

Role of Kushtadi Sirolepa with Internal Administration of Varunadi Gana Siddha Ksheera in the Management of Vatika Sirasoola

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Abstract

Siras is considered as the Uthamanga as it is having all the indriyas and it is the most vital part of a body. Because of these importances, Shiras must be treated carefully as compared to the other organs. Shirasoola is the most irritating condition that may affect the day-to-day life. Tension type Headache is primary, most neglected and difficult to treat. It can vary from mild form to most disabling level. As comparing to modern approaches, the traditional methods in Ayurveda can do much more in such conditions. Many studies had proven that procedures like Nasya, Sirolepa, Sirodhara and other internal administration of internal medications also has role in resolving headache.

Materials and Methods: This is a case report of a female patient aged 32 years came to Shalaky ENT OPD, complaining of severe Headache which is more in evening time associated with giddiness for 8-10 months. Patient also has mild pain in ear with some sort of sounds hearing from both ears. The pain has no periodicity. On examination there is no any symptoms of Sinusitis, no any abnormalities detected in ears also. Vatika Shirasoola is diagnosed on consideration of whole symptoms. Kushtadi lepa is advised for evening time and Varunadi gana siddha ksheera also advised to take two times in a day for 10 days.

Result: The patient showed significant change in the complaints on assessment after 10 days.

Discussion: Vatika Sirasoola conditions need attention on Vatashamaka management. As the drug Kushta has Vatasamaka and soolahara property, it can relieve pain. Varuna is included in Tikta Skanda by Acharya Charaka, and Acharya Sushruta has mentioned its Vatashamaka property. It is Madhura Vipaka and Kaphavatahara. So, both the drugs will have action on Vatika Sirashoola.

Keywords: Vatika Sirasoola, Kushtadi lepa, Varunadi gana siddha ksheerapana, Tension type Headache.

Introduction:

Siras is one among the Dasapranayatanas by Acharya Charaka. It means Prana resides in Dasa sthanas including Siras. It is considered as the Uthamanga as it is the seat of all indriyas and controls functions of all karmendriyas also. According to Acharya Charaka, an Anamaya Siras (a disease-free head) protects the body as a disease-free root of a tree gives nourishment and protection to the entire tree. Achary Vagbhata also conveying the same idea by quoting that Siras is the moola of a body and extremities are Sakas (while comparing the body with a tree). These all indicating the importance of head to be protected as compared to the other organs of a body. Sirasoola includes all the aches that affect the head region. It is considered as the synonym of Siroroga. Mostly, Siroroga is considered as tridoshaja, but symptoms vary with

predominance of one or more doshas. Acharya Susruta has explained 11 types of Siroroga. Bhavaprakasha, Madhavanidana and Yogaratnakara also has the same opinion about Siroroga Sankhya. Acharya Vagbhata has mentioned 19 types of Siroroga, among which 9 are Kapala Rogas. Vagbhata has not mentioned Kshayaja Sirasoola. Among all these, Vataja Sirasoola is most frequently seen in clinical practice. The reason for such type of Sirasoola include Vegadharana (suppressing natural urges), Ratrijagarana (staying awake at night), Upavasa (fasting), Atyuchabhshana (speaking loud for longer hours) and Bhaya (anxiety). These reasons provoke vayu at its dusti or vridhi causes pain which may be pricking in type.

Tension type Headache is very common and they account for almost 90% of all the headaches. Sleep deprivations, stress, overstrain, abnormal posture of head and neck, irregular dietary habits, irregular bowel habits, eye strain, muscle tension are the main reasons for such type of headaches. Sirolepa is the procedure in which the medicated paste is applied over the scalp. It shows many incredible effects on the management of conditions related to head. It keeps the body and mind calm and peaceful. Varuna is included in Tikta Skanda by Acharya Charaka, and Acharya Sushruta has mentioned its Vatashamaka property. It is Madhura Vipaka and Kaphavatahara. Acharya Bhavaprakasha mentioned it as Sirshavatahara (reduces vata vitiated in Sirshasthana).

Materials and Methods:

A female patient aged 32 years came to ENT OPD, complaining of severe Headache which is more in evening time associated with giddiness for 8-10 months. Patient also has mild pain in ear with some sort of sounds hearing from both ears. The pain has no periodicity.

History of present illness:

The patient was apparently normal before 10 months. Then she gradually developed severe headache associated with giddiness. Pain appeared over the forehead and in the neck region with no periodicity. The pain aggravated on stress and during the episode he will hear sounds from both ears sometimes. The pain is more at evening time, and relieved on heat application and tight tying of head with cloth. He consulted for modern treatment but end up with the necessity to take painkillers during episodes. So, he came to our OPD hoping a permanent solution for his irritating state of headache.

History of past illness:

Nothing Specific

Family History:

Nothing Specific

Personal History:

Bowel: Mildly constipated

Appetite: Good

Sleep: Sound, 6-7 hours/night

Micturition: 5-6 times/day

Habits/ Addiction: Nil

Ashtasthana Pareeksha:

Nadi: Na Atidrutam

Mutra: Anavilam

Mala: Vibandha

Jihwa: Anupalepatwam

Sabda: Prakrutha

Sparsha: Anushnaseeta

Drik: Vyakta

Akruti: Madhyama

Specific Examination:

PNS Examination: There is no tenderness over any of the paranasal sinuses.

Nasal Examination: NAD by Anterior Rhinoscopy

Visual Acuity: 6/6 in bilateral eyes without any asthenopia symptoms.

Samprapti Ghataka and Nidana Panchaka:

Samprapti vighatana indicates involvement of Vata dosa.

Dushya: Rasa dhatu.

Agni involved: Jataragni and Dhatwagni.

Srotas: Rasavaha Srotas.

Srotodushti: Sanga.

Udbhava sthana: Shiras

Vyakta sthana: Shira.

Rogamarga: Madhyama.

Nidana: Rathrijagarana, Vegadharanna, Shoka, Atichintana

Purvarupa: Shiroruja

Rupa: Tivra shiroruja, Nishi cha atimatram, Bhrama, Karnanada.

Upashaya: Bandhana, Vishrama

Samprapti: Involvement of Manasika factors and other asamyak aharaviharas leads to Vata dushti and symptoms appeared in the shiras(udbhava sthana and vyaktasthana).

Diagnosis and Assessment:

The differential diagnosis of this type of headache includes tension type headache, migraine and meningitis. Migraine can be excluded as the head ache is not associated with visual disturbances, photophobia, nausea, vomiting and aura. Also, it is non periodic type. Meningitis can be ruled out as there is no acute symptoms like fever, vomiting or convulsions. Tension type headache will be the final diagnosis because the patient has history of sleep deprivation, stress and irregular eating habits. The site of pain is around the forehead and it is aching type.

We can include Ardhavabhedaka, Suryavarta and Vatika sirasoola in Vyavachedaka nidana. Typical features like Tivrashoola, Nisi cha atimatram, Bandhane Shamanam, Bhrama and Karnanada leads to the confirmed diagnosis of Vatika Sirasoola.

Treatment Plan:

As the classical and modern approach advocates for Nidana Parivarjana as the first line of treatment for every disease, the patient with Vataja Sirashoola also advised to follow foods and regimens as per Pathya-Apathya specifically mentioned for Vataja Sirashoola. Also advised to apply Kushtadi lepa, which is classically indicated in Vataja Sirashoola, over the forehead once in evening, daily for 1 month, mixed with Ardraka Swarasa. The patient is also advised to take Varunadi Gana siddha Ksheera internally twice a day, before food.

Pathya-Apathya:

Snigdha Madhura Bala Vardhaka Aharas, Mudga, Masha, Kulatha, Ksheera, Ghrita and Sharkara are advised as Pathya Aharas, Shiro-Abhyanga, Mardana, Ushna Swedana as Pathya-Viharas. Apathya aharas are Vata Vardhaka Aharas, Tikshna-Amla-Katu-Lavana rasa, Apathya Viharas are Upavasa, Sandharana, Krodha and Ratrijagarana.

Properties of Drugs used:

Kushtadi Sirolepa is advised in Bhaishajya Ratnavali, Shirorogadhikara has direct action on Vataja Sirashoola. The ingredients are Kushta (*Saussurea lappa*) and Erandamoola (*Ricinus communis*). Fine powders of the drugs are taken in 1:1 ratio, and triturated well with required quantity of Ardraka Swarasa. The paste obtained is applied over the forehead.

Varunadi Gana as per Acharya Vagbhata, includes Varuna (*Crateva nurvala*), Kurabaka(*Barleria cristata*), Kurandaka(*Barleria prionitis*), Satavari(*Asperagus racemosus*), Dahana(*Plumbago zeylanica*), Morata(*Marsdenia tenesissima*), Vilva(*Aegle marmelos*), Vishanika(*Gymnema sylvestre*), Brihati(*Solanum indicum*), Kantakari(*Solanum xanthocarpum*), Karanja(*Pongamia pinnata*), Putikaranja(*Holoptelia integrifolia*), Agnimantha(*Premna integrifolia*), Tarkari(*Clerodendrum phlomidis*), Bahalapallava(*Moringa oleifera*), Darbha(*Desmostachya bipinnata*) and Rujakara(*Semecarpus anacardium*). Almost all the drugs have Ushna and Vatanashaka properties. 1 part of course powder of the mixture is boiled in 4 times milk and 4 times water. The quantity of water is reduced to that of milk, and ask the patient to drink the ksheerapaka in two times daily before food.

Result:

After the treatment, patient is completely relieved from the symptoms. The sleep pattern is also improved. On follow-up period patient had complaint of very mild headache while had a continuous exposure to wind.

Discussion:

Headache is the most common and most difficult clinical symptom encountering by the physicians. Ayurveda gives special importance to Siroroga. Vataja Shirasoola is a very common type among headaches. The etiological factors which lead to Vata Dosa vitiation will lead to Vataja Sirasoola.

Atyucha Bhashana, Vegadharana, Ratrijagarana, Upavasa and Shoka are the main causative factors for Vataja Shirasoola. Manasantapa also has a main role in the occurrence of Vataja Shirasoola. Manasika bhavas like Chinta, Shoka, Bhaya etc will lead to Mandagni and eventually lead to Ama formation. Then Kapha gets aggravated and reaches Shira Pradesha. Then Sanga occurs due to Kha Vaigunya. It then causes vitiation of Vata Dosa.

The drug Kushta is indicated in Shirasoola by Acharya Shargadhara, as it has Vatahara and Shoolahara properties. Ardraka is directly indicated by Bhavaprakasha. Eranda is also famous for its Vatahara and Shoolahara properties. So thus, the patient will get good relief from Vataja type of Shirasoola.

In Varunadi Gana, almost all the drugs are Katu rasa and having Ushna Guna. Because of Ushna Guna, it is good for Vata Shamana. As it is used in the form of Ksheerapaka, it will help in reducing the vitiated Pitta and Vata. So thus, Vataja Shirasoola will definitely reduce by the administration of the same.

Conclusion:

- Tension type headache is a very common psychosomatic type of headache which can be compared with Vataja Shirasoola.
- Atyucha Bhashana, Vegadharana, Ratrijagarana and Shoka are the major causes of Vataja Shirasoola.
- Kushtadi lepa contains Kushta, Eranda and Ardraka as ingredients and which has Vatashamaka properties.
- Vaunadi Gana Ksheerapaka is good for Vata and Pitta Shamaka as the drugs included in Varunadi gana has Ushna properties and Ksheera has Vatapitta Shamaka property.
- At the end of the treatment, Patient had almost complete relief from all the symptoms.

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