

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

Brinda M. Kanakhara^{1*}, Vd. Varshaben Chaudhari², Dhaval Sojitra³,
Ronakgiri Gosai⁴, Kinjal Oza⁵ and Hardikkumar Parmar⁶

^{1,3,4,5,6}P. G. Scholar, Department of Shalakyatantra, Govt. Akhandanand Ayurved Collage,
Ahmedabad, Gujarat, India.

²M.S., Ph.D., Lecturer Department of Shalakyatantra, Govt. Akhandanand Ayurveda College,
Ahmedabad, Gujarat, India.

Article Received on
03 May 2017,

Revised on 24 May 2017,
Accepted on 14 June 2017

DOI: 10.20959/wjpr20177-8794

*Corresponding Author

Brinda M. Kanakhara

P. G. Scholar, Department
of Shalakyatantra, Govt.
Akhandanand Ayurved
Collage, Ahmedabad,
Gujarat, India.

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.^[1] 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

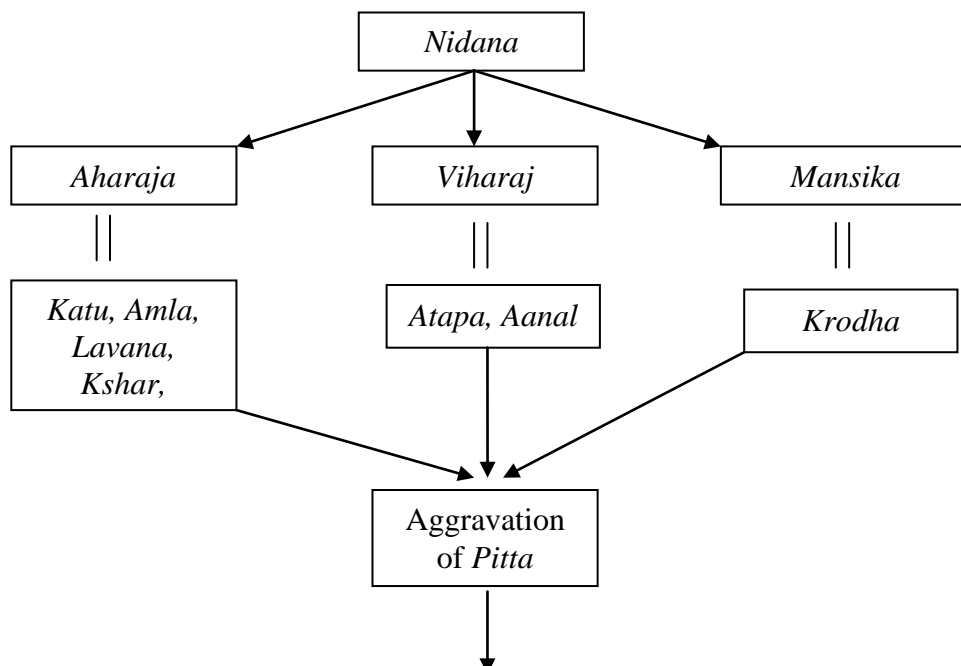
organs. *Shirah* is one of them where life along with sense faculties resides.^[2] In Ayurveda, all the diseased conditions of *Shirah* are described as *Shiro-roga*. There are different view had been established about *Shiro-roga*. Acharaya Sushruta has mentioned 11 types of *Shiro-roga* in *Uttartantra* 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, Acharya 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*.

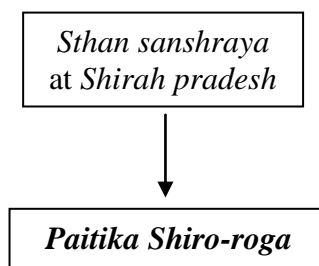
Paitika Shiro-roga is described among all other *Shiro-roga*. It is a condition where pain is like burning of *Shirah*. In the line of treatment for *Paitika Shiro-roga* *Shiro-lepa* is indicated first among all other treatment mentioned by Acharya.

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^[3]

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





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*, *Ikshurasa*, *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.

REFERENCES

1. Agneevesha, Charaka Samhita with Ayurveda Dipika Sanskrita Commentary by Chakrapani, Revised by Acharya Charaka & Dradhabala, Chaukhambha Publication, New Delhi, Re-print 2014, Sutra Sthana chap. 30 / 26.
2. Agneevesha, Charaka Samhita with Ayurveda Dipika Sanskrita Commentary by Chakrapani, Revised by Acharya Charaka & Dradhabala, Chaukhambha Publication, New Delhi, Re-print 2014, Sutra Sthana chap. 17 / 12.
3. Agneevesha, Charaka Samhita with Ayurveda Dipika Sanskrita Commentary by Chakrapani, Revised by Acharya Charaka & Dradhabala, Chaukhambha Publication, New Delhi, Re-print 2014, Sutra Sthana. 17/22.
4. Sushruta, Sushruta Samhita with the Nibandhsangraha sanskrita commentary by Dalhanacharya, Chaukhambha Surbharti Publication, Varanasi, 2014, Uttartantra chap. 25 / 6.
5. Madhavakar, Madhava Nidana with Madhukosh commentary by Shri Vijayrakshita and Shri Kanthadatta, chap. 60 Shiro roga nidana / 3.
6. Agneevesha, Charaka Samhita with Ayurveda Dipika Sanskrita Commentary by Chakrapani, Revised by Acharya Charaka & Dradhabala, Chaukhambha Publication, New Delhi, Re-print 2014, Sutra Sthana chap. 17.

7. Vagbhatta, Ashtang Hridayam with Nirmala hindi commentary by Dr. Brahmanand Tripathi, Chaukhambha Sanskrit Pratishthan, Delhi, Re – print 2011, Uttar Sthan chap. 23 /9.
8. Sushruta, Sushruta Samhita with the Nibandhsangraha sanskrita commentary by Dalhanacharya, Chaukhambha Surbharti Publication, Varanasi, 2014, Uttartantra chap. 26/12 – 18.
9. (<http://vedamaayu.com/shirolepa/>; retrieve date: 21/7/2016)
10. <http://www.ayurvedalife.in/pain-management-in-ayurveda> (retrieve date: 1/6/2017)
11. Sushruta, Sushruta Samhita with the Nibandhsangraha sanskrita commentary by Dalhanacharya, Chaukhambha Surbharti Publication, Varanasi, 2014, Uttartantra chap. 18/6.
12. Agneevesha, Charaka Samhita with Ayurveda Dipika Sanskrita Commentary by Chakrapani, Revised by Acharya Charaka & Dradhabala, Chaukhambha Publication, New Delhi, Re-print 2014, Chikitsa Sthana 21.
13. Sushruta, Sushruta Samhita with the Nibandhsangraha sanskrita commentary by Dalhanacharya, Chaukhambha Surbharti Publication, Varanasi, 2014, Uttartantra chap. 18/6.
14. Sushruta, Sushruta Samhita with the Nibandhsangraha sanskrita commentary by Dalhanacharya, Chaukhambha Surbharti Publication, Varanasi, 2014, Uttartantra chap. 18/6.
15. Sushruta, Sushruta Samhita with the Nibandhsangraha sanskrita commentary by Dalhanacharya, Chaukhambha Surbharti Publication, Varanasi, 2014, Uttartantra chap. 26/12.
16. Vagbhatta, Ashtang Hridayam with Nirmala hindi commentary by Dr. Brahmanand Tripathi, Chaukhambha Sanskrit Pratishthan, Delhi, Re – print 2011, Sutra Sthan chap. 13/6.
17. Sushruta, Sushruta Samhita with the Nibandhsangraha sanskrita commentary by Dalhanacharya, Chaukhambha Surbharti Publication, Varanasi, 2014, Chikitsa Sthana 1/ 15-16.