



## A SINGLE CASE STUDY ON AYURVEDIC MANAGEMENT OF VATAJA SHIRASHOOLA W.S.R TO TENSION HEADACHE

Zeba Firdouse\*<sup>1</sup> and S. M. Pasha<sup>2</sup>

<sup>1</sup>PG Scholar, Dept. of PG Studies in Shalaky Tantra, G.A.M.C, Bengaluru, Karnataka, India.

<sup>2</sup>H.O.D and Professor, Dept. of PG Studies in Shalaky Tantra, G.A.M.C, Bengaluru, Karnataka, India.

Corresponding Author: Zeba Firdouse

PG Scholar, Dept. of PG Studies in Shalaky Tantra, G.A.M.C, Bengaluru, Karnataka, India.

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### ABSTRACT

*Shiras* is considered as *Uttamanga* according to Ayurveda.<sup>[1]</sup> It's included in one among three *Marmas* and also *Dasha Pranayatana*. Diseases related to head has explained in Ayurvedic classics. *Vataja Shirashoola* is one among the *Shiro Rogas* explained by *Charaka, Sushruta and Vagbhata*. *Vataja Shirashoola* can be correlated with tension headache in terms of modern science. *Shirashoola* is the leading disorder of the present practice. In *Vataja Shirashoola*, signs and symptoms are *Akshinishkrishyanavat Peeda, Bhrumadhyam Evam Lalata patativat vedana, Ghatasambheda, Sandhimokshanavat Peeda*. It can be compared with Tension Headache, as psychological factor like excessive weeping, fear, terror have been attributed in its *Samprapti*. Tension Headache is most common type of primary headache accounting 90% of all headaches and approximately 3% of the population suffer from chronic tension headache. Here is the case of *Vataja shirashoola* treated as per ayurveda classics.

**KEYWORDS:** *Vataja Shirashoola, Tension Headache, Nasya, Shirodhara, Mahavatavidhwamsa rasa, Bala taila.*

### INTRODUCTION

Ayurveda is the medical science which emphasized the importance of *Mana* (psyche) in the health of an individual. *Acharyas* have described the *Shirashoola* as a separate disease. In Ayurveda classic, *Shirashoola* is having prime importance among other *Shirorogas*.

*Manasika Nidana* like *Bhaya, Trasa, Shoka* aggravates the *Vataja Shirashoola*. *Charaka* had mentioned specific etiological factors of *Vataja Shirashoola* such as *Uchchairbhashya, Teekshnapana, Ratrijagarana, Sandharana, Upavasa, Abhighata, Atiyoga of Vamana and Virechana, Bashpa graha, Shoka, Bhaya, Trasa*.<sup>[2]</sup> It usually aggravates at evening time and subsides by tight bandage. In contemporary science it is correlated to Tension Headache. Tension headache is most common primary type of headache.<sup>[3]</sup> It accounts for nearly 90% of all the headaches.<sup>[4]</sup> Among different types of headaches, Tension type headache, is found in a greater number of people in normal life. Though the etiology is not clear, it is postulated that contraction of the muscles of head and neck, some neurological disturbances cause this type of headache and psychological factors like anxiety, stress aggravate the condition. In modern medical science there is limited remedy available for tension headache rather than analgesics and sedatives, there are much expensive and having serious side effects

on long term use. Ayurveda can provide safe, cost effective and permanent cure for *Vataja Shirashoola*. Here in this case study, treatment was given for a month, that shows quick and good results, which is outstanding evidence of clinical applications of principles of Ayurveda.

### CASE REPORT

A 35 years old male patient was taken from *Shalaky OPD* of Government Ayurveda Medical College and Hospital, Bengaluru. Detailed history of the patient was taken. Assessment was done after completion of treatment.

#### Chief complaints

- Pain in both temporal regions of head
- Reduced Sleep
- Anxiety

#### History of present illness

A male patient, aged 35 years approached the OPD with complaints of headache for the past 2 years. The site of headache was on both temporal region which was continuous throughout the day associated with disturbed sleep. The symptoms aggravate with stress, anger and is more severe during evening. It gets relieved by massaging over scalp and temples or by tight bandaging

to head. He consulted many physicians for which painkillers were prescribed for which temporary relief was obtained. For better management of the headache, the patient consulted *Shalakya* OPD of GAMCH, Bengaluru.

#### General Examination

- General Condition - Good
- RS - NAD
- CVS - S<sub>1</sub>S<sub>2</sub>-NAD, No added Sound
- CNS – NAD
- P/A – Soft
- BP - 120/80 mmHg
- Pulse - 72/min

*Prakruti* - *Vatapitta Saara*

*Mamsa Darshana* – NAD

#### ▪ *Nidana*

Excess intake of Spicy foods, Untimely intake of food, *Ratrijagarana*, Stress.

Due to *Nidana Sevana*, causes increase in *Ruksha* and *Ushna Guna* causing vitiation of *Vata* along with *Pitta* which resulted in *Rasa Kshaya* and *Shirashoola*.

#### *Samprapti Ghataka*

- *Dosha* - *Vata & Pitta*
- *Dushya* - *Rasa, Rakta*
- *Agni* – *Tikshna*
- *Srotas* - *Rasavaha, Annavaha*

#### Treatment

Treatment	Dosage	Duration
<i>Nasya</i> with <i>Bala taila</i>	10 <i>bindu</i> in each nostril in the morning before food	First 7 days
<i>Shirodhara</i> with <i>Ksheerabala taila</i> , <i>Balaashwagandhadi taila</i>	400 ml (200ml + 200ml)	Next 7 days after <i>nasya</i> (45 mins)
Tab. <i>Mahavataavidhwamsa rasa</i>	1 bd after food with warm water	For 1 month
<i>Manasamitra vati</i>	1 od after food with warm water	For 1 month
<i>Mahakalayanaka ghrita</i>	15ml bd after food with warm milk	For 1 month

#### RESULT

After 1 month of Ayurvedic treatment, Patient shown a significant amount of change in the condition, pain was reduced and he was getting sound sleep.

#### DISCUSSION

In this present case study, patient got considerable difference from the symptoms. The patient was having nocturnal headache and it is relieved by tight bandage, using massage around the temporal region and scalp, 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 his office. Along with *Vata*, *anubandha dosha* involved is *Pitta*, *Nidanas* can lead to *Ruksha Guna Vriddhi* which may cause *Vata Prakopa*. Since the *Anubandha Dosha* involved is *Pitta* we should pacify *Vata* and *Pitta* at the same time and we should also take consider about *Nidra* (sleep). Considering all these factors, treatment was planned accordingly. For first 7 days, *Nasya* with *bala taila* is given, which is *brimhana* in nature, helps to reduce *vata* because of its *Snigdha guna* and *Madhura rasa*.

From next 7 days, *Shirodhara* is done with *Ksheerabala taila* and *Balaashwagandhadi taila*. *Ksheerabala taila* is *vatapittahara*, a nervine tonic and helps in treating CNS disorders. *Balaashwagandhadi taila* is best *vatahara* which helps to reduce stress and provides good sleep. Tab. *Mahavataavidhwamsa rasa* balances *vata* and is used in *Vata vikaras*. *Mahakalyanaka ghrita* is *vatapittahara* and is best in treating *Manasika rogas* and also helps in

relieving anxiety and depression. *Manasamitra Vati* is having gold as an ingredient and it is having action on *Manas*, it will reduce anxiety and tension and will help to induce sleep also. 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

*Vataja Shirashoola* is a one such psychosomatic disease which can be compared to Tension headache. *Nidanas* like *Vishamashana*, *Ratri Jagarana*, *Ruksha Ahara* and also *Manasika Nidanas* like anxiety, fear etc. is the main triggering factors in *Vataja Shirashoola*. Along with *Nidana Parivarjana*, *Snigdha*, *Madhura* and *Brimhana Oushadas* will help to reduce *Vataja Shirashoola*. In the present case, patient got satisfactory result from all symptoms of *Vataja Shirashoola*.

#### REFERENCES

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