

A PILOT OBSERVATIONAL STUDY TO ANALYSE THE RELATION BETWEEN CAUSATIVE FACTORS AND TYPE OF SHIRASHOOLA

Reshma R. Nair^{*1}, Midhu Krishnan² and Rohini Purohit³

¹1st Year P.G. Scholar, Post Graduate Dept. of Panchakarma, Alva's Ayurveda Medical College, Moodbidri. Karnataka.

²1st Year P.G. Scholar, Post Graduate Dept. of Swasta-Vritta, Alva's Ayurveda Medical College, Moodbidri. Karnataka.

³Associate Professor, Department of Panchakarma, Alva's Ayurveda Medical College, Moodbidri. Karnataka.

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***Corresponding Author**

Reshma R. Nair

1st Year P.G. Scholar, Post
Graduate Dept. of
Panchakarma, Alva's
Ayurveda Medical College,
Moodbidri. Karnataka.

ABSTRACT

Background: Shiras is considered as Uttamanga *Shirashoola* is an important disease included under the broad spectrum of *Shiroroga*. *Shirashoola* is a disease in itself as well as it is a symptom for many other diseases, seeking medical help. As per recent studies 35% of younger people suffer from headache per month in India. So in this study 20 -30 years of age group was selected and the result was 76% of people suffer from *Vataja Shirashoola*. Hence this is an attempt to find out the relationship between *Shirashoola* and causative factors among this age group of young adults. This might further help in devising effective preventive and therapeutic methods. **Objectives:** To assess the relation between causative factors and *Shirashoola* and to find the statistical significance of relation between *Nidana* and symptoms of headache. **Methods:** An observational study conducted in 50 subjects of age group 20-30 years. Data was collected by preparing

questionnaire through google form and it was collected and documented, analysed, and interpreted. **Results:** The study shows that the symptoms of *Shirashoola*, correlated to the causative factors shows a statistically insignificant value which is greater than 0.05, except to the correlation for intake spicy food and burning type of pain during headache giving a statistically significant relation with P value is 0.01. **Conclusion:** There is no statistical

significance of causative factors and type of *Dosha* involved in causing *Shirashoola* In the age group between 20 to 30 years.

KEYWORDS: *Shirashoola*, headache, causative factors.

INTRODUCTION

In Ayurveda, *Shiras* is considered as *Uttamanga*, as it is the seat of *Indriya* and *Prana*,^[1] *Urdvajatrugatavikara* is one among *Ashtanga Ayurveda*. *Shiroroga* is one of the *Urdvajatrugatavikara*. *Shirashoola* is included under broad term *Shiroroga*. Ayurveda has explained *Shiroroga* in detail along with its classification based on the predominance of *dosha*. Headache is a stressful condition that has 63.9% prevalence which is higher in female as compared to males.^[2] Being an alarming problem, this need immediate medical intervention.

Asathmyaindriyarthasamyoga, *Prajnaparadha* and *Parinama*,^[3] are the root causes of a disease. These can be understood as adversities, stress, strain, & life style modifications which leads to increased disease prevalence in current era. Irregular food habits, suppression of natural urges, tension, lack of relaxation are part of our routine life style which finally leads to diseases.^[4] *Nidana Parivarjana* being an important modality of treatment, ascertaining the specific causes will help to prevent and treat the diseases.^[5] Hence we tried to conduct a pilot study to analyse the causative factors of headache in young adults.

METHODOLOGY

Sample source: 50 subjects who are fulfilling the inclusion criteria was selected randomly for the study irrespective of gender, religion, occupation marital status, socio economic status were selected from ALVA'S education foundation Moodbidri, Dakshina Kannada District.

Method of collection of data: Questionnaire was prepared and distributed through google forms.

Study Design: An Observational Study.

Inclusion Criteria: Subjects who have regular problems of headache, Subjects of either gender of age between 20 -30years of age.

Exclusion criteria: Age below 18 and above 30 years, subjects suffering from headache due to other chronic disorders.

OBSERVATIONS AND RESULTS

The data was documented and analysed by using spearman's rank correlation. The occurrence of *Shirashoola* in the age group between 20 to 30 years was calculated to find out the significance of relation between causative factors and *Shirashoola*. Among 50 subjects, 44 subjects suppressed natural urges always giving a percentage calculation of 88%, giving the highest value for causing headache. 84% of subjects were got headache when they have tension, skip food, and when they are angry. So by taking the percentage calculation *Vatadosha* is predominant with 74% and *Samsargajadosha*, *Vatakapahaja* is 60%. This is done to assess the strength of relation between causative factor that have explained in classics. The correlation for intake of spicy food and burning type of pain during headache given a statistically significant relation with $P < 0.01$. Suppressing of urges were correlated to pricking pain and $P = 0.8$ which suggest statistically insignificant relation. Getting headache when tensed was correlated to pricking type of pain and the P value obtained was greater than 0.05 that is 0.5 which show statistically insignificant. All symptoms when correlated to causative factors were giving a statistically insignificant P value greater than 0.05.



Figure 1: Observation on burning pain.

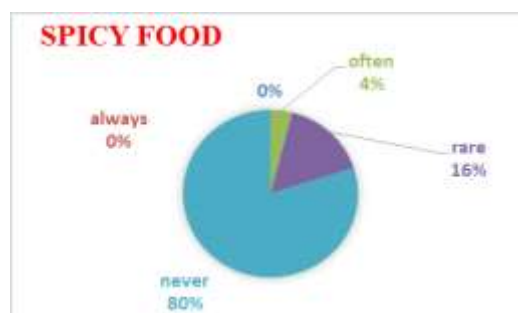


Figure 2: Observation on spicy food.

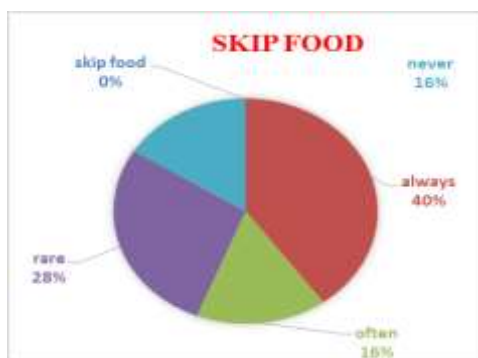


Figure 3: Observation on skipping of food.



Figure 4: Observation on heavy food.



Figure 5: Observation on suppressing urges.

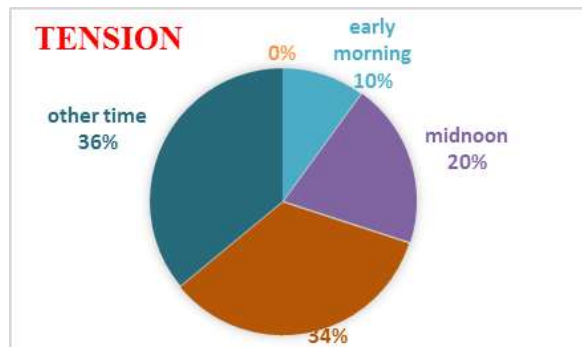


Figure 6: Observation on tension.

DISCUSSION

Among 50 subjects, 44 subjects suppressed natural urges always giving a percentage calculation of 88%, giving the highest value for causing headache. 84% of subjects were got headache when they have tension, skip food, and when they are angry. So by taking the percentage calculation *Vatadosha* is predominant with 74% and *Samsargajadosha*, *Vatakaphaja* is 60%. Suppressing of urges were correlated to pricking pain and P value was 0.8 which suggest statistically insignificant. Getting headache when tensed was correlated to pricking type of pain and the P value obtained was greater than 0.05 which shows statistically insignificant relation. All symptoms when correlated to be positive factors were giving a statistically insignificant value is greater than 0.05 except to the correlation for intake spicy food and burning type of pain during headache giving a statistically significant relation with P value is 0.01. Along with *Vataanubhandha Pitta Dosha* is involved. Hence these *Nidana* can lead to *Rooksha Guna Vridhi* which may cause *Vataprakopa*.

CONCLUSION

There is no statistical significance of causative factors and type of *Dosha* involved in causing *Shirashoola* in age group between 20 to 30 years. So by taking the percentage wise calculation *Vatadosha* is predominant with 74%. *Samsargajadosha* that is *Vatakaphaja* is 60%.

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