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# Ayurvedic management of *Vataja Shirashoola* w.s.r. to 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 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.

**Key words:** *Vataja Shirashoola*, Ayurveda, Tension headache, Nasya, Case Study.

## INTRODUCTION

The human beings have entered in the 21<sup>st</sup> century with modernization in every walk of life and we have paid for it by living in severe stressful psychological conditions. The response to psychological conditions varies from person to person because each has different psychic and bodily constitution. This stressful lifestyle affects one's mind and homeostasis of body by several psychosomatic mechanisms and results in many psychosomatic disorders. Tension headache is one such psychosomatic disease which is considered under primary headaches. It is a highly prevalent

condition that can be disabling. 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. The pain typically builds up slowly, fluctuates in severity and may persist more or less continuously for many days. The headache may be episodic or chronic (present > 15 days per month). This can be related to *Vataja Shirashoola*. According to *Charaka*, *Manasantapa* is one of the leading causes for *Shirashoola*.<sup>[1]</sup> It is mentioned by *Charaka* and *Harita* that *Shoka* and *Bhaya* are specifically responsible for *Vataja Shirashoola*.<sup>[2]</sup> Other causative factors which cause *Vataja Shirashoola* are *Uccha* and *Atibhashana*, *Prajagara*, *Sheetamaruta Samsparsha*, *Vyavayadhikya*, *Veganigrahana*. People who follow these *Nidanas* for a long time can lead to *Vataja Shirashoola*.

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## CASE REPORT

A 56 years old female patient was taken from Shalaky OPD of SKAMCH & RC, Bengaluru. Detailed history of the patient was taken. Assessment was done after completion of treatment.

**Chief complaints**

- Pain in both temporal regions of head
- Reduced Sleep
- Anxiety

**History of present illness**

A female patient, aged 56 years approached the OPD with complaints of headache since 2 years. The site of the headache was on forehead and vertex region which was a dull ache which was continuous throughout the day with same intensity. The symptoms increased on stressful situations which she faced due to her family condition and if sleep is disturbed. She obtained relief on rest, hot beverages like tea or coffee or on head massage with warm oil. She consulted many physicians for which painkillers were prescribed for which temporary relief was obtained. For better management of the pain the patient came to SKAMCH & RC, Bangalore. No relevant past history and no similar complaints are found in the family. She had mixed diet with non veg once a week. She had irregular appetite and her sleep was disturbed. No habits of smoking and alcoholism.

**Nidana**

Excess intake of *Katu*, 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 Ghataka**

- *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* an *Ushna Guna* causing vitiation of *Vata* along with *Pitta* which resulted in *Rasa Kshaya* and *Shirashoola*.

**Treatment**

- *Aparajithamoola Swarasa Nasya* 8 drops in each nostril in empty stomach.
- *Manasamitra Vati* 1 BD for 15 days

**RESULT**

After 1 week of *Nasya* treatment patient showed a significant amount of change in the condition, pain was reduced patient was getting sound sleep.

**DISCUSSION**

In this present case study patient got considerable difference from the symptoms. The patient is having 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 correlated 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 *Nasya Yoga* prescribed here was *Aparajitha Moola Swarasa* which is known for its *Tridosahara* property. As mentioned in *Bhaishajya Ratnavali* in the context of *Shirashoola*.<sup>[3]</sup> It helps in alleviating the vitiated *Doshas* and restores the normal function of *Vata*. *Manasamitra Vati* 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.

**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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