

Treatment of Shiroroga

Dr. Kiran Patil

General Management of Shiroroga

Commonly in all type of Shiroroga (headache) the following preventive measures should be taken –

• Nidana Parivarjana

According to the treatment point of view, the etiological factors producing headache should be avoided. Commonly rest, avoid holding of the urges, controlling the mind is very helpful. Also other Aharaja and Viharaja Hetus should be avoided.

• Samshodhana Chikitsa

Shirovirechana-Nasyakarma has been advised as the important method of treatment in Urdhavajatrugata Rogas. Thus repeated use of Nasya with special medicines that are indicated for such conditions is to be put into practice in headaches.

• Samshamana Chikitsa

Along with Nidana parivarjana, the vitiated doshas should be brought to their normal state with the help of drugs, based on Samanya Vishesh principles, according to predominance of the manifesting dosha.

• Other Measures

Yogratnakara has described the following measures for Shiroroga. Snehana, Upanaha, Swedana, Dhumpna, Lepa, Langhana, Parisheka, Agnikarma, Raktamokshana, Shirobasti.

These measures should be applied after considering the predominance of dosha and other general considerations of the patient.

• Sattvavajaya

In the present time counseling is not only beneficial in psychiatric conditions but also in psycho-somatic diseases like Migraine, as a supportive therapy to alleviate the aggravated condition by making the patient able to cope up his illness with better adjustment and adaptation.

Psychological and Psychodynamic methods are no more a palliative management but also a curative treatment in those conditions. The basics approach is,

1. Assurance
2. Exchange or replacement of emotions viz. replacement

of Kama, Krodha, Bhaya, Harsha, Irshya etc. with appropriate emotions.

3. Psychoshock therapy

In Bhaishajya Ratnavali, General line of treatment for Shirah-Shoola has been described which are Swedana, Nasya, Dhumpna, Virechana, Lepa, Vamana, Langhana, Shirobasti, Raktamokshana, Agnikarma, Upanaha, Purana Ghrita and Shashtika Shali.

Specific Management of Shiroroga

• Vataja Shiroroga

The following alleviating measures should be employed in management of Vataja-Shiroroga Snehana (oleation), Swedana (formulation), Navana (nasal medication), Lepa (local application), Seka (irrigation), Dhuma (himigation) along with Vata-Shamaka drinks, food and hot poultices, Dahakarma (Cauterization) is advisable in Vatika Shiro Rogas, which can be relieved by other measures. The medicines advised are:

Taila – Rasnadi taila, Baladi taila, Trivrit taila, Bala taila
Ghrita – Maha Mayura Ghrita, Mayura Ghrita

• Pittaja Shiroroga

Pittaja Shiro Roga should be treated with Pitta purifying measures as Ghritpana, milk-intake, Nasya, Seka (irrigation), Sheeta lepa (cold poultices); with pitta alleviating food and drinks, Asthapana basti, Virechana, Sira vedha are also applicable. The preparations advised in Pittaja Shiro Roga are Chandanadi pradeha, Parisheka, Yashtyadi Ghrita.

• Kaphaja Shiroroga

Kaphaja Shiro Roga should be remedied by Kapha suppressive measures like Shiro Virechana, Vamana, Dhumpna and Gandusha dharana, Swedana (fomentation of head) followed by Dhuma, Nasya, Pradhamana (insufflation of powder) and Kaphahara pralepa (local applications). Old Ghrita, Basti prepared by Tikshana drugs and Daha (cauterization).

Nasya – Katphaladi nasya, Arkadi nasya, Hayari nasya.

• Sannipataja Shiroroga

The treatment of Sannipataja Shiro Roga is based on the

predominance of dohsa and thus a combined treatment is given. Sushruta advises drinking of Ghrita, Taila, Basti, Dhumpna, Nasya, Lepa, Swedana.

• Krimija Shiroroga - The appropriate treatment of Krimija Shiro Roga is Tikshna Shiro Virechana. Pradhmana Nasya, Avpida Nasya, Kawalgraha and Ghrita Nasya.

• Suryavarta - Ghritapana, Shiro Virechana, Kaya Virechana, irrigation of head with Ghrita, Taila, Vasa and Majja milk, Upanaha with meat of wild animals and Nasya are useful in treating Suryavarta. Sira Vedha in addition to other medication can also be performed.

• Ananta Vata

Rakta Mokshana, Nasya along with the measures applied in Suryavarta is also advisable when considering Vata as the predominant involvement.

• Ardhavabhedaka

Ardhavabhedaka is best treated with Ghrita, Taila and Majja, Shiro Virechana, Kaya Virechana, Nadisveda, Niruha and Anuvasana, Basti, Upanaha and Shiro Basti.

Acharya Sushruta has also mentioned Nasya with Shirishphala, Dashmooladyavpidana, Madhukadhya-

vapidana and Madhuradi nasya.

• Sankhaka

Sankhaka Roga has been described to be fatal, but if the patient survives the attack of headache for three days then the following measures should be considered - Shiro Virechana and Snehana, Nasya with Ghrita, Shiro Lepa, Parisheka with cold drugs Pradeha, Avapida and Ghrita for intake along with other greasy food.

Sadhya-Asadhyata

In Samhita the Sadhyasadhyata of Shirahshoola is not described specially. The prognosis of a disease is usually dependent upon its severity. The Shirahshoola, which is not chronic than one year and devoid of any major complication, can be termed as Sukhasadhya. On the contrary, when Shiroroga is having history of chances of relapses and is of chronic nature, no improvement seen even after undergoing all sorts of treatment can be termed as Asadhya.

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• द्रव्याच्या व द्रव्याश्रित रसादि गुणांच्या निर्मितीच्या वेळी समान महाभूते कार्यकारी असतील तर ते 'समान प्रत्ययारब्ध' द्रव्य होय. व वेगवेगळी महाभूते कार्यकारी असतील तर ते 'विचित्र प्रत्ययारब्ध' द्रव्य होय. उदा. दुग्ध, द्राक्षा, घृत ही द्रव्ये मधुर रसाची, विपाकाने मधुर व वीर्य शीत असणारी आहेत. ही द्रव्ये 'समान प्रत्ययारब्ध' आहेत. आम्लरस असल्यास विपाक आम्ल व वीर्य उष्ण असले पाहिजे, या नियमानुसार चिंच, कैरी, करमर्द ही द्रव्ये समान प्रत्ययारब्ध ठरतात. परंतु गोधूम व यव ही दोन्ही द्रव्ये मधुररस, शीत वीर्य व गुरु गुणांची असूनही गहू हे वातशामक तर यव हे कटुविपाकी असल्याने वातकर आहे. त्यामुळे यव हे 'विचित्र प्रत्ययारब्ध' द्रव्य आहे.

• तमोदोषाने मन आणि बुद्धी आवृत्त झाली असता संज्ञानाश होतो.

• प्रायः उष्ण व तीक्ष्ण गुणांची द्रव्ये तमाचा नाश करून संज्ञा प्रबोधन करतात. उदा. हिंगु, वचा, नागर, कटुफल, गुग्गुल.

• अतिसारावर बेल+बडीशेप+आंब्याची साल यांचा काढा करून घ्यावा.

• पारदासारख्या काही द्रव्यांचे शरीरात शोषण अत्यंत शीघ्र जलद गतीने होते पण उत्सर्जन मात्र सावकाश होते. सावकाश उत्सर्जनामुळे पारद विशेषतः यकृताला अहितकारक ठरू शकतो, म्हणून कमी मात्रा दिल्याने हा धोका कमी होतो.

• आयुर्वेदाने अभावपदार्थ मानलेला नाही. सर्व कार्ये भावपदार्थांनीच होतात.

वैद्य वंदना मुळे, कोथरुड, पुणे.

TRIPHALA

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Medicine is one among the four Padas of Chikitsa Chatuspada. The consideration of the drugs during the line of treatment for particular ailment has great importance.

W.H.O. defines drug as "a substance or product that is used or intended to be used to modify or explore physiological system or pathological status for the benefit of the recipient". Ayurveda was the first to give an elaborate description of the various therapeutic measures not merely of radical removal of the causative factors but also at the restoration of Doshik equilibrium.

According to Charaka, "a drug, that is not understood perfectly is comparable to poison, weapons, fire and the thunderbolt; while, the perfectly understood drug is comparable to ambrosia."

According to Ayurveda, drug or diet article that reverses or break the Samprapti is ideal. It is often the total effect of all the ingredients in the formula rather than the action of individual drugs that plays a vital role in therapeutics. Drug combinations are envisaged to serve synergistic action, combined action, toxicity neutralising action and specific action.

Triphala is also one such drug which is used widely in Shalaky Tantra.

1) **Haritaki** - • Botanical name: Terminalia chebula Rertz. • Family: Combretaceae • Synonyms: Abhaya, Pathya, Kayastha, Putana, Hemavati, Avytha, Chetaki, Shiva, Vyastha, Haritaki, etc. • Part used: Fruit • Rasa: Pancha Rasa (Alavana) • Guna: Laghu, Ruksha • Veerya: Ushna • Vipaka: Madhura • Doshaghnata: Tridosha Shamaka • Karma: Chakshushya, Kaphaghna, Rasayana, Grahi, Vedanasthapana, Deepana, Pachana etc. • Chemical constituents: Anthraquinone glycoside, Chebulinic acid, Chebulagic acid, Tannic acid, Terchebin etc. • Pharmacological actions: Antimicrobial, Antibacterial, Antispasmodic etc.

2) **Bibhitaki** - • Botanical name: Terminalia bellirica Roxb. • Family: Combretaceae • Synonyms: Aksha, Karshaphala, Kalidruma, Bhutavasa, Kaliyugalaya, Bibhitaki etc. • Part used: Fruit, Seed, Bark • Rasa: Kashaya • Guna: Ruksha, Laghu • Veerya: Ushna • Vipaka: Madhura • Doshaghnata: Tridosha Shamaka • Karma: Chakshushya Grahi, Anulomana, Deepana, Rechana, Kaphaghna, Dhatu vardhaka etc. • Chemical constituents: Chebulagic acid, Ellagic acid (bark, hard wood) • Pharmacological action:

Antihistaminic, Antibacterial, Hypotensive, CNS Stimulant, Antispasmodic, Antistress.

3) **Amalaki** - • Botanical name: Emblica officinalis Gaertn. • Family: Euphorbiaceae • Synonyms: Vayasya, Vrishya, Dhatriphala, Amalaka, Amritaphala, Tishyaphala • Part used: Root, Bark, Leaf, Fruit, Seed • Rasa: Pancha Rasa (Alavana) • Guna: Guru, Ruksha, Sheeta • Veerya: Sheeta • Vipaka: Madhura • Doshaghnata: Tridosha Shamaka • Karma: Chakshushya, Rasayana, Dahaprashamana • Chemical constituents: Vitamin-C, Carotene, Nicotinic acid, D-fructose, myoinositol, D-galacturonic acid.90 • Pharmacological actions: Immunomodulator, Anti-inflammatory, Antimicrobial, Antioxidant etc.

Uses of Triphala in Shalaky Tantra - Triphala is used widely in diseases of Netra, Karna, Nasa, Shiroroga and Mukharoga.

नेत्रस्त्राव	कृमिग्रथि	कुकुणख	शुक्तिका
सन्नण शुक्ल	अक्षिपाकात्स्य	अन्नण शुक्ल	अजकाजात
अभिष्यद	अधिमंथ	वातपर्याय	अन्यतोवात
तिमिर	काच	लिंगनाश	अन्यतोवात
कफविदग्ध दुष्टी	दीवांध	नेत्र अर्बुद	पित्तविदग्ध दुष्टी
अर्म	पोथकी	नेत्रकण्डु	त्रिदोषज नेत्ररोग
नेत्रशोथ	नेत्रलालीमा	पिल्ल	नेत्रदाह
प्रतिश्याय	नासापाक	कर्णशूल	कर्णबाधिर्य
कर्णनाद	कृमिकर्ण	ओष्ठप्रकोप	शिताद
दन्तवेष्टक	अधिमास	दालन	चलदंत
रोहिणी	गिलायु	गलविद्रधी	गलगण्ड
मुखपाक	शिरःशूल		

These are the various diseases in which Triphala can be used. Triphala can be used locally, systemically, along with other drugs and as an ingredient in various yogas.

Triphala can be used for- 1) Netradhavana 2) Karnaprakshalana 3) Anjana 4) Lekhana karma 5) Aschotana 6) Pindi karma 7) Tarpana 8) Seka karma 9) Nasya 10) Kavala 11) Gandoosha 12) Pratisarana 13) Lepa etc.

Thus Triphala can be used in various ways in Shalaky Tantra.

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