

Management of Vataja Shirashula with W.S.R Tension Headache: A Case Report

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ABSTRACT

Shiras is also known as Uttamanga is the most vital part of our body. In Ayurveda, Shiro rogas are not restricted to pain or discomfort seen around cranial vault and but also the disorders of brain as such Headache is the most frequent and troublesome reason to seek medical help in our day to day life. In Ayurveda classics shirashoola is having prime importance among other shirorogas.

Vataja shirashoola According to charaka samhita is defined as severe pain in head, temples, between eyebrows, dizziness, stiffness in the neck, discomfort in ear, throbbing pain of blood vessels in head .relieves on hot and unctuous things, on tight bandage.

According to W.H.O 70% population suffers from tension headache. In this pandemic this percentage is increased more. There are various reasons like – emotional stress, lockdown ,unemployment, sedentary life style etc leading to a growth in tension headache cases.

So this case is selected for study with rasnadi shirolepa and dashamula pratimarshya nasya and aswhaganda ksheerapaka.

Keywords: Vataja Shirashoola, Ayurveda, Tension headache, Nasya

INTRODUCTION

Shiras is considered as Uttamanga according to Ayurveda. It is 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^[1] Sushruta^[2] and Vagbhata^[3]

Vataja shirashoola According to charaka Samhita ^[1] is Shankhanistoda, Bhru Madhya, Lalata involvement pain in head, temples, between eyebrows, dizziness, stiffness in the neck, discomfort in ear, feeling like gauging of eyes, throbbing of blood vessels in head aggravate at night, relieves on hot and unctuous things ,bandaging [4]

Vataja Shirahshoola can be correlated with tension headache in terms of modern science

Tension headache [5] is characterized by pain, which is typically pressing or tightening in quality & mild to moderate in intensity and bilateral in nature. In present scenario of the pandemic tension headache cases are most commonly seen. Studies estimates the prevalence of tension type headache vary over a wide range from 1.3% to 65% in men and 2.7% to 86% in women. Tension type headache is commonly used to describe a chronic head pain syndrome characterized by bilateral tight band- like discomfort

Tension Headache which accounts for nearly 90% of all headaches. Tension headache is related to stress, depression and anxiety. Here a case of Vataja Shirashoola successfully treated with Ayurvedic Management is recorded.

causes

It is mentioned by Charaka and Harita that

- Shoka
- Bhaya
- Uccha and Atibhashana,
- Prajagara,
- Sheetamaruta Samsparsha,
- Vyavayadhikya,
- Veganigrahana.

are specifically responsible for Vataja Shirashoola.^[2]

Case Report

A 38 years old female patient was selected from Shalakya ENT OPD of, GAMC Bengaluru. Detailed history of the patient was taken. Assessment was done after completion of treatment.

Chief complaints

Pain in both temporal regions of head , Which is mild to moderate in nature since 2 years

Associated complaints .

Pain in forehead and between eyebrows since 6 months

- no nausea or vomiting
- no photophobia (sensitivity to bright light)
- phonophobia (sensitivity to loud sounds)

History of present illness

A 38 years old female patient was said to healthy before 2 years not known of any systemic illness and not under any regular medicine, then she gradually started complaining of headache which is bilateral in nature since 2 years .Associated with pain in forehead and eyebrows since 6 months for these complaints pt approached our hospital for management .

Family History:

Nothing contributing

Past Medical History:

Nothing contributing

Personal History:

BP -140/90mmhg

R.R -18/min

Temperature - 98.4F

Appetite - Good

Sleep - Disturbed

Bowel - once a day

Micturition – 5/6 times
Tongue - pallor
Addiction - Tea, Coffee

Clinical findings

Patient was diagnosed clinically as vataja shirashoola

There is no sinus tenderness

No evidence of migraine.

Treatment Rasnadi lepa and Dashamula taila pratimarshya nasya with ashwagandha ksheerapaka

Treatment	Route	Dose	Duration
Rasnadi lepa	On forehead	Quantity sufficient	15 days
Pratimarshya nasya with dashamula taila	Nasal	2 drops	15 days
Ashwagandha ksheerapaka	Oral	12ml bd	15days

Follow up

After 15 days once

2 follow up for 1 month

Result

After shirolepa and nasya treatment patient condition

Significantly improved. pain along with other complaints were reduced.

Discussion

Ayurvedic texts describe shirashoola as an independent disease entity rather than a symptom as 'shiroroga'. Among them vatajashirashoola is most frequently seen due to the causative factors like Uchcha and Atibhashana, Ratri Jagarana, Vega Sandharana, Bhaya, Shoka etc. due to the busy life style of current era all human beings are usually adopting most of these nidanas. Among the Nidanas, Manastaapa is having an important role. Manasika nidanas like bhaya, shoka, trasa etc along with other nidanas will result in vataprakopa and hence leading to the vatajashirashoola.

In the modern era, stress is a common problem due to the personal and societal burdens, damaged quality of life, financial problems etc. Stress is major triggering factor listed most often by the headache sufferers. Emotional strain or anxiety is a common precipitant to Tension Type Headache.

Contents

Rasnadi Choorna [6] ingredients:

Equal quantities of herbal powders of Vatahara and shoolahara .

Ashwagandha ksheerapaka.

Milk – 100 ml

Powder of Ashwagandha root: -1 tea spoon

Water – 100 ml

Sugar – 1 tea spoon

Procedure : Boil milk, ashwagandha powder, sugar and water on low flame till the mixture reduces to 100 ml.

Vatahar

Helps to get good sleep

Dashmula taila

Helps to control vata ,shoola .

Helps to maintain both physical and mental health.

Conclusion

Vataja shirashoola is having laxanas like Shankhanistoda, Bhru Madhya, Lalatastoda .and can be corelete with Tension headache is a common psychosomatic disease .

The stressful physical and psychological lifestyle like improper food and sleeping habits have led to people suffering from Vataja shirashula .

Rasnadi Shirolepa ingredients. have Vatahara and

Shulahara property. Dashamula taila pratimarshya nasya helps to get rid

In this case patient got satisfactory result with above treatment.

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