age group people leading to disability of life due to severe pain. In Ayurveda human body is compared to an inverted tree. Head is the main part and other organs are its branches.

उध्वेमूलमधः शाखामृषयः पुरुषं विदुः ।

मूलप्रहारिणस्तस्माद्रोगान् शीघ्रतरं जयेत ॥ वा. उ. २४ - ५८

Therefore head is denoted as Uttamanga, where all the pranas and Indriyas are situated.

प्राणाः प्राणमृतां यत्र श्रिताः सर्वेन्द्रियाणि च ।

यदुत्तमाङ्गमङ्गानां शिरस्तदभिधीयते ॥ च.सू.१७-११

Though CNS as per modern medicine , is not described as separate organ in Ayurveda , but it can be explained as per the disease ,Shir must be secured.

Vat dosha is prime culprit in it, it develops shirshool. Therefore Vataj vedenashamanarth Shirodhara is used with snigdhsved and simultaneously yoganidra given for relieving stress and anxiety.

AIMS AND OBJECTIVES :-

To study the effect of Shirodhara with Yoga nidra in Vataj Shiroshool.

MATERIAL AND METHODS :-

A known case of vataj shirshool was taken from OPD. Detail history of the patient was taken . Patient examined thoroughly. .Ayurvedic treatment Shirodhara given to patient .Assessment was done after complete treatment.

PATIENT HISTORY :-

A 45 yrs old female patient came to OPD with complaints of severe on and off attacks of headache since last three months. And which were aggravating at night .She is working in bank , so daily stress ,crowded , not taking proper food , sometimes because of heavy work load she get Upwas [fast]

On examination patient was Afebril ,pulse 74/min BP -126/84 mmHg. All other systemic examination was done which found to be normal CT normal .Blood investigation CBC,PS,ESR,BLOOD SUGAR,SERUM CREATNINE ,BLOOD UREA, Urine complete , all these are in normal range .

Patient has started the problem of Headache due to less intake of food , Stress and heavy work load and also family problem .Patient was not getting proper sleep because of night awakening .Patient was regularly r taking analgesic and anti depressant drugs but didn't get desired effect . Due to antidepressant , she was too much sleepy so it was dropped. So she came to take Ayurvedic treatment.

TREATMENT GIVEN

As per her history ,it is taken as Vataj Shirshool , because of all vatapradhan symptoms are there. As according to Acharya Sushruta [

s .u. 5-25] headache is severe at night and resolve on application of Ushna Chikitsa .

वातघ्नसिद्धैः क्षीरैश्च सुखोष्णैः सेकमाचरेत् ॥ सु. उ. २६ / ५

सर्वेषां तैलजातानां तिलतैल विशिष्यते । च.सू.१३-१२

मास्तघ्नं... च.सू.१३

According to Shusruta in the treatment of shirshool there is reference of seka and also in Ashtangasangraha there is a reference of Parishek . It means dhara is given for this TIL TAIL as it is Shrestha vatnashaka is used.

SHIRODHARA PROCEDURE :-

Material required – Dhara table (droni) , shirodhara vessel with regulator , 1 litre leukwarm til taila , cotton eye pads , gulab jal .

Patient examined thoroughly & vital parameters are checked to maintain it. Patient placed on dhara table as his / her head facing to East . Because it gives good result. Cotton pads poured with gulab jal kept on patient's both eyes to avoid spillage of oil .

Dhara vessel adjusted 4 to 6 inches above the mid point of of the frontum. Onkar dhvani started & slow flow of tail dhara started . The attendant keeps swinging the vessel slowly & horizontally i.e in south – north direction. Initially mild pressure given on sthapani marma in upward direction & then on shankh (temporal region) . While doing massage to all pressure points (marmas) patient asked to perform yognidra following the instructions given by the vaidya. This procedure continued for 45 to 60 minutes with background of low volume onkar dhvani. When the taila dhara is over , eye pads are removed . Soft massage given on both eyeballs. All oil poured on head wiped out with cotton & head dried by wrapping a cotton towel sheet. Then patient sent to home & asked not to bath or shower head till next morning. In an average three settings were done. For better result dhara given in the evening on alternate days with fresh til taila . No reuse of taila is there because the sweat & dirt of the head get mixed in the taila which reduces its efficacy.

RESULT :-

After first sitting patient got 80% relief from headache and also had good sleep at night.

In second sitting , patient got total relief from headache. Third sitting was given as “ Apunarbhav Chikitsa ” i.e. for non recurrence . She came after two months for complaint of mild headache , so only one shirodhara was given . After that she didn't have any headache. She was advised to have shirodhara if suffered from headache. But from last one year , she had no any single episode of headache. She was told to follow the instructions of “ nidanparivarjana ” .

DISCUSSION :-

As Chakrapani has already classified that Prana located in the shir is nothing but , different types of vayu. Due to snehana all dryness of the head is reduced & Dhatu tarpan is done. Therefore shirodhara makes

the way for vayu which then undergoes swamarggamana !

Shirodhara relaxes the brain & nervous system. It also releases stress , anxiety & insomnia. Due to head massage & dhara , the systemic circulation of the blood & nutrients and sensory cutaneous stimulation takes place in a proper way. It acts by , mechanical thermodynamic pressure & transdermal micro absorption. Hence shirodhara is a bahyaparimarjan upkrama which regularizes & relaxes all functions of the body. It has a soothing effect on the endocrine system & healing all marmas. It's major benefit is that , no hospitalization required , no allergic reactions & intolerance , less insrtumentations , reduced need of long time oral drugs.

CONCLUSION :-

A known case of headache was taken. She was Diagnosed as per Ayurveda as Vataj Shirshool . Shirodhara with yognidra was done as snigdha sweda (shaman therapy) Yognidra was given for relaxation. Patient got 90% relief in first three sittings & completelt relived after one more sitting after one month. That means Shirodhara with yognidra can be tried successfully in other cases also . But , as it's a only single case , multiple clinical trials should be conducted to establish this treatment as reliable treatment in non responsive cases with oral drugs .

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