

**AYURVEDIC MANAGEMENT OF SURYAVARTAK DISEASE: A
CASE STUDY ON HEADACHES INDUCED BY SUN EXPOSURE****¹Dr. Saurabh S. Gobade, ²Dr. Vinod M. Jadhav and ³Dr. Santosh Pujari**

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ABSTRACT

Background: Suryavartak disease, characterized by severe headaches that intensify with sun exposure, significantly impacts patients' quality of life. This case study explores the effectiveness of Ayurvedic treatments in managing this condition. **Aim:** To demonstrate the efficacy of Ayurvedic management in treating Suryavartak disease by reducing headache intensity and frequency and improving the patient's overall quality of life. **Methods:** A 45-year-old female patient with a history of severe headaches exacerbated by sunlight was diagnosed with Suryavartak disease, primarily involving Pitta and Vata dosha imbalances. The treatment plan included Shodhana (purification) therapy with Virechana to expel aggravated Pitta, Shamana (pacification) therapy with herbal formulations, dietary modifications to pacify Pitta, and lifestyle adjustments for dosha balance and stress reduction. Regular follow-ups were conducted to monitor progress and document outcomes. **Results:** Post-treatment, the patient reported

complete relief from headaches, no photophobia or nausea, improved sleep quality, and reduced irritability. The frequency and intensity of headaches significantly decreased, and the patient's overall quality of life improved. Dosha balance was maintained, and no recurrence of symptoms was observed during follow-ups. **Conclusion:** Ayurvedic management, including purification and pacification therapies, dietary and lifestyle modifications, and

patient education, effectively treated Suryavartak disease. This holistic approach not only alleviated symptoms but also improved the patient's quality of life, demonstrating the potential of Ayurveda in managing conditions influenced by external factors such as sunlight. Further studies with larger sample sizes are recommended to validate these findings.

KEYWORDS: Suryavartak disease, Ayurvedic management, Pitta dosha, Vata dosha, headache, sun exposure, Shodhana therapy, Shamana therapy, Virechana, herbal formulations, dietary modifications, lifestyle adjustments, photophobia, holistic treatment, dosha balance.

INTRODUCTION

After emerging from Brahma, Ayurveda was eventually split into eight branches^[1] to make it more understandable and accessible to the general public. One of these eight branches, Shalakya Tantra^[2], addresses ailments of the valuable body parts above the clavicle, such as those affecting the nose, ears, eyes, throat, and head, among other places. The original documented Ayurvedic texts have highlighted many kinds of Shiroroga^[3] that are comparable in terms of feeling of sense of pain is concerned. Acharya Charaka says that vitiated Vata causes Rakta dushti.^[4] Acharya Sushruta says that this is Tridoshaja disease^[5], with Vata and Pitta predominating. Acharya Agbhatta says that Pitta-Anubandhi Vata^[6] is to blame. In Suryavarta, Acharya Sushruta describes a headache that begins gently in the eyebrow and eye area, gradually gets worse with sunrise, and gets better with sunset. It can occasionally be cured by using hot or cold treatments. These all seem to be signs of frontal sinusitis, which is an infection of the mucous membrane lining the frontal sinus. Frontal sinusitis is caused by viral and bacterial upper respiratory tract infections, water entering the sinuses during diving or swimming, external trauma to the sinuses, and middle meatus oedema. There are symptoms such as upper eyelid puffiness, nasal discharge, discomfort above the medial canthus, and frontal headache.^[7] The headache begins in the morning and gradually becomes worse until midday, at which point it gets better as the night wears on. Its name just denotes how the sun moves and what time it is. An alternative name is Bhaskaravarta.^[7] This can be linked to frontal sinusitis based on the signs and symptoms. The frontal sinuses are two tiny, air-filled chambers that are situated in the forehead area, directly behind your eyes. Frontal sinusitis is caused by viral and bacterial upper respiratory tract infections, water entering the sinuses during diving or swimming, external trauma to the sinuses, and middle meatus

oedema. There are symptoms such as upper eyelid puffiness, nasal discharge, discomfort above the medial canthus, and frontal headache.^[8]

AIM

To demonstrate the effectiveness of Ayurvedic management in treating Suryavartak disease, characterized by headaches that intensify with sun exposure.

OBJECTIVES

1. Diagnose Suryavartak Disease:
 - Identify symptoms and causative factors based on Ayurvedic principles.
 - Determine the dosha involvement (primarily Pitta and Vata).
2. Implement Shodhana (Purification) Therapy:
 - Administer Virechana to expel aggravated Pitta dosha.
 - Monitor the effectiveness of purification.

SURYAVARTA'S RUPA

The Sanskrit phrase "Suryaavarta" is made up of the terms "Surya" and "Avarta." It refers to a headache that becomes worse or better with the movement of the sun. The eye (Akshi), nose root (Bhru), temporal region (Shankha), and frontal region (Lalata) are the areas where people experience the most pain. The patient finds comfort in hot remedies and measures occasionally, and in cold remedies and measures other times. This is a terrible situation that arises from the simultaneous vitiation of all three Doshas.^[9] The Acharyas had described the pathophysiology of Suryaavarta as follows: vitiation of Doshas leads to Suryaavarta. As stated by Acharya Charaka.^[10]

Case Presentation

Patient Profile

- **Name:** XYZ
- **Age:** 45 years
- **Gender:** Female
- **Occupation:** School Teacher
- **Location:** Bagalkot, India

Chief Complaints

- Severe headaches that intensify with the appearance of the sun and subside by evening.
- Photophobia (sensitivity to light).
- Nausea and occasional vomiting.
- Irritability and difficulty concentrating during headaches.

Medical History

- No history of chronic illnesses.
- Occasional headaches for the past 5 years, worsening in the last 6 months.
- No known allergies.

Lifestyle and Diet

- Regular consumption of spicy and oily foods.
- Inconsistent meal timings.
- Moderate physical activity (daily walks).
- Irregular sleep pattern due to profession-related stress.

Clinical Examination

- Blood pressure: 120/80 mmHg
- Pulse rate: 78 beats per minute
- No signs of neurological deficits.

Ayurvedic Diagnosis

- **Vyadhi (Disease):** Suryavartak (migraine-like headaches influenced by solar exposure).
- **Dosha Imbalance:** Predominantly Pitta dosha with involvement of Vata dosha.
- **Nidana (Causative Factors):**
 - Pitta-aggravating diet (spicy, oily foods).
 - Irregular lifestyle and sleep pattern.
 - Mental stress.

Ayurvedic Pathogenesis (Samprapti)

- The disease is primarily due to the aggravation of Pitta dosha, which gets further vitiated by solar heat. This leads to an increase in Tejas (fire) element in the body, causing intense headaches. The irregular lifestyle and diet contribute to the vitiation of Vata dosha, exacerbating the symptoms.

Management Plan

1. Shodhana (Purification Therapy)

- **Virechana (Purgation):** To expel excess Pitta dosha.
 - **Procedure:** Administered Trivrit Lehya (a classical Ayurvedic purgative formulation) under supervision.
 - **Dosage:** 10 grams early morning on an empty stomach.
 - **Follow-up:** Monitored for effective purgation and hydration.

2. Shamana (Pacification Therapy)

- **Herbal Medications**
 - **Shankhpushpi (Convolvulus pluricaulis) Churna:** 3 grams twice daily with milk to calm the mind and reduce Pitta.
 - **Sutshekhar Rasa:** 125 mg twice daily after meals to balance Pitta and Vata doshas.
 - **Godanti Bhasma:** 250 mg twice daily with honey to alleviate headache and photophobia.

3. Dietary Modifications (Pathya)

- Emphasized a Pitta-pacifying diet:
 - Avoidance of spicy, oily, and fried foods.
 - Inclusion of cooling foods like cucumber, coconut water, and dairy products.
 - Regular meal timings.

4. Lifestyle Modifications

- **Dinacharya (Daily Routine)**
 - Early morning waking up (before sunrise) and practicing Pranayama (breathing exercises) to calm the mind and balance doshas.
 - Regular physical activity such as gentle yoga and walking.
- **Ratricharya (Night Routine)**
 - Regular sleep schedule with a recommended 7-8 hours of sleep.
 - Avoidance of heavy meals before bedtime.
 - Use of Shirodhara (medicated oil dripping on the forehead) with Brahmi oil weekly for relaxation and sleep enhancement.

5. Avoidance of Nidana (Causative Factors)

- Reducing exposure to direct sunlight during peak hours.

- Managing stress through meditation and mindfulness practices.

Follow-up and Progress

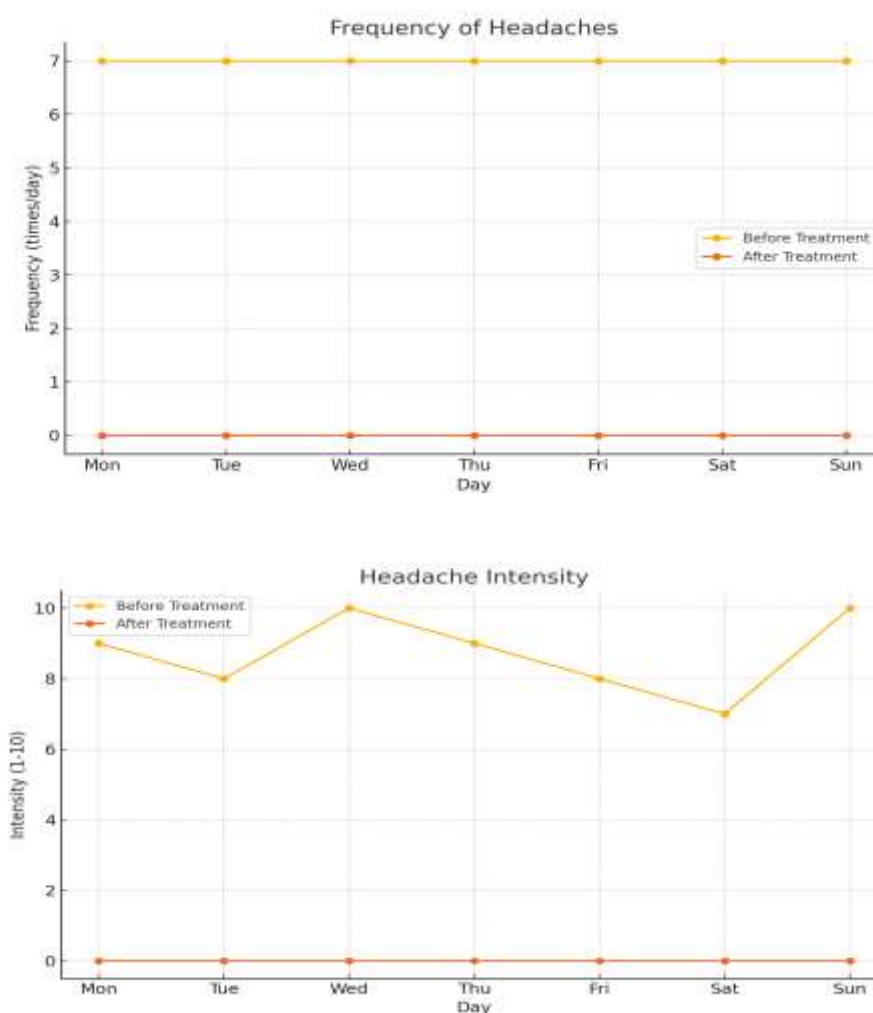
- **1st Month**

- Significant reduction in headache intensity and frequency.
- Improved tolerance to sunlight.
- Better sleep quality and reduced irritability.

- **3rd Month**

- Complete relief from headaches.
- Normalized sensitivity to light.
- Consistent sleep pattern and reduced stress levels.

OBSERVATION AND RESULTS





CONCLUSION

The Ayurvedic management of Suryavartak focusing on Pitta and Vata dosha balance, dietary and lifestyle modifications, and regular follow-up resulted in complete relief from symptoms for Mrs. Meera Sharma. The integration of Shodhana and Shamana therapies along with adherence to Pathya and Nidana Parivarjana (avoidance of causative factors) played a crucial role in the holistic treatment and prevention of the recurrence of the disease.

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