

UNDERSTANDING OF KAPHAJA SHIRASHOOLA WITH SPECIAL REFERENCE TO MAXILLARY SINUSITIS

Vidyashree Hiremath¹, Vinod Jadhav²

¹Final year P.G. Scholar; ²Professor and Head;

Department of P.G. Studies in Shalaky Tantra, Sri Vijaya Mahanthesh Ayurvedic Medical College, Hospital, Postgraduate Studies and research Center, Ilkal, Karnataka, India

Email: vidyashri30@gmail.com

ABSTRACT

Shiras is an important organ situated above the *Jatru*. *Shiras* is said to be the *Uttamanga*, as it is the seat of vital organs like *Prana*, *Indriya*, *Pranavahasrotas* and *Sadhyo Pranaharamarma*. *Shira* is one among *Dashavidha Pranayatanas*. *Shira* is the seat of all *Gyanedriyas* and controls the function of *Karmendriyas*. *Shirashoola* is most prime symptom those are named as *Shirorogas*. Various *Shirarogas* are mentioned in our classics, *Kaphaja Shirashoola* is one among them. Sushruta has mentioned 11 types of *Shirashoola* in *Utthar Tantra*. It is characterized by *Shirogurutva*, *Mandaruja*, *Karna Kandru*, *Alasya*, *Kaphopadigham* and *Shuna akshi koota vadana*. The headache persists throughout the day and it may increase in night, this condition is commonly associated with post nasal discharge and nasal blockage. Most clinical features can be correlated with signs and symptoms of Maxillary Sinusitis. Maxillary Sinus is commonly involved in Sinusitis. It is caused by inflammation and pressure within the Maxillary Sinuses during a sinus infection. The Maxillary Sinusitis Headache is dull pain in nature. Therefore Maxillary Sinusitis can be considered under the heading of *Kaphaja Shirashoola*. It is one of the commonly found diseases in day to day clinical practice, found irrespective of age, sex and religion. In this article classical literature as well as modern medicine and correlation with interpretation and research article and Previous Dissertation has been taken as reference in reviving this article.

Keywords: *Shira*, *Kaphaja Shirashoola*, *Nasya*, Maxillary Sinusitis.

INTRODUCTION

Shalaky Tantra is the study of disease which is situated above *Jatru* and their treatment. *Shira* is one among the three *marmas*. It controls all *Indriyas*. *Shirashoola* is explained by different Acharyas in our classics.

Sinusitis is one among the most prevalent disease. An estimated 134 million Indians suffers from Sinusitis.

One in eight Indians suffers from Sinusitis caused by inflammation of the nasal and throat lining, which results in Headache.

In *Kaphaja Shirashoola* patient feels *Shirogurata*, *Tandra*, *Shunakshikuta*, *Karna kandru*, *Alasya* and *Shirashoola* persists throughout the day and it may increase at night.

This condition is commonly associated with Nasal obstruction, Post nasal discharge and Nasal Discharge.

Most of clinical features are correlated with sign and symptoms of Maxillary Sinusitis. The incidence of this is becoming more significant in population because of few *Nidanas* such as *Rajo*, *Dhoomasevana* (atmospheric pollutants), *Purovatasevana* (exposure to wind and moist breeze), *Jalakrida* (swimming), *Madura*, *Snigdha*, *Sheetha*, *Guru Ahara Sevana*.

Modern treatment of Sinusitis includes antibiotics, antihistamines, nasal spray and surgery. Decongestant may provide relief but these medications may cause rebound Sinusitis and frequent usage of these medications may leads to drug resistance and the Immunity is adversely affected.

Acharyas says that nose is the gateway for head "*Dwaram Hi Shiraso Nasa*". *Nasya* is best line of treatment in *Urdwajatrugath Rogas*. *Katu*, *Ushna*, *Teekshna* and mitigates *Kapha* and *Vata doshas*. In *Kaphaja Shirashool Shirogurta*, *Mandaruja*, *Sthimitya* are the laxanas because of this *gunas* it is helpful.

The entire study has contents like of review of literature, which has the literary aspects of both Ayurvedic and contemporary science. It deals with *Nirukti*, *Prayayas*, *Nidana Panchaka*, *Chikitsa* and modern view.

Objectives

1. Detail study of review *Kaphaja Shirashoola*.
2. Detail study of review Maxillary Sinusitis.
3. Understanding the *Kaphaja Shirashoola* with special reference to Maxillary Sinusitis.

Nirukthi of Kaphaja Shirashoola

Kaphaja

"*Ka na phalena janati Kapha*"

That means which is originated from *Jala Mahabhootha*

Shirashoola

"*Shira ruja eta eva*"

The pain present in *Shira*.

Kaphaja Shirashoola

It is a condition where there will be mild pain in head throughout day and aggravated at night¹

Kaphaja Shirashoola Synonyms

*Kaphaja Shiroroga*², *Shleshamaja Shirashoola*³, *Shleshama Abhitapa*⁴, *Kaphaja Shiroabhitapa*⁵, *Shleshmika Shiroroga*⁶

Nidana

The Acharya Charaka⁷ explained specific *Nidanas* for *Kaphaja Shirashoola*

1. *Asya Sukha*, 2. *Swapana Sukha*, 3. *Guru Bhojan*, 4. *Snigdha Bhojana*, 5. *Ati Bhojana*

These *Nidanas* formed *Kapha* dosha prakopa which causes *srothorodha* and *Mandagni*. Due to improper function of *Agn*, *ama* is formed. It is said to be the root cause of all disease. The substance which is detrimental to *srothas* is termed as *Ama* and it produce pain or creates pressure on *srotomukha* and accumulates in *srotomuka*.

Rupa

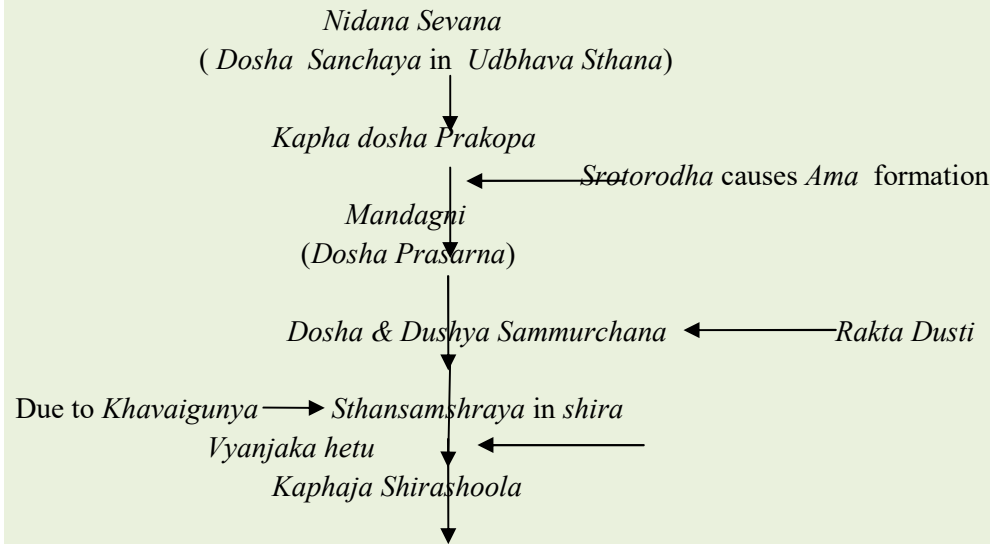
The Acharya Charaka⁸, Sushruta⁹, Vagbhata¹⁰ and other Acharyas explained following laxanas of *Shirashoola* are

1. *Mandaruja*, 2. *Shirogurutva*, 3. *Kaphopadigdham*, 4. *Aruchi*, *Alasaya*, 5. *Karna Kandu*, 6. *Tandra*

Samprapti

Due to above said *Nidana Sevana*, *Kapha* gets vitiated and lodges in *Shira Pradesha* causing *Kaphaja Shirashoola*.

Showing *Samprapti* of *Kaphaja Shirashoola*



Samprapti Ghatakas of *Kaphaja shirashoola*

Dosha: Kapha

Dushya: Rakta

Adhistana: Shiras

Vyakta Stana: Akshikoota, Vadanam, Nasa, Galam

Agni: Mandagni

Rogamarga: Madhyama

Chikitsa:

According to Charakacharya¹¹, *Nasya* is the best line of treatment for all *Shiraroga* and also explained treatment for *Kaphaja Shirashoola* as *Ghrutapana, Tikshna basti, Daha Karma, Raktamokashana, Nasya, Upanaha* and *Lepa*.

Acharya Sushrua¹² said as *Shirovirechana, Vaman, Gandusha, Acchapana, Swedana, Agnikarma* and *Lepa*.

Acharya Vagbhata¹³ mentioned *Nasya, Laghan, Vaman, Nadisweda* and *Alepa*.

Nasya Yogas

1. *Navana Nasya – Vidanga Taila, Sarshapa Taila, Vyosha siddha Taila*
2. *Avapeedana Nasya - Gudanagar and Marichadi Avapeedana Nasya*
3. *Pradamana Nasya - Kataphala churna, Madhukasara, Ingudi twacha, Meshashringi*
4. *Pratimarsha Nasya – Tila taila etc.*

Lepa Yogas

Ruksha and *Kaphagna lepas* are indicated

1. *Hirnyadi Lepa*

2. *Shuntyadi Lepa*

3. *Lepa* is prepared from *Deva, Kusta, Kasta, Sarala, Lavan*

Ghruthapana Shodhana

Purana Sarpi Vamana

Jeerna Sarpi Teekshana basti

Acchapana Agni karma and Raktamokshana

*Pathya and Apathya*¹⁴

Pathya – Yava, Sasti, Shali, Pravala, Vyosha with *Kshara, Patola, Mudga, Kulatya bhojana*

Apathya - Kaphavardhak Ahara and *Kaphavardhak Vihara*

Maxillary Sinusitis

The term *Sinusitis*, refers to a disorder characterized by inflammation of the mucosa of the Para nasal sinus. These are air containing spaces in certain bones of skull and they are in direct communication with the nasal cavity through their openings called *Ostia*. They are 4 on each side *Maxillary Sinus, Frontal Sinus, Ethmoidal Sinus* and *Sphenoid Sinus*. The *Maxillary Sinus* most commonly effected sinus. The infection of *Maxillary sinus* causes inflammation is called *Maxillary Sinusitis*.

*Aetiology*¹⁵

1. *Mechanical Obstruction*, 2. *Focal infection*,
3. *Allergy*, 4. *Immunodeficiency State*, 5. *Iatrogenic*

Pathology¹⁶

The mucosa of the sinus shows inflammatory response. The cilia get damaged by the infection with resultant inadequate drainage of the sinus cavity. The Maxillary sinus, where the ostium is situated high up in the medial wall. The retained secretions lead to re-infection per phlebitis and perilymphangitis leading to edema and polyp formation.

In chronic infections, process of destruction and attempts at healing proceed simultaneously sinus mucosa becomes thick and hypertrophic sinusitis or undergoes atrophy, surface epithelium may show desquamation regeneration or metaplasia.

Clinical Features

Conventional criteria for diagnosis of sinusitis based on presence of at least 2 or more than 2 symptoms

Symptoms¹⁷

Headache

Nasal discharge

Nasal Obstruction

Post nasal discharge

Puffiness of face

Treatment¹⁸

The Conservative treatment is indicated for acute Maxillary Sinusitis like Antibiotics, Nasal decongestant drops, Steam inhalation, Analgesics and In chronic Maxillary Sinusitis surgeries like Antral lavage, Antral puncture, Intranasal antrostomy and Caldwell-Luc surgeries are indicated.

DISCUSSION

Shiras is consider as *Uttamanga*, it involves all *Indriyas*, *Indriyavahi* and *Pranavaha srothas* and maintains these functions. According to modern science, the head encloses the brain. It is the body's control center. The Paranasal Sinus which is air filled spaces in the skull bone.

In *Kaphaja Shirashoola* and Maxillary Sinusitis symptoms are almost same like Mild headache, Nasal discharge, Nasal obstruction and Post nasal discharge. The specific *Nidanas* for *Kaphaja Shirashoola* like *Aasya sukha*, *Swapna Sukha*, *Guru – Snigdha-Ati*

bhojana towards changing life style which is significant etiology of Maxillary Sinusitis.

The vitiated *Kapha dosha* travels all around the body and lodge at *Shira*. *Khavaigunya* exist producing *Vyadhi*. Hence while *Ama* circulating in the whole body with the help of *vata*. It gets obstructed in the *Kapha sthana* i.e in *Shira* because of *srothavarodha*. The *Khavaigunya* may be compared to nasocilliary destruction, swollen and thickened mucosal lining of the sinus as a result of inflammatory changes.

In *Kaphaja Shirashoola* the main aim of treatment is *Samprapthi Vighatana* or *Srothoshodhana* of *Shira pradesha* by administration of *teekshana Nasya*, *Dhoompana*, *Vamana*, *Lepa* etc. The modern system also concentrates to proper drainage of Maxillary Sinus through Conservative and Surgeries. So it shows that both science having similar aim of treatment.

CONCLUSION

Kaphaja Shirashoola can be compared with contemporary science because of both are same in Etiology, Symptoms and prognosis of *Kaphaja Shirashoola* resemble with Maxillary Sinusitis. Ayurvedic treatment of *Kaphaja Shirashoola* is quite safer and has potential to drain the sinus along with immunomodulation.

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