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REVIEW ARTICLE

AYURVEDIC LINE OF TREATMENT ON VATAJA SHIRAHSHOOL – A SINGLE CASE STUDY

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ABSTRACT

Vatika shirahshool is most common among all shiroroga which is mentioned by the acharyas but till date no satisfactory treatment is available for Vatika shirahshoola. All medical systems are presently treating this condition symptomatically but permanent solution is not found. Numbers of researches have been carried out in this direction; till search for complete remission is awaited. Therefore, search for a safer management from other systems of medicine is of greater interest. This forces the need to have a drug which and cure the disease without any adverse effects. As per Acharya Susruta in Vatika Shirahshool all the treatment should be done like Vatavyadhi Chikitsa. In present case study reveals a role of Bruhan Nasya ,which give beneficial effect in the management of Vataja Shirahshool.

KEYWORDS: Vatika Shirahshool, Bruhana Nasya ,Pathyadi Kwatha, Shirahshooladi Vrajaras



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INTRODUCTION

In Ayurveda, Shiras is considered as the Uttamanga, as it is the seat of prana and indriyas.ⁱ Among the urdhwa jatrugathavikaras, shiroroga is having an important place. Acharya Charaka explains that the term Shiroroga represents Shirashoola.ⁱⁱ Ayurvedic classics has given detailed explanation and classification of Shirashoola. Even though all the Shirorogas are tridoshaja, it has been classified based up on the predominant dosha.ⁱⁱⁱ Among them vataja shirashoola is most frequently seen because of the vata prakopaka nidanas like of ruksha ahar seven, adhipurovata sevan, yatayat gaman, shita ambu sevan etc are more prevalent in the current era due to life style modification. In Ayurveda, Shirahshoola is the main symptom as well as synonyms of various shiro-roga. It is separate disease entity which has symptoms and pathology as per the Doshika involvement. Acharya Sushruta describes 11 types of Shirahshoola which are according to the involvement of Kapha, Pitta, Vata and Rakta individually as well as combined ^{iv}Shiro Roga which occurs due to the vataprakopaka nidanas with intense pain in the head, neck and the regions surrounding it is termed as vataja shira shoola.

CASEREPORT

A 28-year-old Hindu ,female, , non-diabetic, normotensive Patient came to the opd of Government Akhandanand *Ayurved* Mahavidyalaya,Ahmedabad on 22 october, 2021 having the chief complaints of

CHIEFCOMPLAINTSWITHDURATION

- ❖ *Animitta Shiroruja* (Irregular time of Headache without any reason) – since 6 to 7 years
- ❖ *Nistudhyate bhrusham shankho* (Pricking pain in temporal region since 6 to 7 years)
- ❖ *Vama Karna Shoola* (Pain in left ear since 15 days)
- ❖ *Nasa Strava* (Watery Nasal Discharge since 15 days)

CASEFINDINGS

The patient was asymptomatic before 7 years after that time of period patient sudden started continuous headache, She was having severe pain in B/L on temporal region which was unbearable and patient have to take pain killers. she got relief after taking pain

killers and also feels good while massaging on head . Occasionally she develops GI track symptoms such as nausea and vomiting while headache attack along with left ear pain and nasal secretions occurs sometimes. Patient come here to our hospital with hope of permanent solutions.

PAST HISTORY :

Patient had frequently taken allopathy medicine.

FAMILY HISTORY: There was no any disease related family history found in this case.

PERSONAL HISTORY

- Ahara - Niramish
- Nidra-7-8 hrs/day
- Kshudha- Alpa
- Malapravritti- vibandha 2 time /day
unsatisfactory defecation
- Mutrapravritti- 6-8 time/24 hrs

DASHA VIDHA PARIKSHA

- Prakriti of the patient was vata Pradhana kapha, Vatapradhana tridosha vikruti was observed during the analysis. Satwa, Sara, Samhanana, Ahara Shakti, Vyayama Shakti, Satmya and Pramana of the patient were Madhyam.

Vitals

- ❖ Pulse: 80/min
- ❖ Blood Pressure: 130/80 mmHg
- ❖ Respiratory rate: 20/min
- ❖ Temperature: 98.1 F

DISEASE SPECIFIC EXAMINATIONS

Nose - Anterior Rhinoscopy

- ❖ Septum- slightly deviated to left
- ❖ Mucosa- pinkish
- ❖ Turbinate- right inferior turbinate hypertrophy

Throat

- Posterior.Pharyngeal Wall. – Normal
- Palatine tonsils – Normal

Ear – Ooscopic examination

- ❖ External Auditory Canal –B/L clear
- ❖ Tympanic Membrane – Intact

Paranasal sinus examination:

- On Examination tenderness present on Frontal and Ethmoid sinus
- There was no tenderness present on Sphenoid and maxillary sinus

Investigations: Routine haematological and urine investigations were normal.

TREATMENT PROTOCOL

- first seven days in aamaavstha treatment protocol
 1. Hingvastaka churna – 3gm with Go-ghrita- 2time with first bolus of food
 2. Pathyadi Kwath - 10 gm + Eranda Sneha (1 tsf) 2 time before meal with guda

After niramavstha treatment protocol

- Shiraha shuladi vajra rasa 2 tab 2 time after meal
- Bala taila bruhanas nasya (8- 8 drop in both nostrils) for 7 days

FOLLOW UP

Chief Complaints	7 days	21days	30 days
Animitta Shiroruja (Irregular pattern and time of Headache)	+++	++	+
Nistudhyate bhrusham shankho (Pricking pain in temporal region)	+++	++	+
Vama Pradesh Karna Shoola (Pain in left ear)	++	+	-
Nasa Strava (Watery Nasal Discharge)	++	+	-
Nausea and vomiting (Sometimes)	+	-	-

DISCUSSION

- Patient has history of ruksha ahar sevan , adhikpurovata sevan, yatayat gaman, shita ambu sevan. And mansik santap. Due to this all causative factors jatharagni becomes manda vayu becomes pratiloma after that vitiated dosha accumulated at shira Pradesh and then shiroroga manifested. Shirahshoola is one among the shiroroga. Which is mainly caused by vatadosha .After Diagnosed aamavstha of patient Hingvastaka churna was given for Deepan (appetizer) and Pachan (digestion) which help digest the food

and having vata Anulomana effect, so it is effective in the management of vatika shirahsoola.

- Pathyadi decoction is mentioned in Sharandhar Samhita ^{vi}, specially in the management of shiroroga. This decoction has ingredients having ushna virya (hot potency) and Vata Shamaka (vata subsiding) property which can be beneficial in vatika Shirahshool as this disease has dominancy of vitiation of Vataja dosha.
- In niram avastha bala taila brimhana nasya was given because Bala tail is useful in the management of all type of vata vyadhi explained in the classics .
- Bala taila having vatahara , shoolahara properties and also it provide bhrimhana may be very useful in the treatment of Shirahshool. Nasya is the best treatment modality that can be adopted in the management of vatika shirahshool.
- The nasya Karma is effective in the treatment of all urdhwajatrugata Vikara .Bruhana type of nasya will helps in eradicating vatika disorders.Acharya vagabhatta has given some more details about the mode of action .it is explained that Nasa being door way to shirah,^{vii} the drug administrated through nostrils reaches shringataka, a sirahmarma by nasa stotra Nd spread in the Murdha (Brain), taking routes of netra (eyes), shrotra (ears), kantha(throat), sira mukha and scratches the morbid dosha in urdhwajatru and extract from uttamanga.
- Shirahshooladi vjraarasa is mentioned in shiroroga by bhaisajaya ratnavali.^{viii} Which is indicated in ekdoshaja, dwidosha, tridoshaja and all type of Shiroroga.

CONCLUSION

As per above mention case discussion, it can be concluded that Bruhan Nasya is effective therapy in Vataja Shirahshool. This therapy should be used in large sample as a clinical trail.

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