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AYURVEDIC MANAGEMENT OF VATAJA SHIRASHOOLA VIZ-A-VIZ TENSION-TYPE OF HEADACHE: A CASE REPORT

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ABSTRACT

Background: Tension type Headache is a common type of primary headache that can significantly affect daily activities, sleep and quality of life. Tension-type headache is the most common type of primary headache. Globally, it affects about 2 billion people, which means nearly 1 in 4 people. In Ayurveda, Tension type headache correlated with *Vataja Shirashoola*. *Nasya Karma* is an important therapeutic procedure in Urdva Jatrugata vikara, while *Shamana Chikitsa* may be selected according to the associated *Dosha* and clinical manifestations. This case report documents the clinical outcome of an Ayurvedic treatment approach comprising *Shodhana Nasya* followed by *Shamana Nasya* and Shaman Aushadhi in a patient presenting with symptoms of Vataja Shirashoola. **Methods:** A 33-year-old female came to the outpatient department with complaints of forehead pain, tightness of the head and reduced sleep since four years. pain intensity of which remained the same throughout the day. The pain was aggravated by loud sounds and exposure to bright light. Temporary relief was found by applying pressure on the forehead and rest. Associated symptoms were ear pain, heartburn, irregular appetite and disturbed sleep. Based on the clinical presentation, the condition was considered *Vataja Shirashoola*. The treatment protocol consisted of *Nasya*

Karma followed by *Shamana Chikitsa*. *Anu Taila* was administered as *Shodhana Nasya* for three days, followed by *Ksheerabala Taila 101 Avartana* as *Shamana Nasya*. *Karnadhoopana* and *Dhoomapana* with *Haridra* were performed as *Paschat Karma*. Internal medicines included *Narikela Lavana*, *Kamadhuga Rasa*, *Pathyakshadhatryadi Kashaya* tablets and *Shunti Dhanyaka Kashaya*. **Results:** After three days of Nasya Karma, the patient showed partial relief in pain. Following completion of the treatment, significant reduction in symptoms of Vataja Shirashoola were observed. Improved sleep quality was reported by the patient. **Conclusion:** Proper identification of *Nidana* and treating the case with proper selection of *Dravyas* by application of *Ayurvedic* principles, *Chikitsa phala* can be achieved. In this case, the treatment approach showed promising results in managing *Vataja Shirashoola* (Tension-type headache). After the incorporation of treatment modalities such as *Shodhana and Shamana Nasya with Karnapoorana* as poorvakarma and *Shamanaushadhis*, the patient showed significant reduction in Shirashoola and a positive clinical outcome. *Ayurvedic* protocols in the management of *Vataja shirashoola* were found to be beneficial in improving the quality of life in the present case.

KEYWORDS: *Vataja Shirashoola*, Tension-type headache, *Nasya Karma*, *Anu Taila*, *Ksheerabala Taila*, *Shamana Chikitsa*.

INTRODUCTION

Tension type Headache is a common type of primary headache that can significantly affect daily activities, sleep and quality of life. It is commonly described as a bilateral pressing or tightening pain, often mild to moderate in intensity, and associated with stress, fatigue, poor posture, or musculoskeletal problems of the neck and scalp. According to WHO, headache disorders affected about 40% of the global population in 2021.[1] Tension-type headache is the most common type of primary headache. Globally, it affects about 2 billion people, which means nearly 1 in 4 people may have tension-type headache. In Ayurveda, headache is described under Shiroroga, which means diseases of the head. It may occur due to imbalance of the doshas, mainly Vata, Pitta, or Kapha, along with other factors such as stress, lack of sleep, improper diet, indigestion, suppression of natural urges, and mental strain. Tension type of headache can be correlated to Vataja Shirashoola. *Acharya Charaka* has explained its *Nidana* as *Bhaya, Shoka, Prajagara, Veganigrahana, Upavasa, Trasa Abhigata. Lakshanas include Nisthudhyate Bhrusham Shankhau Ghata Sambhidhyate (intense pain in both the temples, splitting sensation in the nape), Bhrumadhya Lalaatam Cha Tapateevativedanam*

(excessive heat and pain in forehead and between eyebrows) and Teevra Nishih (severe pain during night time). Treatment for *Vataja Shirashoola* includes therapies like *Snehana, Swedana, Nasya, Upanaha.*[2]

MATERIALS AND METHODS

Case Report

The present case is a 33-year-old female, registered at the outpatient department with chief complaints of pain in the forehead, tightness of head, and reduced sleep since 4 years.

History of present illness

The patient complained of severe headache, intensity of which remained the same throughout the day. The pain was aggravated by loud sounds and exposure to bright light. Temporary relief was found by applying pressure on the forehead and rest. Associated symptoms were ear pain, heartburn, irregular appetite and disturbed sleep. She had temporary relief with conventional medications. As there was recurrence of symptoms, she approached our hospital for Ayurvedic management. Her Laboratory findings, all haematological and biochemical blood parameters were within normal limits. No past history of HTN /IHD/ DM / Trauma. No significant family history related to the disease was reported.

Nidana

Aharaja nidana – excessive intake katu, amla, sheeta ahara

Viharaja nidana - late night sleep.

General examination

General condition – good

BP - 120/80 mm of hg

Respiratory rate – 18/min

Nadi – 76/min

Mutra – 5-6 times/day

Mala – once a day

Jivha – Lipta

Akriti – Krisha

Systemic examination

RS - NAD

CVS - S1S2-heard, No added Sound

CNS - NAD

P/A – Soft

No tenderness at ethmoidal and frontal sinuses.

Visual acuity – Normal

Ear examination – Inflamed EAC, Tympanic membrane is intact.

Samprapti ghataka

Dosha – Vata, pitta

Dushya- Rasa, rakta,

Agni - Manda

Srotos- Rasavaha, annavaha

Srotodusti – Sanga

Adhistana- Amashaya, pakvashaya

Vyakta Sthana- Shiras

TREATMENT PROTOCOL

Nasya followed by Shamana chikitsa.

Table no 1: ***Nasya karma.***

Procedure	Medicine	Duration
Poorva karma	Mukha abhyanga and karna purana with Ksheerabala taila	7days
Pradhana karma	Shodhana nasya - Anutaila	1st, 2nd,3rd day
	Shamana nasya - Ksheerabala taila 101 avartana	4th, 5th, 6th, 7thday
Paschat karma	Karnadhoopana and Dhoomapana with haridra	7days

Table no 2: ***Shamana aushadhi.***

Name of the medicine	Matra and Kala	Anupana	Duration
Narikela lavana	1pinch BD (BF)	Warm water	5days
Kamadhuga rasa	2 BD (BF)	water	5days
Pathyakshadhatrayadi Kashaya tab	½ tab BD(AF)	water	15days
Shuntidhanyaka Kashaya paneeya	20g in 1litre boiling water. SOS	---	15days

RESULT

After three days of Nasya Karma, patient showed partial relief in pain. Following completion of the treatment, significant reduction in symptoms of Vataja Shirashoola were observed. Improved sleep quality was reported by the patient.

DISCUSSION

Vataja Shirashoola is described under Shiroroga with *Vata Dosha* playing a predominant role in the manifestation of pain. In the present case, the clinical presentation was considered in accordance with the predominance of *Vata* and the associated features of headache. Therefore, the treatment was planned with the primary objective of pacifying aggravated *Vata*, correcting the associated *Agni* disturbance and restoring the normal functioning of the affected *Srotas*. A sequential approach consisting of *Shodhana* and *Shamana* measures was adopted according to the clinical presentation.

Nasya Karma: Nasya was selected as an important therapeutic measure in the management of *Shirashoola*, considering the classical concept *"Nasa hi Shiraso Dwaram"*, wherein the nose is regarded as the gateway to the head. Administration of medicine through the nasal route is therefore considered particularly useful for *Urdhvajatrugata vyadhis*. In the present case, *Anu Taila*[3] *Nasya* was administered as *Shodhana Nasya* with the intention of eliminating aggravated or accumulated *Doshas* from the *Urdhvajatru* region and restoring the normal functioning of the involved *Srotas*. Anu taila has *Indriyaprasadana*, *Balya* and *Tridoshagna* properties.[4]

Following *Shodhana Nasya*, *Ksheerabala Taila 101 Avartana*[5] was administered as *Shamana Nasya*. The selection of *Ksheerabala Taila* was based on the predominant involvement of *Vata* and the requirement for subsequent *Vata Shamaka* and Balya karma. *Bala* and *Go-Ksheera* which are prime ingredients are associated with *Balya* and *Brihmana* karma, while the formulation possesses *Indriya Prasadhana* and *Vata-pradhana Tridoshahara* action.

Narikela Lavana: *Narikela Lavana*[6] was selected considering the associated features of *Agnimandhya* and *Vata* disturbance. Its *Deepana* and *Vatanulomana* karma support correction of impaired *Agni* and normalization of *Vata* movement.

Kamadugha Rasa: *Kamadugha Rasa*[7] was selected particularly in view of the associated *Pitta*-related symptoms. Its *Pittahara* action was considered useful in reducing manifestations such as *Urodaha* (heartburn) and Amla udgara (sour belching).

Pathyakshadhatryadi Kashaya: *Pathyakshadhatryadi Kashaya*[8] was selected as part of the internal management considering the involvement of *Pitta*, *Kapha* and *Vata* in the clinical presentation. *Haridra*[9] possesses Shothagna (~anti-inflammatory activity), while *Triphala*[10] is described as balancing *Kapha-Pitta, attributed with* Deepana-Vatanulomana karma. *Nimba*[11] and *Bhunimba*[12] possess *Kapha-Pittahara* karma, whereas *Guduchi*[13] is considered *Tridoshahara*, which helps in the reduction of symptoms of *Vataja Shirashoola.*

Shunti Dhanyaka Kashaya paneeya: *Shunti Dhanyaka Kashaya paneeya* was advised considering the associated *Agnimandhya* and *Vata* disturbance. *Shunti*[14] possesses Katu *Rasa, Snigdha Guna* and *Ushna Veerya* and is described as *Vata-Kaphahara*. Its *Deepana, Bhedana, Ruchya* and *Shoolaghna* actions support improvement of impaired digestion and reduction of pain. *Dhanyaka*, with *Kashaya-Tikta-katu Rasa, Snigdha Guna* and *Ushna Veerya*, possesses *Tridoshahara, Deepana* and *Dahanashana* actions. Therefore, the combination was selected to improve *Agni*, facilitate proper *Vatanulomana* and address the associated painful symptoms.

The therapeutic approach involved correction of *Dosha* imbalance, improvement of *Agni*, normalization of *Vata* and strengthening the affected system. The partial reduction in pain was observed during the treatment and after the completion of treatment, significant reduction in Vataja Shirashoola was observed along with improved sleep quality as reported by the patient.

CONCLUSION

Proper identification of *Nidana* and treating the case with proper selection of *Dravyas* by application of *Ayurvedic* principles, *Chikitsa phala* can be achieved. In this case, the treatment approach showed promising results in managing *Vataja Shirashoola* (Tension-type headache). After the incorporation of treatment modalities such as *Shodhana and Shamana Nasya with Karnapoorana* as poorvakarma and *Shamanaushadhis*, the patient showed significant reduction in Shirashoola and a positive clinical outcome. *Ayurvedic* protocols in the management of *Vataja shirashoola* were found to be beneficial in improving the quality of life in the present case.

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