



MANAGEMENT OF VATAJA SHIROSHULA WITH NASHYA AND SHIRODHARA- A CASE STUDY.

Ayurveda

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ABSTRACT

Headache is a very common complaint found in any age of either sex. Though it has numerous etiology but the most common is primary headache, that means without any known pathologic conditions. It is mostly treated with self medication or over counter medications. Long term, injudicious use of these medications give harmful effects and withdrawal symptoms. In Ayurveda, Headache can be compared to *Shiroshula*. The aim and objective of this case study is to rule out the causative factor, pathogenesis and symptomatic relief. The present study has been conducted on a 40 years male patient suffering from headache for the last six months associated with disturbed sleep. After allopathic medications he is not relieved from headache. The possible diagnosis in Ayurveda is *Vata- kaphaja Shiroshula*. The treatment plan includes *Sroto Shodhan, Anulomana, Brimhana* along with dietary restriction, lifestyle modification and oral medications, *Shirodhara, Nashya*. After twenty days the patient was symptomatically relieved. The Cause, pathogenesis, treatment details, possible mode of action of drugs and results are discussed in detail in the full article.

KEYWORDS

Headache, Shiroshula, Shirodhara, Nashya.

INTRODUCTION-

Shira (head) is the prime organ among all organs where the prana and all the indriya of a living-being is situated, It is vital (uttama) amongst all the other organs of the body. So it is called *Uttamanga*. [1]

It is also termed as *Shiroruja, Shiraruk, Shiroshula, Shira abhitapa* etc. *Shiroshula* is included in *Vataja nanatmaja vikara* [2]. Suppression of natural urges like *Mutra, Purisha, Kshabhayhu, NidraVega* show headache which are mentioned as *Shiroruja*, [3] *Shiroshula* [4] *Shiroshula* [5] *Shiro Roga* [6] respectively. *Shiroshula* is mentioned in *Nidana, purvarupa, rupa* like *Vataja Gulma*, and also as a separate disease. As per *Acharya Charaka, Shiroshula* is of five types, they are *Vataja, Pittaja, kaphaja, sannipataja, krimija*. [7] According to *Acharya Sushruta*, it is of 11 types. They are *Vataja, Pittaja, kaphaja, Raktaja, Sannipataja, Krimija, Kshayaja, Suryaavartha, Ananthavata, Ardhavabhedaka, Sankhaka* [8]

Causes of Shiro Roga in general-

Suppression of natural urges, day-sleep, Night arousal, habitual drinking of alcohol, excessive and loud talking, exposure to frost and wind, excessive sexual activity, inhalation of irritant and toxic smell, exposure to dust, smoke, cold and sun rays for long time, over eating of *Guru, Amla*, and *harita dravya*, use of cold water, trauma to the head, formation of products of improper digestion (i.e., *ama*), excessive weeping or suppression of tears, cloudy weather, anxiety (*manastapa*), and anomalous season are the general causative factors of *shiroroga*. The above factors aggregate *vata* including *rakta* (blood circulation) in the shira leading to *shiroroga* with various symptoms. [9]

Causes of Vataja Shiroshula are-

Indulgence in loud speech, excessive talk, strong alcoholic drinks, awaking at night, exposure to cold wind, excessive sexual act, suppression of natural urges, fasting, trauma, excessive and strong *vamana* or *virechana*, excessive weeping, grief, fear, terror, excessive-load carrying, way-faring, severe emaciation leads to provocation of *vata* which by affecting the shira of the head and produces severe pain in head [10]

Feature of Vataja Shiroshula-

Intense pain in both the temples, splitting sensation in the nape, excessive heat and pain in forehead and between the eyebrows region, severe cutting pain and dissonances in ear, feeling as if the eyes are being gouged out, dizziness, sense of separateness in all the joints, excessive throbs in blood vasculature, stiffness of neck are the symptoms of *vataja shiroroga*.

Use of hot and unctuous things gives relief to the patient. [11] Headache is defined as diffuse pain in various parts of the head, and the pain is not confined to the area of distribution of a nerve.

Causes of Headache-

Primary headaches

(benign, recurrent, no organic disease): eg, Migraine, Tension-type headache and Cluster headache etc

Secondary headaches -

are caused by underlying organic diseases.

a. Acute Secondary Headache Disorders

1. Headache associated with head trauma
2. Headache associated with vascular disorders - Acute ischemic cerebrovascular disorder. Unruptured vascular malformation Arteritis (e.g. temporal arteritis). Arterial HTN etc
3. Headache associated with non-vascular intracranial disorder - Benign intracranial HTN (pseudotumor cerebri), Intracranial infection, Low CSF pressure (e.g., headache subsequent to LP).
4. Headache associated with substance use or withdrawal
5. Headache associated with noncephalic infection (viral infection, bacterial infection)
6. Headache associated with metabolic disorder (hypoxia, hypercapnia, hypoglycemia, dialysis)
7. Headache or facial pain associated with disorder of cranium, neck, eyes, ears, nose, sinuses, teeth or mouth
8. Cranial neuralgias pain. - [12]

Patient History -

40 years male patient suffering from headache associated with disturbed sleep for six months. By occupation he is a clerk. Most possible causes of headache for this patient is Exposure to cold (Air conditioning room) and drinking chilled water, night awakening.

Onset- sudden and severe onset.

Location and radiation of pain -

It is bilateral specially in both temporal regions and some time in maxillary region especially at night.

Eye pain and visions-

Mild occasional retrobulbar pain. No such visions issues.

Severity and quality of pain -

Severe intensity throbbing pain associated with nausea, dizziness, photophobia, and lacrimation (occasional). No history of facial pain, fever, puffy face, stuffy nose.

Frequency and duration of attacks:

Two to three times per week which persist more than 4 to 5 hours.

Aggravating factors and relieving factors-

Physical activity, walking, sounds aggregate the headache but no such relieving factors are reported.

Past History-

History of recurrent cold and cough.

Concurrent medical conditions- No such.

History medications -

Prescription and over the counter medications revealed especially caffeine-containing analgesics, anti allergic and Acetaminophen.

History recent trauma or procedures -

History of head injury 14 years back. But there was no intracranial pathology in previous and recent Imagine reports also.

Physical Examination - General physical examination: -

BP- 126/80 mm of Hg

Pulse- 70 bpm

Temperature- 98F

Appetite- Good

Sleep- Disturb Sleep (3-4 break)

Bladder- normal

Bowel- normal.

Fundusoscopic examination (papilledema) - Nothing abnormalities directed.(NAD)

Palpation of the head and face- tenderness in temporal and maxillofacial area.

Neurological examination -

Mental status, Level of consciousness, Cranial nerve testing, Motor strength testing, Deep tendon reflexes, - all are within normal limits.

Investigations-

Complete blood count, Fasting blood sugar, MRI, X ray PNS (OM view)- all are normal

Medications details-

- Rasnadi guggulu (Vaidyanatha drug company) 3 tab twice daily with warm water,
- Shatavari powder and Ashwagandha powder -(1:1)- 10 gm twice daily with warm milk,
- Shir Shuladi vajra rasa (Revento Pharmacy) 1 tab twice daily all medicine for 7 days.
- After 7 days (on second visit) with all above medicine Manasa Mitra vatakam 2 tab twice daily is added.
- Pow Triphala 3 gm before meal (as per requirement.)

Therapy Details-

- Nashya with Anu taila (Arya Vaidya shala) -5 drop in each nostril, once daily for 21 days.
- Shirodhara with Balatailam (Arya Vaidya shala) for 45 minutes, once daily for 7 day.

Diet and Lifestyle modification-

Avoid Chilled water, AC room, Cold exposure, ice cream, curd, ripe bananas, Soaked chickpeas, Fast food, cold drinks,

Freeze food, Night awakening, Sugary foods.etc.

Patient is allowed to consume normal diet, home made food, Luke warm water for drinking.

DISCUSSION AND CONCLUSION-

In this case study we found that the patient is suffering from Vataja ShiraShula. It is due to Night awakening and Drinking of Cold water. And his job type is also a cause of his anxiety. Treatment plan for this patient is local snehan and swedana followed by Nashya with Anu Taila (does-5 drops each nostril once daily in evening) and Shirodhara with Bala Tailam for 1 muhurt (approximately 45 minutes, once daily, around 10 AM, for 21 day).

For Internal medications we use Shir Shuladi vajra rasa, Rasnadi guggulu, Shatavari and Ashwagandha powder in equal amount, Manasa Mitra vatakam, and Triphala powder (as per requirement).

Here main aim of treatment is *Vata Anulomana*, *Manaprasadana*, *Sroto Shodhan*, *Brimhana*. Patient revived after five days of therapy and oral medications.

In conclusion Vatija Shira shula is well managed by aforesaid

medications and Nashya with Shirodhara. More case study should be needed to confirm.

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