



AYURVEDIC MANEGEMENT OF VATAJA SHIRASHOOLA

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ABSTRACT

Shirashoola is having prime importance among other shirorogas in ayurvedic classics. Tension type of headache is one of the most common reasons for visit to primary care physician and medical care providers. According to WHO 70% of population suffer from tension headache. Tension headache has become more common after pandemic because of various reasons like emotional stress, home quarantine, lockdown, unemployment and sedentary lifestyle. Tension headache is characterised by pain which is typically pressing or tightening in quality and mild to moderate in intensity and bilateral in nature, which can be correlated to vataja shirashoola. In present scenario tension headache are most commonly seen and we can prevent and manage it effectively by ayurveda. In modern science there is no effective remedy available for tension headache other than analgesics and sedatives.

KEYWORDS: Vataja shirashoola, nasya, lepa, shiroroga.

INTRODUCTION

Vataja shirashoola according to charaka Samhita is defined as severe pain in head, temple, between eyebrows, dizziness, stiffness in the neck, feeling of gauging of eyes, enlarged blood vessels on the head which relieves on hot and unctuous things. According to Sushruta, defined as unkown reason which gets severe at night and relieves by bandaging around the head. according to vagbhatta it is defined as pain in the temple region, nape of neck, between eyebrows, ringing in the ear, throbbing sensation in the head, sensitive to light, discharge from nose, relieves on bandaging and massaging.

Speaking in loud voice, consuming, strong drinks, awakening at night, fasting, stress, fear are some of the nidanas for vataja shirashoola. Manasika nidana like bhaya, trasa, shoka^[1] aggravates vataja shirashoola. In modern science there is limited remedy available and long-term usage of modern drugs may have side effects. Ayurveda provides safe and cost-effective treatment for vataja shiroroga.^[2]

CASE REPORT

A 38-year-old male patient came to shalaky OPD of Government Ayurveda Medical college, Bengaluru. Detailed history of patient was taken. assessment was done after completion of the treatment.

History of present illness

A male patient, aged 38 years approached OPD with complains of pain over the temporal region, pulsating type of pain, also pain and stiffness of the neck. Aggravates during evening time due to stress and work pressure since 1 year. Relieving by massaging or tight bandaging of the head. He also complaints of disturbed sleep due to headache. He had taken painkillers for headache and had temporary relief. For further management he came to our OPD.

General Examination

Built: Good
RS: NVBS heard, no added sound
CVS: S1 S2 heard, no added sound
CNS: oriented to time and space
BP : 120/80 mmHg
Asta vidha pariksha
Nadi: vata pitta
Mala: prakruta
Mootra: prakruta
Jihwa: lipta
Shabdha: prakruta
Sparsha: prakruta
Akruti: heena

Pathya

Use of grita, taila, jangala mamsa rasa, mudgha, masha, kulatha.

Apathya

Vegadharana, virudha ahara, divaswapna,

Nidana

Excess intake of spicy food, ratrijagarana due to work and stress.

Treatment

Treatment	Dosage	Duration
Nasya with anutaila	10 bindu in each nostril in the morning before food	7 days, 14 days parihara kala, then 7 days of nasya
Devadravyadi lepa	Quantity sufficient	30 days

RESULT

After 1 month of treatment, patient showed significant reduction in pain and has good sound sleep.

DISCUSSION

Nasya is considered very useful in urdhwajatrugata rogas. Anutaila^[3] is tridosha hara, and has good effect in vataja shirashoola.

Devadarvyadi lepa^[4] contains all vatahara drugs told in yoga ratnakara for vataja shirashoola. It contains

Devadaru, rasna, pushkaramoola, haridra where devadaru (cedrus deodara) has tikta, katu, Kashaya rasa. Ruksha, laghu guna and has ushna veerya balances vata and kapha dosha.

Pushkara moola (Inula racemose)-has tikta, katu rasa.laghu, teekshna guna. Ushna veerya which balance vata and kapha dosha.

Rasna (pluchea lanceolata) has tikta rasa, guru guna, katu vipaka, ushna veerya and is kaphavata shamaka.

Haridra (curcuma longa) has tikta, katu rasa, rooksha, laghu guna, katu vipakaushna veerya. It is tridoshahara due its properties.

CONCLUSION

Tension headache is usually caused by triggering factors like stress, anxiety. Hence it is psycho somatic disease that can be compared to vataja shirashoola. Along with nidana parivarjana and snigdha, Madhura ahara and treatment had helped reduce vataja shirashoola. Here patient got relief from tension headache.

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