



## AYURVEDIC MANAGEMENT OF TENSION TYPE HEADACHE (VATAJ SHIRAHSHOOLA): A CASE STUDY

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## ABSTRACT

**Purpose:** Tension Type Headache is the common type of headache, it may last for few days to few weeks, generally seen in patients with stress and psychological conditions. Patient came in OPD with complaints of pain & feeling of tight band around head, pain in eyes, pain in back of head & neck, pain rises in evening, as sign & symptoms and cause of Tension Type Headache resembles with *Vataj Shirahshoola*. In the era of stress & tension recurrency is commonly seen. The present case highlights the ayurvedic management in reducing the episodes of headache & recurrency with *Panchakarma* procedure and dietary and lifestyle adoption.

**Method:** The present case study deals with 32-year-old female patient having complaints of pain & feeling of tight band around head, pain in eyes, pain in back of head & neck, pain rises in evening, symptoms increase with stress. She was clinically diagnosed with *Vataj Shirahshoola* (Tension Type Headache). Patient was treated with *Nasya Karma* along with *Shamana Chikitsa* and advised for dietary and lifestyle adoption.

**Result:** *Panchakarma* along with *Shamana & Ahar-Vihar* adoption showed significant results in the patient.

**Conclusion:** Tension Type Headache can be managed with *Ayurvedic Chikitsa (Panchakarma + Shamana)*. With *Nidan Parivarjana & Ahar-Viharaj* adoption we can reduce the recurrency of episodes.

**Keywords:** *Vataj Shirahshoola*, Tension Type Headache, *Panchakarma*, *Shamana*, Dietary adoption.

## INTRODUCTION

Ayurveda, being the traditional system of medicine, focuses on the body constitution and lifestyle. Ayurveda is the system of life which has the main purpose of prevention of disease, prolongation of health along with cure of disease [1]. Acharya Charaka has mentioned the definition of Ayurveda in Sutrasthan that it deals with good, bad, happy, unhappy, healthy, unhealthy, longevity of life [2].

As Ayurvedic treatment is based on Siddhantas. Samanya- Vishesha Siddhanta states that similar things cause increase and opposite causes decrease in the elements of body [3]. The Shira i.e., head is considered as Uttamanga as it is the important part of the body [4]. Shira is compared with sun. All the sense organs & channels carry impulses from Shira like sun rays. Shula i.e., pain. According to Sushruta Acharya Shula means Shankuvat Vedana (blunt pain) [5]. The word Shirahshoola is formed of two words 'Shira' and 'Shoola' i.e., headache. Shira is said to be the site of Prana and Indriya, Hence the treatment of Uttamanga is prime need. As per Siddhantas where there is Shoola there is Vata predominance, so headache can be considered due to Vata Prakopa. Stress, depression, anxiety are the common causes of Tension Type Headache. It is often described as feeling like a tight band around the head. Manasika Hetu like Bhaya, Krodha, Chinta causes Vataj Shirahshoola. As we see similarity between both of them, we can say Vataj Shirahshoola and Tension Type Headache are correlated. In allopathic science the treatment of Tension Type Headache is not given as such, instead pain relievers and antidepressants, which don't give relief also have the risk of habituation. Hence, these are not recommended. Tension Type Headache can be episodic which has episodes for 15 days a month and chronic which has episodes of more than 15 days a month for at least 6 months [6]. Prevention of recurrence in episodes of headache is important.

Causes of Tension Type Headache are poorly understood, and it aggravates with stress, anxiety, strain, unsuitable environment, inadequate sleep, irregular dietary pattern, not eating on time. These are the re-

current episodes of headache lasting from hours to weeks (almost daily).

### MATERIAL AND METHOD:

The study was carried out in Dr. G. D. Pol foundation, YMT Ayurvedic medical college and hospital, Kharghar, Navi Mumbai.

### AIM

To understand the effect of ayurvedic management of Vataj Shirahshoola w.s.r. to Tension Type Headache.

### OBJECTIVES

- To understand the concept of Vataj Shirahshoola.
- To understand the concept of Tension Type Headache.
- To understand the effect of Panchakarma and Shamana Chikitsa in Vataj Shirahshoola w.s.r. to Tension Type Headache.

### HISTORY OF PRESENT ILLNESS

A 32-year-old female patient came in Dr. G.D. Pol foundation, YMT Ayurvedic college and hospital's Panchakarma OPD with complaints of Pain and Tightness around neck (feels like tight band around neck), Pain in eyes, Pain in back of head, Tenderness in neck and shoulder, Pain often rises in evening. Episodes of headache are 5-6 times a week in the last 2 years.

### PERSONAL HISTORY

Frequent consumption of junk food, stale food, frequent fasting (twice in a week- Monday, Thursday), exposure to cold climate and wind, continuous use of air conditioner, Symptoms worsens with stress, anxiety, strain, unsuitable environment, inadequate sleep, irregular dietary pattern, not eating on time. Pain increases in the evening; Headache stops after taking Paracetamol 650mg (need to take twice a week). Headache starts again next day.

HISTORY OF PAST ILLNESS: Nil

FAMILY HISTORY: Nil

### CLINICAL FEATURES

- Shankha Nistoda (Bitemporal Headache)
- Ghate Grivaya Paschatbhag Bhednavat Pida (Pain in occipital region)
- Bhrumadhya Evam Lalat-Pida (Pain in frontal region)

- *Shrotre Vedhanvat Pida* (Severe pain in ears)
- *Shrotre Svanan* (Noises in ears)
- *Akshi Nishkasanavat Pida* (Pain in eyes as feeling eyes are coming out)
- *Shiro Ghrunanam* (Giddiness)
- *Sirajal Sfurana* (Tingling sensation)
- *Shirodhara Stambha* (Stiffness of neck)
- *Nishakale Ativedana* (Pain increase at night)<sup>[7]</sup>

Gradation used for subjective and objective parameters.

GRADATION	SYMPTOMS
0	No complaints
1	Mild pain (can do his/her work)
2	Moderate (distressing, can do usual activity but can't ignore the pain)
3	Severe (forced to stop work, but no need to take medicine)
4	Very severe (forced to take medicine and rest)

#### EPISODES OF HEADACHE

GRADATION	EPISODES
0	No pain/week
1	1-2 times/ week
2	3-4 times/week
3	5-6 times/ week
4	More than 6 times/ week

#### TREATMENT

Charaka Acharya has given the *Chikitsa Sutra* of *Vataj Shirahshoola* states *Vataghna Sneha* to be used, *Vataghna Sweda* to be used, *Nasya* along with *Vatashamak Anna-Paan Vatashamaka Upnaha*<sup>[8]</sup>. *Chikitsa Sutra* clearly states *Panchakarma Chikitsa* along with *Pathya-Apathya* and *Shamanartha* we can use *Vataghna Dravya* and *Sneha* with *Dugdha* has been stated in *Sushruta Samhita*<sup>[9]</sup>.

1. *Panchakarma*
2. *Shamana Chikitsa*
3. *Pathya-Apathya*

#### PANCHAKARMA CHIKITSA:

Among *Panchakarma Nasya* is the main treatment of *Urdhvag Jatrugat Vyadhi*. *Nasya* with *Panchamoola Kwath* (*Laghu Panchamoola* in equal quantity of *Shaliparni*, *Prushniparni*, *Bruhati*, *Kantakari*, *Gokshura*) was prepared with the classical method of *Sharangdhar Samhita*<sup>[10]</sup>. 2 gm of *Laghu Panchamoola* was taken with 16ml of *Goksheer*, and 64 ml of water added, the mixture was heated till only milk (16ml) remained<sup>[11]</sup>.

Sr. No.	Treatment	Details of Intervention	Duration
1.	<i>Nasya</i>	<i>Panchamoola Shruta Ksheer Nasya</i> (6drops in each nostril)	7 days
2.	<i>Lepa</i>	<i>Panchamoola</i> (in equal quantity)	7 days

#### SHAMANA CHIKITSA

Sr. No.	Treatment	Dose and Anupan	Duration
1.	<i>Shirahshooladrivajra Rasa</i>	250mg BD after meal with goat milk	14 days
2.	<i>Goghrita</i>	20ml with <i>Godugdha</i> in morning empty stomach	7days

PATHYA-APATHYA [12]

PATHYA	APATHYA
<p><i>Jeerna Sarpi Paan, Shali Shashti Odan, Yusha, Dugdha Paan, Jangal Mamsa Rasa, Parvaal, Shigru, Draksha, Karvellak, Amra, Amalaki, Dadimba, Matulung (Jambhira), Taila, Takra, Kanji, Narikela, Haritaki, Bhrunraaj, Kumari, Musta, Raat (Moon Rays), Sugandhi Dravya (Kapoor, Chandan, Tagar, Usheer, Chandani, Kushtha).</i></p> <p><i>Mudga, Kullatha, Masha Sevan IN NIGHT With Ghruta, Mudgadi (Mudga, Kullatha, Masha) Kalka Siddha Dugdha with Tila Taila, Katu and Ushna Padartha Sevan.</i></p>	<p><i>Ksvathu, Jrumbha, Mutra, Bashpa (Tears), Nidra, Maladi Vega Vidharan, Dushit Jaal, Viruddha Ahar, Danta Dhavan, Divasvap.</i></p>

OBSERVATION AND RESULT

Patient was asked for the follow up on 7<sup>th</sup> day and 21<sup>st</sup> day. The signs and symptoms of headache were decreased after *Nasya* and *Lepa Karma* for 7 days. Along with internal medicine and dietary adoption were given. At last, the episodes of Headache were reduced from 5-6 times a week to 1-2 times a week.

LAKSHAN	DAY 0	DAY 7	DAY 21
<i>Shankha Nistoda</i>	4	3	1
<i>Ghate Grivaya Paschatbhag Bhedanvat Pida</i>	4	2	1
<i>Bhru Madhya Evam Lalat-Pida</i>	3	3	1
<i>Shrotre Vedhanvat Pida</i>	2	1	0
<i>Shrotre Svanan</i>	0	0	0
<i>Akshi Nishkasanavat Pida</i>	3	1	1
<i>Shiro Ghrunanam</i>	4	2	0
<i>Sirajaal Sfurana</i>	4	3	0
<i>Shirodhara Stambha</i>	4	2	1
<i>Nishakale Ativedana</i>	4	2	0
TOTAL	32	19	5

EPISODES	GRADATION
Day 0	3 (5-6 times/ week)
Day 7	2 (3-4 times/ week)
Day 21	1 (1-2 times/ week)

DISCUSSION

Now-a-days Headache is the major problem due to increase in stress and anxiety, it causes distraction and discomfort in day today life. In this competitive era stress is commonly seen, stress is the major triggering factor of Tension Type Headache. *Vataj Shirahshoola* has mainly *Manasika* and *Viharaj Nidan* like *Uchhabhashya, Atibhashya, Bhaya, Shoka, Ratri Jagran, Vega Vidharan* which are seen in majority of people due to busy life and heavy workload causes

the vitiation of *Vata Dosha*. These vitiated *Vata* reaches the *Dhamanis* of *Shira* causing *Kshobha* in *Shirogata Dhamani*. Due to the *Kshobha* in *Shirogat Dhamani* pain starts leading to *Vataj Shirahshoola*. *Vataj Shirahshoola* comes under the *Urdhavg Jatruaat Vyadhi*. As the treatment for *Urdhavg Jatrugat Vyadhi* is *Nasya*. '*Nasa hi Shirasho Dvaram*'. Medicine administered through nasal route gets directly in the brain, so for the treatment of *Shirahshoola*, *Nasya* is the main *Chikitsa*. *Nasa* and *Shira* are the *Sthan of Indriya*, herbal medicines admin-

istered through nasal route goes to *Shrungatak Marma* through nasal channel and reaches to brain where it gets absorbed. As mentioned in *Sharangadhar Samhita* and *Bhaisajya Ratnavali* [13] *Panchamoola Kwath Siddha Ksheer Nasya* was administered. *Panchamoola* (*Shaliparni, Prishniparni, Brihati, Kantakari, Gokshura*) has the *Vataghna* property. *Laghu Panchamoola* is *Grahi, Madhur Rasatmak and Nati Ushna* along with *Vatapittaghna* property [14]. *Acharya Charak* has mentioned *Chikitsa* of *Vataj Shirahshoola* in *Chikitsa Sthan* use of *Vataghna Sneha, Sweda, Nasya, Vatanashak Ahar Vihar, Vataghna Upanaha*.

*Panchamoola Sidhha Nasya and Lepa* was applied for 7 days along with oral medicine given. After the completion of *Nasya and Lepa, Vaat Shamanartha Snehapaana* was given *Goghruta* 20 ml with 1 glass (100ml) of *Godugdha* for 7 days. The main treatment of *Vata Dosha* is *Sneha*. *Ghruta* is the best among all the *Snehas* as it has the '*Sanskarasya Anuvartan*' property. *Goghruta* is the best among all the *Ghruta*. *Goghruta* is *Tridosha Shamak, Veeryavardhaka*, having the property of *Madhur Rasa*, even after having property of *Sheeta Veerya* it doesn't vitiates *Vata Dosha*.

*Shirahshooladri Vajra Rasa* was given for 14 days with *Chaga Dugdha* (goat milk) after *Nasya and Lepa*. Goat's milk has the property of *Sarva Roga Nashak* along with *Laghu*, which makes it easy to digest [15]. *Shirahshooladri Vajra Rasa* is having *Shuddha Parad, Shuddha Gandhak, Loha Bhasma, Tamra Bhasma, Shuddha Guggulu, Triphala, Shunthi, Vidanga, Gokshura* Like *Ushna, Katu, Tikshna Dravya* along with *Dashamoola* in more quantity which has *Vataghna* property [16]

*Acharya Susruta* has specifically mentioned in *Chikitsa* of *Vatik Shirahshoola 'Mudga Kulatthan Mashashcha Khadechh Nishi Kevalan* [17]. So, the specific diet for the dinner was given in form of *Mudga, Kulattha, Masha* with *Ghruta* alternately. *Masha, Kulattha* is *Vatashamak*, but *Mudga* is slight *Vatakarak* but when it is consumed with *Sneha* it doesn't vitiates the *Vata* and due to the *Laghu Guna*, it is easy to digest.

*Nasya Karma* and *Lepa* showed the significant result within 7 days the symptoms were reduced nearly 50% along with episodes of headache which was 5-6 times a week earlier, reduced to 3 times/week, after completion of *Panchakarma Shamana Snehapaana* was given for 7 days along with oral medication *Shirahshooladri Vajra Rasa* for 14 days. Assessment was done on the 21st day of treatment which showed highly significant result.

## CONCLUSION

Based on these case study, we can say *Vataj Shirahshoola* can be compared with Tension Type Headache. *Vataj Shirahshoola* can be treated with *Vataghna Dravya, Sneha Dravya* along with specific dietary and lifestyle modification we can surely achieve milestone in management of Tension Type Headache.

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