

CONCEPTUAL STUDY ON HETU-LINGA- AUSHADHA OF SHIRASHOOLA WITH SPECIAL REFERENCE TO HEADACHES

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ABSTRACT

Shirashoola in Ayurveda is seen both as a lakshana as well as a vyadhi. Headache is the symptom of pain in the face, head, or neck. Headaches can be more complicated than most people realize. Different kinds of headaches can have their own set of symptoms, happen for unique reasons, and need different treatments.

KEYWORDS : *Shirshula, Lakshana, Vyadhi, Ayurved, Headache.*

INTRODUCTION

Various terms such as ShiroAbhitapa, Shirastapa, ShiroBadhahave been used to indicate the discomfort in the head.

It may be Primary where the pathology exists in the shiras or secondary where it is the resultant of the pathology in some other part of the body.

In primary disease has to be treated firstin order to get rid of the Shirashoola. Therefore the Chikitsasootra of the primary disease is applicable. e.g. Jwarachikitsa for shirashoola due to jwara. Amlapitta Chikitsasootra in Amlapittajanya Shirashoola.

AIM AND OBJECTIVES:

To study Hetu (Nidana), Linga (Lakshana), Aushadhi (Chikitsa) Shirashoola with special reference to Headaches.

MATERIALS AND METHOD

The pain you feel during a headache comes from a mix of signals between your brain, blood vessels, and nearby nerves. Specific nerves in your blood vessels and head muscles switch on and send pain signals to your brain. But it isn't clear how these signals get turned on in the first place. One must always try to elicit an elaborate history in order to find the involvement of following nidanas as Nidanaparivarjana forms the first line of treatment.

Lets now try to explore the Panchalaksana of Shirashoola as a primary disorder.

NIDANA:

- Atichinta- mental fatigue due to stress at work
- Emotions such as shoka, bhaya, krodha- workplace related or domestic strained personal relations,
- Vegadharana- especially pureeshavega dharana.
- Divaswapna and ratrijagarana.
- Any history of head injuries.
- Ati or ayoga of nasya and abhyangadwasha.
- Krimi (worm infestations).
- Teekshnagandha, avashyaya (fog or smog), dhooma (smoke)- these are seen as nidana in those working in such work environments perfume industry, industries where fire wood or coal is used to generate heat, those traveling for long duration in traffic laden streets are often seen to complaint of headache etc.
- Ativyayama and ativyavaya- leads to excess physical and mental fatigue.(coital cephalalgia is documented in modern science)
- Raktadustinidanasvidahiaharasevanasnigdha, ushna, dravaahara and exposure to atapa and anala such as continiously working in the hot sun and exposure to heat like hot working conditions near furnace or hot machinery.
- Atibhashana or pralapa, atiambupana and atimadyapana (hangovers are usually associated with headache).
- Doshaja nidanas are to be considered in addition to the above mentioned vyadhi hetus.

As per modern science Causes of headaches may include dehydration, fatigue, sleep deprivation, stress, the effects of medications, the effects of recreational drugs, viral infections, loud noises, common colds, head injury, rapid ingestion of a very cold food or beverage, and dental or sinus issues.

LAKSHANA

VATAJA SHIRASHOOLA: Pulsatile and intense in nature patient feels as though the eyeballs are being squeezed out, Tinnitus, photophobia, nasal discharge and stiffness of the jaw may be seen, Animittashiroruja- erratic in timing, Nishichaatimatra- aggravates at night.

PITTAJA SHIRASHOOLA: Burning sensation in head, eyes, nose as if sprinkled by amber, May be accompanied by jwara. Associated with syncope, and subsides at night, Upashaya-sheetsa and ratri, Anupashaya- ushnopachara.

KAPHAJA SHIRASHOOLA: Liptata and gowrava in shiras and gala, Shotha in gandakshikoota and mukha, karnakandu and vomiting.

SANNIPATAJA SHIRASHOOLA: Mixed features.

RAKTAJA SHIRASHOOLA: Sparshasahatwa is the specialfeature and resembles pittajashirashoola in other features.

KSHAYAJA SHIRASHOOLA: This variety occurs due to kshaya of vasa, kaphaadisnigdhabhavas in the body.This variety is kastasadhya. This variety can be thought of in the context of severe malnutrition or weight loss. All the panchakarmatretments are contraindicated in this condition.

KRIMIJA SHIRASHOOLA: Tridosajavyadhi caused by kleda in the shiras which gives rise to krimi . characterized by severe pain in the shiras. There may be chittavibhramshajwara, kasa, balakshaya, kandu in kapalatalu and shiras. Also characterized by Tamravarnasinganakata(nasal discharge), karnanada.

SHANKHAKA: Tridosadusti along with raktadusti. Characterized teevradaha raga rujapralapa, bhrama. It causes death very quickly if not treated.

ANANTAVATA: (Trigeminal neuralgia) : It is a tridosaja condition causing severe pain in temples, eyes' eyebrows, mandibular region and mandibular stiffness.

SURYAVARTA: (FRONTAL SINUSITIS) :Pain starts mildly at sun rise and gradually increases as the sun becomes brighter and decreases in intensity by sunset. Interestingly the condition is relieved by usnopachara sometimes and sheetaguna sometimes. Sushruta termed this as a tridosajavikara.It may be considered to to be pitta pradhanavatanubandhitridosaja.

ARDHAVABHEDAKA (MIGRAINE) : As the name suggests the disease is characterized by hemi cranial headache. Such headache has a periodicity and the attack may be once in a fortnight or in 10 or 12 days or sometimes all of a sudden.Pain is intense and acute of pricking or cutting nature.Area of pain- eyebrows, Pain may be so intense that it may lead to giddiness.If uncontrolled it may lead to impairment of hearing sensation or visual sensation.

Diagnostic tests causing the headaches.

- Complete Blood Count (CBC), a blood test that can show signs of an infection
- Skull X-rays, an imaging test that provides detailed pictures of the bones of the skull

- Sinus X-rays, an imaging test that may be performed if sinusitis is suspected
- Head CT or MRI scan, which might be done in cases where stroke, trauma, or blood clots on the brain are suspected

CHIKITSA

Prashamana (relief): Through bandha, mardana, sneha, sweda and upatapa- subsides by tying a band around the head or by giving hot fomentation.

Shodhana: Basti -Anuvasanabasti with kalyanakagritha, amritaditaila, balathaila, narayanathaila, mahamasathaila etc...

Nasya: snehana or brimhananasya Ksheerabala-101, Anuthaila, Shadbinduthaila, any vatashaamaka and madhurarasaganadravyasaditanasya.

Shamana: A) **Antaparimarjana:** Ghee and cow's milk a) Dosapratyneeeka b) Vyadhipratyaneeka

B) Bahiparimarjana- abhyanga: Chikitsa of all secondary varieties of shirashoola involves the treatment of the primary cause which will relieve the secondary outcome. Consider the example of shirashoola occurring as a symptom in amlapitta. In this case the treatment of amlapitta by shodhana measures such as vamana, mruduvirechana and basti in long standing cases and shaman by medicines such as kamadudharasa, sootashakararasa, pravalapanchamritha etc.subsides the shirashoola.

In primary cases of shirashoola first line of treatment is "Nidana Parivarjana".

In all cases due importance should be given to agni. Therefore in all cases where agnimandya is seen Pachana and deepanachikitsa is administered. Following drugs can be considered for the purpose according to the dosa involvement.

Vata: Amlapachana and lavanapachana: madiphalarasayana, hingvastakachoorana, lavanabhaskarachoorana, shankhavati, hinguvachadichoorna etc.

Pitta- tiktapachana: panchanimbadivati or choorna, madiphalarasayana, mustachoorana, mustarista, drakshadichoorna, avipattikarachoorana, shankhabhasma, sutashekaararasa, kamadudharasa, interestingly most liver tonics act as tiktapachakas etc...

Kapha-katupachana: agnitundivati, ajamodarka, sanjeevanivati, kravyadarasa, hingvadivati, lashunadivati, hingvastakachoorana, sitopaladichoorna, chitrakadivati etc...

The above mentioned pachakadravyas act as deepaneeyadravyas also and applicable in all diseases.

CONCLUSION

A headache is a very common condition that causes pain and discomfort in the head, scalp, or neck. Headaches can sometimes be mild, but in many cases, they can cause severe pain that makes it difficult to concentrate at work and perform other daily activities. Luckily, most headaches can be managed with medication and lifestyle changes. The underlying cause of a headache can be determined by taking a medical history and performing a physical examination. This exam should include a complete neurological evaluation.

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