ROLE OF SHIRO-LEPA IN THE MANAGEMENT OF PAITIKA SHIRO-ROGA

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ABSTRACT
Ayurveda is not only a medicinal science but it also a way of healthy life. In Ayurveda a prime most important is given to Shirah (~head) as all the sensory organ along with Prana of a person resides in Shirah and it is a person’s duty to protect Shirah from diseases. Acharya have explained various condition of Shirah as Shiro-roga (~headache) and Paitika Shiro-roga is one of them having symptoms like Pain, Burning in Shirah etc. There are many treatment modalities have been indicated for management of Paitika Shiro-roga. In today’s fast era a person wants rapid action treatment to get relief of Shiro-roga (~headache). This purpose may be achieved by Shiro-lepa that is indicated first in line of treatment of Paitika Shiro-roga. External application of paste of various drugs on Shirah (~head) is called as Shiro-lepa. It is a non invasive, easy to apply treatment for Shiro-roga but still not explored and practiced widely. This study has been taken to understand role of Shiro-lepa in the management of Paitika Shiro-roga.

KEYWORDS: Shiro-roga, Shiro-lepa, External Application.

INTRODUCTION
Ayurveda is the science of life aimed to maintain the health of a healthy person and cure the diseased of the sufferer.¹¹ Our ancient sages have described vital organs and have given prime importance to three vital organs, as the existence of body depends upon the vital...
organs. Shirah is one of them where life along with sense faculties resides.\cite{2} In Ayurveda, all the diseased conditions of Shirah are described as Shiro-roga. There are different view had been established about Shiro-roga. Acharaya Sushruta has mentioned 11 types of Shiro-roga in Uttarantra whereas Acharya Charaka has described 5 types of Shiro-roga in and its treatment in Sutra Sthana as well as Chikitsa Sthana and 4 types of Shiro-roga along with their treatment in Siddhi Sthana. Here, Acharaya Sushruta and Acharya Charaka have not considered Kapalagat roga (~Diseases of Cranial cavity) whereas Acharya Vagbhatta has described 10 Shiro-roga and 9 Kapalagat roga.

Paitika Shiro-roga is described among all other Shiro-roga. It is a condition where pain is like burning of Shirah. In the line of treatment for Paitika Shiro-roga Shiro-lepa is indicated first among all other treatment mentioned by Acharya.

Shiro-lepa is a less explored form of treatment for Shiro-roga though it has been given very much importance by Acharya for treatment of Shiro-roga. In present era where fast acting treatment to get relief from diseases is necessity and demand of society, Shiro-lepa can be the choice of treatment. Thus, present study aims to explore less explored side of Ayurvedic treatment and understand the probable role of Shiro-lepa in the management of Paitika Shiro-roga.

**NIDANA & SAMPRAPTI**\cite{3}

Acharya Charaka has given some specific Nidana for Paitika Shiro-roga in Sutra sthana along with Samprapti. This can be understood as follow.

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Nidana
  | Aharaja
  | Viharaj
  | Mansika
  | Katu, Amla, Lavana, Kshar, Atapa, Aanal, Krodha
  Aggravation of Pitta
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PURVA ROOPA

There are no any specific purva roopa have been described in the context of Paitika Shiro-roga.

ROOPA.\[^{4,5,6,7}\]

- Burning Pain like Burnt Coal has been put on head
- Burning in Eyes, Nose
- Pyrexia
- Excessive Thirst
- Vertigo/Giddiness
- Fainting
- Excessive sweating
- Pain subsides mostly in cold weather/atmosphere or at night time.

CHIKITSA

There are many different treatment modalities are available for Paitika Shiro-roga like Shiro-lepa, Parisheka, Mukhalepa, Nasya, Asthapana Basti, Virechana, Sneh Basti etc. all these treatments are for normalising Pitta and Rakta.\[^{8}\]

In available treatments of Paitika Shiro-roga there is the first indication of Shiro-lepa. This may be because of Shiro-lepa is first line of treatment for Paitika Shiro-roga.

SHIRO-LEPA

Shiro-lepa is a specific technique through which herbal pastes are applied over the patients head. Finely grounded herbal paste is kept over the head (vertex). After 60 - 90 mins, the paste is removed. This improves vision and provides relief from conditions such a certain forms of Headaches, Insomnia, Dry vision Syndrome and Hypertension.\[^{9}\]
LEPA

*Lepa* literally means application of paste of herbs on the affected area and leave it to dry.\[10\] In ayurvedic science there are three types of *Lepa* have been described\[11\] 1) *Pralepa* 2) *Pradeha* 3) *Aalepa*. In given line of treatment of *Paitika Shiro-roga Pralepa* and *Pradeha* have been mentioned by Acharya.

1) *Pralepa*\[12\]

- It done with paste with herbs having *shita veerya* like *Nala, Chandana, Utpala, Padmaka, Yashtimadhu* etc. made with *Dugdha, Ikshuras, Dhanyamla, Madhu, Ghrita, Sugar* water etc. All these drugs are mainly normalising of *Pitta* and *Rakta*.

- Thickness of *Pralepa* should be 1/3 of patient’s thumb.

- It should be neither *snigdha* (~sticky) nor *ruksha* (~dry), neither *pind* (~hard constituent) nor *drava* (~liquid constituent).

- *Pralepa* should be applied freshly made and should not be applied again when once applied.

- As per Acharya Sushruta *Pralepa* is paste having *shita veerya*. It should be applied as thin layer on affected part.\[13\]

2) *Pradeha*\[14\]

- It is paste of drugs having either *Ushna* or *Shit veerya* or it can be applied hot or cold.

- It is indicated in mostly *Vata-Kaphaj roga*.

**DISCUSSION**

Ayurveda is a science of life. It provides health to a healthy person as well as gives cure to a disease. There are mainly 2 types of treatments are given. One that cures the disease by systemic route and the other that eliminates or gives relief in symptoms and works locally. By understanding the line of treatment of *Paitika Shiro-roga* it can be seen that *Shiro-lepa* was indicated firstly in chronological order.\[15\] It may be due to patient suffers more or feels uncomfortable in *Paitika Shiro-roga* due to burning type of pain in head. *Lepa* is indicated directly in treatment of vitiated *Pitta*.\[16\] It normalises aggravated *Rakta – Pitta*. *Lepa* is also subsides the pain and it is *prahladana krit* (~gives feeling of comfort).\[17\] Also *Lepa* is easy to apply. It may be given as an emergency management for *Shirah-shoola* to subside pain.
CONCLUSION

Shiro-lepa is very much less explored treatment for Shiro-roga management though it is easy to administer and cost effective as well. Paitika shiro-roga can effectively managed by Shiro-lepa having shit veerya drugs.

In modern era where haphazardly used internal analgesics are causing damage to health, Shiro-lepa can be a very effective alternate of internal analgesics to get rid of Shiro-roga. Shiro-lepa might fulfil the necessity and demand of effective and fast acting treatment to get relief from Shiro-roga (~headache). Further research work of Shiro-lepa for Shiro-roga is needed.

ACKNOWLEDGMENTS:

I cordially thank my teachers for their valuable guidance and support to complete present study. I am also thankful to my colleagues without their help and inspiration this study would be incomplete. I am grateful to Govt. Akhandanand Ayurveda college and hospital management for cooperation and support in study.

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