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] Susrutha[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 agrivate at night, relieves on hot and unctuous things ,bandaging [4] Vataja Shirashoola 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.
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

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Route</th>
<th>Dose</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rasnadi lepa</td>
<td>On forehead</td>
<td>Quantity sufficient</td>
<td>15 days</td>
</tr>
<tr>
<td>Pratimarshya nasya with dashamula taila</td>
<td>Nasal</td>
<td>2 drops</td>
<td>15 days</td>
</tr>
<tr>
<td>Ashwagandha ksheerapaka</td>
<td>Oral</td>
<td>12ml bd</td>
<td>15 days</td>
</tr>
</tbody>
</table>

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 correlated 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.

Reference.
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