

**ROLE OF ANUTAILA NASYA IN THE MANAGEMENT OF VATIKA SHIRASHOOLA W.S.R. TO TENSION HEADACHE- A CASE STUDY**

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**ABSTRACT**

In today's present era people are running behind endless desires. To meet these desires, changes of lifestyle has taken place which includes irregular, faulty dietary pattern, sleepless nights, suppressions of natural urges, inadequate time for relaxation which cause many diseases mainly having psychosomatic origin. Tension headache is one among such disorders which can be compared with *Vatika Shirashoola* in *Ayurvedic* classic. Among all types of headache 80% of headache occur due to tension. *Nasya Karma* is considered the best and the most specific procedure for diseases of *Urdhvajatrugata Rogas* like *Pratishyay*, *Shirashoola* etc. According to *Ayurveda* Nose is the gateway to *shirah* so *nasya* is the best procedure to all deviate *Shirashoola*. *Anu Taila* was chosen for this study. All ingredients are easily available and having *Vatahara* action. Hence the present study is intended to evaluate efficacy of *Anu taila nasya* in the management of

*Vatika Shirashoola*. In present study 8-8 drops of *Nasya* was administered in each nostril for seven consecutive days and its effect on tension headache was studied. It is found that *Anu Taila Nasya* is effective in the management of tension headache.

**KEYWORDS:** *Vatikashirashoola*, Tension headache, *Nasya*, *Anu Taila*.

## INTRODUCTION

*Shirashoola* the chief symptom of *Shiroroga* comes under *Urdhwajatrugata Vikara*. *Vatika Shirashoola* described in *Ayurvedic* text can be compared with Tension Headache, as mental factors like excessive weeping, grief, fear, terror have also been attributed in its aetiopathogenesis. The main habitat of *Pranavayu* which supports the mind and regulates the mental activities in *Shirah*. *Vata* is the main *Dosha* involved in *Shula*. *Shankanishtoda*, *Ghatasam bheda* and loss of sleep are all symptoms of *Vatika Shirashoola* which we can correlate with tension type Headache. *Nasika* is being a Gateway to *Shirah*, *Nasya* is effective treatment in *Shirorogas*, where the medicine administered through the nose goes into the *Shirah* and expels out the vitiated *Doshas*.<sup>[1]</sup> According to modern science, the treatment protocol of Tension Headache is Aspirin, Paracetamol, Diclofenac, Ibuprofen, etc but these drugs are not acceptable due to their drawbacks and also as they cause drug dependence, drug withdrawal syndrome, relapse of headache within hour and chances of getting chronic headache. In contrast to this, *Ayurveda* has variety of efficacious procedures and medications with no draw backs and incidence of recurrence in the treatment of Tension Headache i.e *Vatika Shirashoola*.

Exclusive indication of *Anu Taila Nasya* in *Vatarogas* is available in *Sahasrayoga*.<sup>[2]</sup> The entire ingredient is easily available and has *Vatahara* action. The present study is a humble effort to study the role of *Anu Taila Nasya* in the management of *Vatika Shirashoola*.

### Causes of *Vatika Shirashoola*<sup>[3]</sup>

*Aharaja Hetu*: *Atitikshnapana*, *Ativireka*, *Ativamana*.

*Viharaj Hetu*: *Uchchairbhashyam*, *Atibhashyam*, *Prajagara*, *Shitamarutasparsha*, *Ativyavayi*, *Vega Nigraha*, *Upavas*, *Abhighata*, *Vyayama*, *Ati Margakarshana*, *Ati Bharvahan*.

*Manas Hetu*: *Bashpa* (Excessive weeping), *Shoka* (Grief), *Bhaya* (Fear), *Trasa* (Terror).

All above mentioned specially mental factors causes *Rasavaha stroto dushti* which leads to *Rasadhatukshaya* which causes *Vataprakopa* and finally leads to *Vatika shirashoola*.

### Causes of Tension Headache<sup>[4]</sup>

- Stress and anxiety
- Straining of the eyes

- Poor posture
- Fatigue
- Dehydration
- Alcohol consumption
- Excessive smoking or withdrawal
- Excessive caffeine or withdrawal
- Skipping meals
- Sedentary activities
- Exposure to bright light
- Certain noises or smells
- Change in sleep regimen (shiftwork, oversleeping)
- Injury to spine
- Hunger.

#### Sign and symptoms<sup>[5]</sup> - According *Samhitas*

SYMPTOMS	Ch.Sam	Ma.Ni/Su.Sa.	A.H/A.S	Ha. Sam.
<i>Shankhanishtoda</i>	+	-	+	-
<i>Ghatasambheda</i>	+	-	+	-
<i>Bhrumadhya Tapanam</i>	+	-	+	-
<i>Lalata Tapanam</i>	+	-	+	-
<i>Shrotranishkasanavat Pida</i>	+	-	+	-
<i>Akshinishkasanavat Pida</i>	+	-	+	-
<i>Shiroghrurnanam</i>	+	-	+	-
<i>Sandhimokshanavat Pida</i>	+	-	+	-
<i>Shirostambha</i>	+	-	+	-
<i>BhavantiTivra Nishi</i>	-	+	-	+
<i>KandharaHanugraha</i>	-	-	+	-
<i>Prakashasahyata</i>	-	-	+	-
<i>Ghranasrava</i>	-	-	+	-
<i>Vrishanaruja</i>	-	-	-	+
Sudden relieved by Itself	-	-	+	-
<i>Shirajalasphurana</i>	+	-	+	-

#### Correlation between the symptoms of *Vatika Shirahshoola* & Tension Headache

Rupa of <i>Vatika Shirahshula</i>	Symptoms of Tension headache
<i>Shankhanistoda, Ghatasambheda</i> etc	Typically involve entire head commonly occipital and bilateral region.
<i>Sayam Kala (Bhavanti Tivranishi)</i>	Moderately severe in evening time.
<i>Prakasha Asahyata</i>	Photophobia
<i>Shabda Asahisnuta</i>	Phonophobia
<i>Shiroghrurnanam</i>	Giddiness

<i>Nidra Alpata</i>	Disturbed sleep
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## AIMA ND OBJECTIVES

**AIM:** To evaluate the role of *Taila Nasya* in the management of *Vatika Shirashoola* W.S.R. to Tension Headache.

## OBJECTIVES

1. To evaluate the role of *Anu Taila Nasya* in the management of *Vatika Shirashoola* W.S.R. to Tension Headache.
2. To study the concept of *Vatika Shirashoola* in detail.
3. To study the causes of *Vatika Shirashoola* in detail.
4. To popularize simple treatment modality in management of *Vatika Shirashoola*.

## MATERIALSANDMETHOD

### Source of Data

Literary source: All the classical, modern literatures and contemporary texts including the websites about the disease, drug and procedure werere viewed and documented for the intended study.

### Sample Source

1. Patients were randomly selected from OPD and IPD of B.S.D.T'S Ayurvedic Mahavidyalaya, Wagholi, Pune.
2. Patients from other referrals and camps with complaints of *Vatika Shirashoola* (chronic tension-type headache) were selected.

### Drug review

1. The ingredients were properly identified and collected from the market.
2. *Anu Taila* was prepared as mentioned in *Sahasrayoga*. Dose – 8 drops in each nostril.

### Method of Collection of Data

Twelve patients excluding drop outs, fulfilling diagnostic and inclusion criteria belonging to either sex were randomly selected.

### Diagnostic Criteria

The criteria of diagnosis was based on clinical parameters of *Vatika Shirashoola* and Chronic Tension Type Headache i.e.

- *Animitha Shiroruja.*
- *Teevram Nishichatimaatram.*
- *Bandhopatapacha Prashamanam.*
- Average headache frequency of more than 15 days per month for more than 6 months fulfilling the following criteria. (At least 2 of the following)
- Pressing /tightening (non pulsating) quality
- Mild or moderate intensity (may inhibit but does not prohibit activities)
- Bilateral location
- No aggravation from climbing stairs or similar routine physical activity

### Inclusion Criteria

- Signs and Symptoms as mentioned in diagnostic criteria.
- Age group between 16 to 50 years.
- Patients irrespective of sex, religion and socio-economic status and locality.

### Exclusion Criteria

- Other primary and secondary headaches like episodic tension headache, migraine, cluster headache, chronic daily headache etc.
- Patients with any other systemic disorders.
- Patient's contra indicated for *Nasya Karma*.

### Complete therapeutic methods / treatment

Exact classical method of *Nasya* karma was followed for this study. 8 drops *Anu Taila* for consecutive 7 days for *Nasya* is used.

### Criteria for assessment

In this clinical study, the following criteria were adopted for assessment. For this study only important presenting complaints were taken. A multidimensional scoring system was applied according to duration, frequency, severity and mainly interval between two episodes.

### Overall effect of therapy

Complete remission—100% relief and no recurrence during follow up study

Marked improvement -> 75% relief of signs and symptoms of T.H.

Moderate improvement – 50 – 75% relief

Mild improvement-25–49% relief Unchanged < 25% relief.

**Follow up study**

After the completion of therapy, the patients were asked to come once in a week for one month for the follow up study. It was to be noted that whether the relief provided by therapy was permanent or any recurrence during follow up.

**OBSERVATION AND RESULTS**

After completion of *Anu Taila Nasya* and weekly follow up for one month following results were noticed.

**Effect of therapies on signs and symptoms of Tension Headache**

*Anu Taila Nasya* provided better relief in *Shankh Anistoda* (91.66%), *Ghatasambheda* (83.33%), (91.66%) in Bhru Madhya and *Lalata Tapanam*, 100% in *Sirogouravam*, 75% in lack of concentration, 91.66% in disturbed sleep. It is found that significant reduction in signs and symptoms were seen due to *Anu Taila Nasya*.

**Effect of therapies on the character of headache**

On duration 83.33% improvement found, 91.66% on severity, 83.33% improvement in frequency and 83.33% relief was found in interval between two episodes.

**Probable mode of action on Nasya therapy**

- For *Bahya Snehana Tila Taila* was applied in bearable temperature which pacify abnormal *Vata* due to its *Sukshma*, *Vyavayi*, *Tikshna* and *Ushna Guna*. Muscle tension also released by facial massage.
- *Mrudu Swedana* secretes sweat by improving peripheral circulation. Different toxic substances expelled out through sweat.
- For *Nasya* purpose *Anutaila Nasya* was used. *Nasya* is considered as therapeutic gate manner of head. Hence, the medication administered thru *Nasya Karma* can have an effect on the vitiated *Doshas* in head. So, systemically accomplished *Nasya Karma* cures almost all of the sicknesses of *Urdhvajatrugata Rogas*. *Anutaila* is quality used for *Nasya Karma*. It contains more than 25 herbs that are combined to gather in the shape of decoction. This decoction is slowly infused with sesame oil over a long time frame with the assist of controlled heating until the desired satisfactory of oil is received. This system is repeated 10 times to have effective potentiating. Hence it is said that *Anutaila* is having property of *Mahagunam*, *Sarvottam Gunam*. (Excellence over other of oils used for *Nasya Karma*) Hence, *Anu Taila Nasya* can provide relief in *Shirashool* and *Nasya* is

nearest root to alleviate the diseases of head.

## DISCUSSION

On the basis of result it is clear that *Vatika Shirshoola* is a major burden in society due to modern lifestyle. And *Anu Taila Nasya* is effective inconvenient treatment option for the management of *Vatika Shirshoola* and it can be correlate with tension headache.

## CONCLUSION

From the present clinical study it can be concluded that *Anu Taila Nasya* is clinically effective and convenient in the management of *Vatika Shirashoola* W.S.R. to Tension Headache.

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