MANAGEMENT OF VATAJA SHIRASHHOOLA: A CASE REPORT

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ABSTRACT

Headache is an extremely common phenomenon experienced by most of the people. In today’s life style tension headache is most commonly seen. Tension headache is related to stress, depression and anxiety. Tension headache can be correlated with vataja shirashoola in Ayurveda context. Acharya Charak had explained nidana of vataja shirashoola such as upavasa, shoka, bhaya, trasa etc. In Ayurved samhitas it is said that Pathyadi kwatha with guda and Ghritapana with sharkara are effective in shiro-roga chikitsa. So, an attempt has been made to assess the effect of pathyadi kwatha and ghritapana in the management of vataja shirashoola. In this, a single case study has been conducted. After 15 days of treatment, considerable improvement was seen in the clinical features of vataja shirashoola.

KEYWORDS: Vataja Shirashoola, Tension headache, Pathyadi kwatha, Ghritapana.

INTRODUCTION

Tension headache is most common primary type of headache.[1] They may occur at any age but are most common in adult and older teenage. It is slightly more common in women. Urdhvajatrugata rogas and their chikitsa have a special place in Ayurveda, shirah being the prime seat of sense organs and also the controller of entire body has been termed as “Uttamanga”[2] Hence the disease occurring in the urdhvajatru has been very clearly highlighted in the Ayurvedic classics along with their management. In Ayurveda, Acharya Charak had mentioned specific etiological factors of vataja shirashoola such as Uchchairbhashya, Tikshnapana, Ratrijagarana, Sandharana, Upavasa, Abhighata, Atiyoga of vamana and virechana, Bashpa-graha, Shoka, Bhaya, Trasa.[3] In Sharangadhar Samhita Pathyadi kwath with guda described as a line of treatment in shirashoola.[4] And
Rasatantrasara evam Siddhaprayoga sangraha had described Ghritapana with sarkara in the management of vataja shirashoola.\[^5\]

**CASE REPORT**

A 28 years old female patient visited OPD of Shalakya Tantra, Parul Ayurved Hospital, Vadodara and presented with chief complaints of Headache in frontal as well as occipital region, difficulty in sleeping, worse pain in temples and also in back of neck, weakness since last 3months. Aggravating factors of headache which are stress, anger, hunger, and headache increases in the evening time and relieves by massaging over scalp and temples or by tight bandaging to head or analgesics. No history of episodic headache, nausea, vomiting. Patient was diagnosed as vataja shirashoola on the basis of clinical features and after assessing dosha, agni, satmya, bala, vaya etc. she was prescribed pathyadi kwatha with Guda and Ghritapana with Sarkara for 15 days.

**TREATMENT PLAN**

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Drug &amp; Latin name</th>
<th>Dose</th>
<th>Anupana</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PATHYADI KWATHA</strong></td>
<td>Pathya: <em>Terminalia chebula</em> Bibhitaki: <em>Terminalia bellarica</em> Amalaki: <em>Emblica officinalis</em> Bhunimba: <em>Andrographis paniculata</em> Nisha: <em>Curcuma longa</em> Amruta: <em>Tinospora cardifolia</em></td>
<td>40ml BD (in empty stomach)</td>
<td>Guda(jaggery) 6gm (6masa)[^6]</td>
<td>15days</td>
</tr>
<tr>
<td><strong>GHRTAPANA</strong></td>
<td>Go-ghrita</td>
<td>6gm HS</td>
<td>Sarkara(sugar) 1gm (1masa)[^7]</td>
<td>15days</td>
</tr>
</tbody>
</table>

**PATHYAPATHYA**

**Pathya-ahara:** Snigdha, Madhur, bala vrdhaka Ahara.

**Pathya-vihara:** Shiro-abhyanga, Mardana, Ushna swedana.\[^8\]

**Apathya-ahara:** Vata vrdhaka Ahara, Tikshna amla katu lavana rasa.

**Apathya-vihara:** Upavasa, Sandharana, Krodha, Ratrijagarana.\[^9\]
In this case report patient suffering from vataja shirashoola got satisfactory relief from all symptoms. In this treatment, no side effects seen. The patient is having nocturnal headache and it is relieved by tight bandage, using massage around the temporal region and scalp, hot fomentation so this could be concluded as Vataja Shirashoola. By assessing the etiology of vataja shirashoola, it could be co-related with Tension Headache as the patient was having heavy work tension in her office which ultimately makes her to skip her food frequently. Taking this in view, intake of Pathyadi kwatha with guda and ghruta with sharkara orally was selected as a line of treatment in Vataja shirashoola.

- **PATHYADI KWATHA** having ingredients of Haritaki, Bibhitaki, Amalaki, Bhunimba, Haridra, Guduchi mostly all dravya are tridosha shamaka and Vedana- sthapana Property \[10\] so it is very useful in Shirashoola.
- **GUDA** having property of guru, Snigdha, Vata shamaka, balya.\[11\]
- **GO-GHRITA** is having sheetoshna veerya, tridosha shamaka, Agnivardhaka, Madhura rasa, Medhya, rasayana property.\[12\]
- **SARKARA** having property of vata-pitta shamaka, Snigdha, Madhura rasa, sheeta veerya, Balya.\[13\]

So, here most of the dravyas are having madhura rasa, snigdha guna, vata shamaka property found effective in breaking the pathogenesis of vataja shirashoola by pacifying vitiated vata dosha.
CONCLUSION
Tension headache is one such psychosomatic disease which can be compared with vataja shirashoola. In this present era people’s lifestyle is changing day by day due to heavy workload (day & night shift) leads to improper sleep pattern ultimately leads to change in circadian rhythm and also skipping their food and following an easy way by intake of junk foods like noodles, pasta, chips, bakery items, fermented foods etc. This will end up in improper functioning of both body & mind. So, Nidana Parivarjana is the 1st line of treatment\textsuperscript{14} Patient will surely get better relief if avoiding the etiological factors of Vataja Shirashoola and following the above said medicines. Here, the above mentioned patient followed the Nidana parivarjana with proper medicines got a satisfactory results from all symptoms of Vataja Shirashoola.

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