

**A REVIEW ARTICLE ON ANANTAVATA AND ITS MANAGEMENT IN
AYURVEDA**

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ABSTRACT

In Ayurveda Anantavata is described as one of the shirorogas. Anantavata combinely formed by two words- Ananta + Vata. Ananta means limitless or endless, eternal or infinity etc. Vata refers to Vata dosha. Anantavata is mentioned in Brihattraya. It is a tridosha pradhana vyadhi affecting the manya, hanu, shiras, lalatadi Pradesh characterised by tevra ruja, kampa in affected part, hanu graha and akshirogas. In modern science it can be correlate with trigeminal neuralgia. Trigeminal neuralgia (TN), also known as tic douloureux, is a type of chronic pain disorder that involves sudden attacks of severe facial pain. It affects the trigeminal nerve, or the fifth cranial nerve, which provides feeling and nerve signaling to parts of the head and face. Pain attacks typically last only a few seconds (but can last up to two minutes) and may occur over and over again several times a day. TN is a type of neuropathic pain, sometimes caused by an injury or nerve lesion.

KEYWORDS: Anantavata, Tridosha, Trigeminal neuralgia, Shirorogas.

INTRODUCTION

The primary significance of shirah is emphasized in ayurveda. There are 107 marmas from which shirah is Pradhan marma.^[1] Shirah is thought as “uttamanga” one of the sharira angas. And it is the Prana’s and all the indriya’s ashraya.^[2] Anantavata is mentioned in shirorogas.^[3] According to Acharya Charaka, there are five types of Shirorogas in Sutrasthana i.e., Vataja, Pittaja, Kaphaja, Sannipataja and Krimija. He also mentioned four additional Shirorogas i.e., Shankhaka, Ardhabhedaka, Suryavarta and Anantavata in Siddhasthana.^[4] According to Acharya Sushruta, there are eleven types of Shirorogas i.e., Vatika, Paittika, Kaphaja, Sannipatika, Raktaja, Kshayaja, Krimija, Suryavarta, Anantavata, Ardhabhedaka and Shankhaka.^[5] The features of Anantavata are severe and continuous pain present in netra, bhru pradhesh, shankha, akshiroga, hanugraha kampa at ganda pradesh.

Trigeminal neuralgia or nerve pain is pain that occurs in the area of the trigeminal nerve, paroxysmal pain in some parts of the face, and is caused by activities such as eating, light touch as washing the face, brushing the teeth and talking, starting and stopping suddenly and related with anxiety. According to the International Association for the Study of Pain (IASP), trigeminal neuralgia is a pain in the face that appears suddenly, short and severe, like a stab. Trigeminal neuralgia is neuropathic pain (pain associated with nerve injury) generally occurring in remission for various periods. Furthermore, according to The International Headache Society (IHS), trigeminal neuralgia is painful facial pain, sharp pain like an electric shock. Trigeminal neuralgia, also called tic douloureux, is almost always unilateral and can involve one or more divisions of the trigeminal nerve. Trigeminal neuralgia is a syndrome characterized by paroxysmal facial pain discovered by a French doctor, Nicolaus Andre, in 1756 and called tic douloureux because of facial spasms that sometimes accompany attacks of severe pain. Trigeminal neuralgia is estimated to be around 0.16%-0.3%, with an incidence rate of 4-29 people per 100,000 people/year, with a higher incidence in women than men (ratio 3:2). The incidence rate increases with age.^[6]

AIM AND OBJECTIVE

1] To understand Anantavata and its ayurvedic management.

MATERIALS AND METHODS

In this study information is collected from the ayurvedic samhitas and few elementary textbooks, published research papers previous work done and related research works searched to get knowledge about the anantavata and its management.

NIDANA OF ANANTAVATA

In Ayurveda, Acharyas have explained the following causative factors responsible for Shirorogas

- Acharya Charaka has mentioned causes of Shirorogas in “Kiyantah Shirasiyadhyaya” of Sutrasthana. Sandharana (Suppression of natural urges specially of Mutravega, Purishavega, Kshavathuvega and Nidravega), Divaswapana (Day sleeping), Ratrijagrana (Overnight awakening), Mada (Alcohol intake), Ucca Bhashana (Excessive talk), Avashyaya (Due to excessive exposure to fog), Pragvata (Exposure to eastern winds), Atimaithuna (Excessive sexual indulgence), Asatmya Gandha (Bad odour), Raja, Dhuma, Hima and Atapa (Excessive exposure to dust, smoke, cold weather and sun rays), Guru Ahara, Amla Ahara and Harita Dravya (Excessive intake of heavy, sour food and rhizomes), Sheeta Ambu Sevana (Excessive intake of cold water), Shiroabhogata (Head injury), Dushta Ama (Vitiated Ama), Rodana (excessive crying), Ashruvega Nigraha (Suppression of tears), Meghagamana (advent of cloud), Manasa Santapa (Mental stress) and Desha and Kala Viparyaya (regimen contrary to locality and season). Due to these aetiological factors, the Vatadi Doshas get aggravated resulting in the vitiation of Rakta Dhatu in the Shirah, leading to the manifestation of Shiro Roga.^[7]

- The main causative factor of Anantavata according to Acharya Charak- Upvasa (fasting), atishoka, atiruksha, atisheeta and ati alpabhojan.^[8]

- Acharya Vagbhata and Yogaratnakara have included Utsveda (Excessive sudation), Krimi (Worms), Upadhana Dvesa (Avoidance of pillow), Abhyanga Dvesa (aversion to massage), Prateteshana (constant seeing), Mrija Dvesa, Ambukridha, Atiambu as aetiological factors for Shirorogas.^[9]

PURVAUPA OF ANANTAVATA: Though there are no specific Purvarupas mentioned in Ayurvedic classics for Anantavata. Though there are no specific Purvarupas mentioned in Ayurvedic classics for Anantavata, yet one reference regarding Purvarupas of Shiroroga is available in classical samhitas.

RUPA OF ANANTAVATA

- According to Acharya Charaka, the features of Anantavata are severe and continuous pain present in netra, bhru pradhesh, shankha, akshiroga, hanugraha kampa at ganda Pradesh.^[10]

- Acharya Sushruta has mentioned severe and continuous pain in netra, bhru pradhesh, shankha, akshiroga, hanugraha, kampa at ganda pradesh.^[11]

SAMPRAPTI GHATAK

- Dosha- Tridoshaja
- Dushya – Rasaraktadi dhatu
- Srotas – Rasa, rakta, mansa, asthi, majja
- Srotodushti – Vimargagaman, Sanga
- Agnimandya – Dhatvagnimandya
- Udhbhava – Pakvashaya
- Rogamarga- Madhyam
- Svabhav -Chirkari
- Sanchar sthan- Mukha
- Adhisthan – Shirah, hanu, manya, lalatadi Pradesh, ganda pradesh
- Vyakti sthan- Shirah, hanu, manya, lalatadi Pradesh, ganda Pradesh
- Sadhya sadhyatva – Yasya.

CHIKITSA OF SHIROGA / ANANTAVATA

General Management of Shiroroga

In all type of shrirogas, the following preventive measures should be taken,

- **Nidana Parivarjana:** According to the treatment point of view, the causative factors responsible for shirorogas should be avoided. Take rest, avoid Vegavarodha, control the mind etc. Also, other Aharaja and Viharaja Hetus should be avoided.^[12]
- **Samshodhana Chikitsa:** Nasya Karma has been mentioned as the important method of treatment in all the Urdhavajatrugata Rogas.^[13]
- **Samshamana Chikitsa:** Along with Nidana Parivarjana, the vitiated Doshas should be brought to their normal state with the help of Dravya chikitsa, based on “Samanya Vishesh Sidhanta” according to predominance of the manifesting Dosha.^[14]
- **Other Measures:** Yogratnakara has mentioned the following measures for Shiroroga: Snehana, Upanaha, Svedana, Dhumpana, Lepa, Langhana, Parisheka, Agnikarma, Raktamokshana, Shirobasti.^[15] These measures should be applied after considering the predominance of Dosha and other general considerations of the patient. In Bhaishajya

Ratnavali, general line of treatment for Shirah-Shoola has been described which are Svedana, Nasya, Dhumpna, Virechana, Lepa, Vamana, Langhana, Shirobasti, Raktamokshana, Agnikarma, Upanaha, Purana Ghrita and Shashtika Shali.^[16]

Specific management of Anantavata

Acharya Charak and Acharya Sushruta has mentioned that treatment of Anantavata is Shiravyadha and same as Suryavarta.^[17,18] Anantavata is best treated with Ghrita, Taila and Majja, Shirovirechana, Kaya virechana, Nadisveda, Niruha and Anuvasana Basti, Upanaha, Talam and ShiroBasti.

Vati	Ekangaveer ras, Vrihat vatachintamani ras, Mahavat vidhvansa ras, Vishtinduk vati, Amvatari ras, Lakshami vilas ras, Trayodashanga guggula, Saptavinshati guggula
Kashaya	Rasna erandadi Kashaya, Rasoonadi Kashaya, Rasna dashmooladi kashaya

Panchkarma Procedures

▪ **Nasya Karma:** Administration of drug or medicated oil through the nose is known as Nasya Karma.^[19] Acharya Charaka has not mentioned specific duration of the Nasya therapy.^[20] According to Sushruta, Nasya may be given repeatedly at the interval of 1, 2, 7 and 21 days depending upon the condition of the patient and the diseases he suffer.^[21]

Formulations used for Nasya Karma in Anantavata are

1. Godhugda mixed with goghrita.
2. Bhringaraj swaras with goat milk should use before sunrise.
3. Apamarga swaras.
4. Taila/Ghrita: Shadabindu Taila, Anu Taila, Dashmoola Taila, Karpasthyadi tail, Mayura ghrita, Kumkumadi ghrita.^[22,23]

Kavalam

Arimedadi tail.

- **Basti Karma:** In Anantavata , Niruha Basti prepared with Vatashamaka drugs should be given followed by Anuvasna Basti prepared with Ghrita and Taila.^[24]
- **Upnaha:** Poultice of Vatashamaka drugs like Dashmoola mixed with hot milk wrapped in a cloth in the paste form can bandaged around the head.^[24]

▪ **Shirobasti:** In Shirobasti, a special cap opened at both ends is prepared from thick and firm leather, having height of 12 Angula is tied around the head and medicated oil is filled into this. In Anantavata, Vata and Vatakapha Shamaka medicated oils like Dashmoola Taila are used.^[24]

▪ **Shiropichu:** A procedure which includes keeping a sterile cotton pad dipped in herbal oils on the crown of the head (anterior fontanelle) and wrapping it up with a bandage cloth.

1. Ksheer bala tail

▪ **Dahana Karma:** It is indicated in the last when the pharmacological approaches are not responded in Anantavata. According to Acharya Charaka, Dahana should be done at Shankha and Lal ata Pradesha, limited to dermal layer (Twaka Daha) with the help of Sharkandagra or Godanta.^[24] Acharya Bhela has prescribed Pippali for Dahana Karma.^[25]

▪ **Shiro-Abhyanga:** Massage over head with

1. Dashmoola Taila, Mahamayura Ghrita and Prapondrikadi Taila.^[26]

▪ Shirolepa

1. Process black pepper powder with Bhringraja Swarasa and keep in the air tight container after drying. Use this with Bhringraja Swarasa during attack.^[27]

2. Black tila, Jatamansi powder mixed with Saindhava Lavana and honey.^[28]

3. Kumkuma Ghrita Lepa.^[22]

4. Sarivadi Lepa.^[29]

PATHYA-APATHYA

Pathya-Apathya^[30] for Shiroshoola are mentioned only in Bhaisajya Ratnavali - Shirorogadhikara.

Pathya

Chikitsa Upakrama	Swedana, Nasya, Dhumpana, Virechana, Lepa, Vamana, Langhana, Shirobasti, Raktamokshana, Agnikarma, Upanaha.
Diet	Consuming Purana Ghrita, Shali, Shashtikshali, Yusha, Dugdha, Dhanvamansa, Madhumastaka, Sanvyaya, Ghrutpura.
Vegetables	Patolam, Shigru, Vastuka, Karvellaka.
Fruits	Amra, Dhatri, Dadima, Matulunga, Narikela.
Liquid diet	Dugdha, Taila, Kanji, Takra.
Medicines	Pathya, Kushta, Bhringaraj, Kumari, Musta, Ushira, Chandrika, Karpura, Gandhasar.

Apathya

Vegadharanam	Kshabthu, Jrimbha, Mutra, Baspā, Nidra and Pureesh
Apathya Ahara	Dushta Neer, Virudha Anna, water from the rivers of Sahyadri and Vindhya Parvata.
Apathya Vihara	Dantadhavanam, Divanidhra

DISCUSSION

Vatahara, tridoshara dravyas, balya, brumhana and vata-pittahara pathya plays a major role in treatment of anantavata. Various Panchakarma therapies gives dramatic results in patients suffering from endless pain and helps in improving the quality of life of patient.

CONCLUSION

In modern medicine, analgesics, nervine tonics, antidepressants, or surgical decompression of the nerve root are the main treatments for trigeminal neuralgia w.s.r Anantavata, a very painful condition that affects the head, neck, and face. The Ayurvedic method, which includes Panchakarma, Shamanoushadhi, and Bahirparimarjana Chikitsa, has an advantage not only in treating symptoms but also in enhancing quality of life and preventing the ailment from returning. Ayurvedic treatment modalities must be adopted widely for further scientific validation and standardization.

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