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Ayurvedic management of *Vataja Shira Shoola* (tension headache) - A Case Study

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ABSTRACT

Shiras is considered as *Uttamanga* according to Ayurveda. 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*. *Acharya Charaka* had explained *Nidana* of *Vataja Shirashoola* such as *Upavasa*, *Shoka*, *Bhaya*, *Trasa* etc. *Vataja Shirashoola* is correlated to Tension Head ache 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.

Key words: *Vataja Shirashoola*, Tension headache, *Drakshadi Kashaya*, *Insomnia*, Case Study.

INTRODUCTION

Urdhvajatrugata Rogas and their *Chikitsa* have a special place in Ayurveda, *Shira* being the prime seat of sense organs and also the controller of entire body has been termed as an *Uttamanga*.^[1] In *Ayurveda* classic *Shirashoola* is having prime importance among other *Shirorogas*. *Manasika Nidana* like *Bhaya*, *Traasa*, *Shoka* aggravates the *Vataja Shirashoola*. *Charak* had mentioned specific etiological factors of *Vataja Shirashoola* such as *Uchchairbhashya*, *Tikshnapana*, *Ratrijagarana*, *Sandharana*, *Upavasa*, *Abhigata*, *Atiyoga* of *Vamana* and *Virechana*, *Bashpa - Graha*, *Shoka*, *Bhaya*, *Trasa*.^[2] It usually aggravates at evening time and subsides by tight bandage. In

contemporary science it is correlated to Tension Head ache. Tension headache is most common primary type of headache.^[3] It accounts for nearly 90% of all the headaches.^[4] The Pathogenesis of Tension Head ache is poorly understood, although it has long been regarded as a headache with muscular origins. It may be stress-related or associated with musculoskeletal problems in the neck. Emotional strain or anxiety is a common precipitant to tension type of headache. 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, the results shown were quick, and permanent which is an outstanding evidence of clinical applications of principles of Ayurveda.

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CASE REPORT

On 28th December 2019, a Hindu male of 28 years old, non-diabetic, not a known case of hypertension, visited Out Patient Department of Government Ayurveda Medical College, Bangalore, with the complaints as sited below.

Chief complaints

- Pain in both temporal regions of head

- Reduced Sleep
- Anxiety

History of Present illness

Patient was apparently healthy before 2 months. Gradually he developed with pain in both temporal regions of head associated with disturbance in sleep. Pain aggravates with stress, anger, and headache increases in the evening time and relieves by massaging over scalp and temples or by tight bandaging to head or analgesics. Hence he consulted Government Ayurveda Medical College Out Patient Department for the same and started treatment.

Nidana

Excess intake of *Katu*, Intake of Junk food untimely intake of food and stress.

General Examination

- General Condition - Good
- RS - NAD
- CVS - S1S2-NAD, No added Sound
- CNS - NAD
- P/A - Soft
- BP - 120/80 mmHg
- Pulse - 72/min

Prakruti - Vatapitta

Saara - Mamsa

Darshana - NAD

Samprapti

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

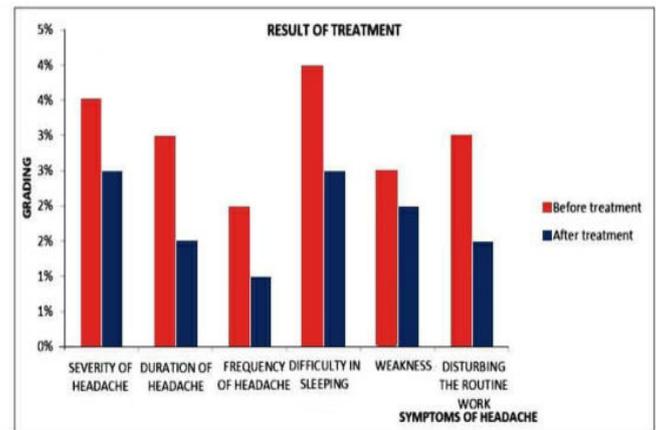
which resulted in *Rasa Kshaya* and leading to *Vataja Shirashoola*.

Treatment

- *Drakshadi Kashaya* - 3tsp + 6 tsp warm milk BD before food
- *Aswagandha Leha* - 1tsp BD after food
- *Manasamitraka Gutika* - 1 OD with *Kashaya*

RESULT

After 1 months of Ayurvedic treatment Patient shown a significant amount of change in the condition, pain was reduced patient was getting sound sleep. As shown in the chart



DISCUSSION

In this present case study patient got considerable difference from the symptoms. The patient is 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 which ultimately makes his to skip her food frequently. Along with *Vata Anubandha Dosha* involved is *Pitta*, *Nidanas* can lead to *Ruksha Guna Vridhi* which may cause *Vata Prakopa*. Since the *Anubandha Dosha* involved is *Pitta* we should pacify *Vata* and *Pitta* at same time and we should also take consider about *Nidra* (sleep), and also the constipation. Considering all the above factors

medicine prescribed was *Drakshadi Kashaya* with *Ksheera* which will help to reduce *Vata* as well as *Pitta* and it is *Snigdha Madhura* and *Anulomaka*. *Aswagandha Leha* is having Sleep inducing action. *Manasamitraka Vataka* 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 head ache. *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* and *Madhura Brimhana Oushadas* will help to reduce *Vataja Shirashoola*. In the present case, patient got satisfactory result from all symptoms of *Vataja Shira Shoola*.

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