

REVIEW ARTICLE ON SHIROROGA W.S.R HEADACHE

Parikshit Saini^{*1}, Disha Saini², K. K. Sharma³, Pravesh Kumar⁴ and Parul Sharma⁵¹P.G. Diploma Scholar, Department of Panchkarma, Rishikul Campus, Uttarakhand Ayurved University, India.²Ayush Medical Officer, Chandena Koli, Saharanpur.³Professor and H.O.D, Rishikul Campus, Uttarakhand Ayurved University, India.⁴Associate Professor, Rishikul Campus, Uttarakhand Ayurved University, India.⁵Assistant Professor, Rishikul Campus, Uttarakhand Ayurved University, India.

*Corresponding Author: Parikshit Saini

P.G. Diploma Scholar, Department of Panchkarma, Rishikul Campus, Uttarakhand Ayurved University, India.

Article Received on 06/04/2024

Article Revised on 27/05/2024

Article Accepted on 17/05/2024

ABSTRACT

Headache has become a global health problem. It is an unpleasant sensation in the region of cranial vault causing discomfort is the most frequent of all the painful states that afflict and incapacitate the human beings. In *Ayurvedic* classics, headache has been described as a major symptom of *Shiroroga*. The clinical presentation of *Vatika shiroroga* appears to include the entities like CDH. Chronic Daily Headache (CDH), a recently identified diagnostic entity is a primary headache recurring daily or almost daily causing discomfort associated with migrainous events. *Ayurveda* the ancient traditional system of Indian Medicine appears to be potential area of enquiry in this text. The International Association for the study of pain (IASP) has defined pain as "An unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage. WHO includes headache among the top 10 causes of disability (who.world health report.who.Genewa 2001 google scholar) and in women, headache is among the top 5, with an impact similar to arthritis and diabetes and worse than asthma.^[1]

INTRODUCTION

The head is the substratum for *Prana* - life. All the sense faculties are situated here. It is called as *Uttama Anga* best of all body parts. So it occupies the first place amongst the vital organs of the body.^[2]

In *Ayurvedic* classics different types of headache have been described under *Shiroroga* along with their management. *Shiroroga* refers to all the painful conditions pertaining to headache i.e. *Shirahshoola*.^[2]

The diseases in which "*Shirahshoola*" is the prime symptom, are named as *Shirorogas*. It is the seat of *prana* and all *indrias*. *Shirah* is a main control system of all bodily ailments. Alteration in the activity of the *Shirah* influences all body tissues and also influenced by body tissues in an inverse order.^[3]

Historical Review

In *Ayurvedic* classics and all Sanskrit literature the word *Shirahshula* has never been considered as a major disease, but it is described as a separate disease entity in various classics. In *Atharvaveda* the term like *Shirsakti*" which is known as headache and the term "*Shirshamaya*" which has been taken as diseases of head by many *acharyas*. There is a reference of a drug formula for the management of *Shiroroga* in *Kaushika Sutra*. It says if

butter is mixed with *Kushtha* (*Saussurealeppa*) and placed on forehead it will be effective in *Shiroroga*. The references of *Shiroroga* are not found in other Vedic literature. While in *Buddha kala* references of medicated *Ghrta* for the management of *Shirashula* in the form of *Nasya Karma* given to the wife of *Sreshthi* of *Saketa Nagar* by *Acharya Jeevaka* are present. *Ayurveda* have used various terminologies for the word *Shirahshoola*. *Charaka* has described the word *Shiroroga*. *Sushruta* and *Bhavamishra* have used the word *Shirobhitapa*, while *Vagbhatta* has used the term *Shirastapa* for *Shirahshoola*. *Shirahshoola* denotes *Shiroroga* i.e. the painful conditions of the forehead.^[4]

Types

Acc. to Charaka ^[5]	Acc. to Shushruta ^[6]	Acc. to Vagbhata ^[7]	Acc. to Vagbhata
Vataja	Vataja	Shirogata (10)	Kapalgata(9)
Pittaja	Pittaja	Vataja	Uoasheershak
Kaphaja	Kaphaja	Pittaja	Aroomika
Tridoshaja	Sannipataja	Kaphaja	Darunka
Krimija	Kshayaja	Raktaj	Indralupta
	Anantavata	Sannipataja	Khalitya
	Shankhak	Krimija	Palitya
	Raktaj	Suryavarta	Shirogranthi
	Krimija	Ardhavybedak	Shiro arbuda
	Suryavarta	Shankhak	Shirovidhradhi
	Ardhavybedak	Shirokampa	

1. Vataj Shiroroga^[8]

- **Causes:** loud and excessive speech, strong pungent drinks, night vigil, waking up at night, excessive exposure with cold wind, sexual indulgence, suppression of natural urges, excessive fasting, trauma, excessive purgation and vomiting, excessive weeping, grief, apprehension, tiredness, carrying heavy load, walking for long distance, excess treatment to lose weight.
- By these causes, Vata gets aggravated and enters the channels of the head, it gets further vitiated to cause excruciating pain in the head.
- **Symptoms:** Pain in the temporal region and cracking sensation in the nape, the head and the central part of eyebrows also have excessive pain and burning sensation, Pain and noise in the ears, feeling as if eyes are coming out. Dizziness, joints are severed as it were, and excessive throbbing pain in veins. The neck is stiffened.

2. Pittaj Shiroroga^[9]

- **Causes:** Excessive intake of pungent, sour, salt and alkalies, excess alcohol, anger, exposure to sun and fire.
- The pitta dosha in the head gets vitiated and thereby produces head diseases resulting in burning sensation in the head.
- **Symptoms:** burning sensation in the eyes and patient is subjected to thirst, dizziness and perspiration in excess.

3. Kaphaj Shiroroga^[10]

- **Causes:** eating as per one's will, sedentary habits, excessive intake of heavy and unctuous food.
- By these causative factors, Kapha in the head gets vitiated and caused diseases.
- **Symptoms:** There is dull pain and numbness. The patient feels as if he is wet and is located with too heavy a burden; there is drowsiness laziness and anorexia.

4. Sannipataj Shiroroga^[11]

- In the event of head- disease being caused by all the three doshas there is pain, dizziness, shaking of head due to vitiated Vata dosha, burning sensation,

intoxication and thirst due to vitiated pitta dosha and heaviness and drowsiness due to vitiated kapha dosha.

5. Krimija Shiroroga^[12]

- **Causes:** by intake of sesame, excess milk consumption, jiggery, impure foods, unwholesome food
- By above food items, stickiness is produced in the Rakta, Kapha and Mamsa Dhatu due to excessive vitiation of doshas. The stickiness in the head of the patients results in the diseases associated with severe symptoms.

6. Shankhaka^[13]

- The headache in which the pain is predominantly present in the temple region is called Shankhaka.
- The excited vata having intense velocity will provoke Kapha, Pitta and blood and carry them through the vessels and channels. These doshas get settled in the temple regions of the head.
- Severe and intolerable pain gets manifested in the temples.
- The swelling is as intense as poison. It quickly blocks the head and throat and kills the person within three days.
- Probable modern correlation:
 1. Deformities/ blocks in the venous sinuses of the brain
 2. Thrombosis
 3. Hemorrhage occurring in the cranial blood vessels

- **Treatment:** Shankhaka has bad prognosis. A wise physician will have three days to skilfully manage the condition, if the patient fortunately survives after 3 days effective treatment can be done.

7. Ardhavabhedaka^[14]

- It is one of the type of headache which manifests in half portion of the head.
- It is caused by simultaneous vitiation of all the three doshas.
- Vata either individually or with vitiated Kapha gets lodged in half portion of the head. The doshas then cause headache called ardhavybedaka.

- The pain is very severe and intolerable. When the disease is not promptly treated and when the disease progresses, it consequentially makes one blind and deaf.
- Modern correlation: Migraine
- **Treatment:** treating on the lines of *Suryavarta* headache – *Ardhavabhedaka* headache shall be treated on the lines of *Suryavarta* headache.

8. *Suryavarta*^[15]

- It is a type of headache, with a relationship to course of sun movement. Here, intensity of headache increases with that of the sun and reaches peak by noon.
- It is caused by simultaneous vitiation of all the three *doshas*.
- The pain is concentrated in the eyes and along the eyebrows, forehead and temple and is severe in nature. The intensity of headache is severe in the noon when the intensity of the heat of the sun is optimum.
- The headache reduced towards evening and get relieved at sunset.
- The patient is sometimes comforted with cold remedies and measures and at some other times he is comforted with hot remedies and measures.
- Pain increases on empty stomach and during indigestion.
- Modern correlation: It has often been compared to chronic rhinitis and its complications.

• Treatment

1. Regular consumption of ghee and milk
2. Sweet dishes prepared with milk using rice should be consumed.
3. Alternatively thick syrup prepared from jiggery should be given mixed with ghee in good quantity.
4. Drinking fresh sugarcane juice also gives relief from headache.

9. *Anantavata*^[16]

- It is a type of headache caused by the vitiation of all the three *doshas*.
- The pain not only occurs in the head but also occurs in the eyes, temples and jaws.
- Firstly there is aggravation of all the three *doshas*, they press and trouble both *manya nadis* i.e. the nerves/ blood vessels on either side of the neck. Later they produce severe pain in the back of the neck. They also get lodged in the eyes, eyebrow regions and temples and cause pulsation at the back of the upper jaw.
- Finally they cause lock jaw and stiffness of the lower jaw and many kinds of eye disorders.
- Modern correlation: Trigeminal neuralgia
- **Treatment:** *Anantavata* headache is treated on the lines of *Suryavarta* headache.

Modern Review^[17]

International Headache Society classify Headache

1. The Primary Headache - These are composed of multiple entities that cause episodic and chronic head pain in the absence of an underlying pathologic process, disease or traumatic injury. Ex- Migraine, tension-type headache, trigeminal autonomic cephalalgias.

2. The Secondary Headache - These is caused by another condition that trigger pain sensitive areas in the neck and head. These are rare, but they can also be much more serious than primary headache.

3. Cranial Neuralgia, Central & Pri, Facial Pain and Other Headache

Integrated Approach Towards The Management Of Headache (Shirashool)

Modern Treatment

1. Acute treatment- acute management done by pain killer such as Aspirin, A cetaminophen, Triptans etc
2. Preventive treatment- to prevent to future attacks of headache for all types of headaches such as Antidepressants, Varampils etc.

Ayurvedic treatment^[18]

1. *Nidan parivarjan*, 2. *Shiro abhyang*, 3. *Nasya*, 4. *Snehan- swedan*, 5. *Lepan*, 6. *Dhoompana*, 7. *Vaman-virechana-basti*, 8. *Kawal-gandudha*, 9. *Raktamokshan*, 10. *Yogasana*

DISCUSSION

Headache is pain or discomfort in the head or face. Headaches vary greatly in terms of the location and intensity of the pain, and how often the headaches occur. The brain tissue doesn't have pain-sensitive nerve fibers and doesn't feel pain. But, other parts of the head can be responsible for a headache including:

A network of nerves that extends over the scalp
Certain nerves in the face, mouth, and throat
Muscles of the head, and neck

A headache may appear as a sharp pain, a throbbing sensation or a dull ache. Headaches can develop gradually or suddenly, and may last from less than an hour to several days.

CONCLUSION

Ayurveda has a holistic approach to treatment rather than symptom specific management, be it a headache or other disease. Intervention from the level of etiology, pathogenesis, aggravating and relieving factors and disease specific management along with diet and lifestyle is vital in *Ayurveda*. In present era due to high level of stress, there is imbalance in the hormonal level. Indigestion along with constipation and acidity is one of the causative factor so it should be treated carefully.

REFERENCES

1. Rajika Gupta and R.H. Singh. A Clinical Study On Ayurvedic Management Of Chronic Daily Headache With Special Refrence To Shirodhara and Shiroyirechana; J.R.A.S., 2001; XXII: 81-94.
2. Agnivesh, Charak samhita with Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla & Prof. Ravi Dutt Tripathi; pub by Chaukhambha Sanskrit Pratishthan, Varanasi; part 2, 1s edi. 1988; Sutra Sthana 17.
3. <https://www.easyayurveda.com/2019/06/28/vata-headache/>
4. Alok Kumar Asthana, Monika Asthana and Payal Sharma Literature Review of Ardhavbhedaka w.s.r Migraine; IJAPC, 2019; 10(2). [e ISSN 2350-0204]
5. Agnivesh, Charak samhita with Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla & Prof. Ravi Dutt Tripathi; pub by Chaukhambha Sanskrit Pratishthan, Varanasi; part 2, 1s edi. 1988;Sutra Sthana 17.
6. Sushruta, Sushruta Samhita with Ayurveda Tatva Sandeepika hindi commentary by Kaviraj Ambikadatta Shastri; pub. by Chaukhambha Sanskrit Sansthan, Varanasi; part 2, reprint edi 2004; Uttar tantra 25/15.
7. Vagbhata, Astanga Hridayam, Nirmala hindi commentary by Brahmanand Tripathi; pub. By Chaukhambha Sanskrit Pratishthan, Delhi: Reprint 2007, Uttartantra 23/8.
8. Agnivesh, Charak samhita with Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla & Prof. Ravi Dutt Tripathi; pub by Chaukhambha Sanskrit Pratishthan, Varanasi; part 2, 1s edi. 1988; Sutra Sthana 17/15-21.
9. Agnivesh, Charak samhita with Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla & Prof. Ravi Dutt Tripathi; pub by Chaukhambha Sanskrit Pratishthan, Varanasi; part 2, 1s edi. 1988; Sutra Sthana 17/22-23.
10. Agnivesh, Charak samhita with Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla & Prof. Ravi Dutt Tripathi; pub by Chaukhambha Sanskrit Pratishthan, Varanasi; part 2, 1s edi. 1988; Sutra Sthana 17/24-25.
11. Agnivesh, Charak samhita with Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla & Prof. Ravi Dutt Tripathi; pub by Chaukhambha Sanskrit Pratishthan, Varanasi; part 2, 1s edi. 1988; Sutra Sthana 17/26.
12. Agnivesh, Charak samhita with Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla & Prof. Ravi Dutt Tripathi; pub by Chaukhambha Sanskrit Pratishthan, Varanasi; part 2, 1s edi. 1988; Sutra Sthana 17/27-29.
13. Agnivesh, Charak samhita with Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla & Prof. Ravi Dutt Tripathi; pub by Chaukhambha Sanskrit Pratishthan, Varanasi; part 2, 1s edi. 1988; Siddhi Sthana 17/71-73.
14. Agnivesh, Charak samhita with Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla & Prof. Ravi Dutt Tripathi; pub by Chaukhambha Sanskrit Pratishthan, Varanasi; part 2, 1s edi. 1988; Siddhi Sthana 17/74-78.
15. Agnivesh, Charak samhita with Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla & Prof. Ravi Dutt Tripathi; pub by Chaukhambha Sanskrit Pratishthan, Varanasi; part 2, 1s edi. 1988; Siddhi Sthana 17/79-83.
16. Agnivesh, Charak samhita with Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla & Prof. Ravi Dutt Tripathi; pub by Chaukhambha Sanskrit Pratishthan, Varanasi; part 2, 1s edi. 1988; SiddhiSthana 17/84-85.
17. <https://stanfordhealthcare.org/medical-conditions/brain-and-nerves/headache/types.html#:~:text=Primary%20Headaches,the%20headaches%20are%20not%20dangerous>
18. Agnivesh, Charak samhita with Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla & Prof. Ravi Dutt Tripathi; pub by Chaukhambha Sanskrit Pratishthan, Varanasi; part 2, 1s edi. 1988; Chikitsa Sthana 26.