



AYURVEDIC MANAGEMENT OF HEAT INDUCED HEADACHE (PITTAJ SHIROSHOOLA): A CASE STUDY

Abhilasha¹, Ashu Vinayaka^{2*}, Khushal Kumar³, Manoj Kumar Gautam⁴

¹Asst. Professor, *Shalakya Tantra* Department, BDM College of *Ayurveda* and Hospital, Chhuchhakwas, Jhajjar, Haryana. Email id: doc.abhi53@gmail.com

^{2*}Professor and H.O.D, *Shalakya Tantra* Department, Institute of *Ayurveda* Science and Research, Shri Krishna Ayush University, Kurukshetra, Haryana. Email id: drashukataria@gmail.com

³Assistant Professor, Dept. of Rog Nidan, CDL College of *Ayurveda*, Jagadhri
Email id: khushalkashyap19@gmail.com

⁴Ayurvedic Medical officer, Govt. of Rajasthan, Sri Ganganagar, Email id:
drmanojkgautam@gmail.com

***Corresponding Author:** Ashu Vinayaka

*Professor and H.O.D, *Shalakya Tantra* Department, Institute of *Ayurveda* Science and Research, Shri Krishna Ayush University, Kurukshetra, Haryana. Email id: drashukataria@gmail.com

Abstract – As per *Acharya Charaka Shiro* is considered as the *Uttamanga*, the controller of all the sense organs and one of the *trimarma* (three vital organs). Ancient Ayurvedic literature describes various types of *Shiropogas* by different *Acharyas* such as Sushruta, Vagbhata, *Charaka*, *Yogratnakara*, etc. *Pittaj shiropoga* is one type of *Shiropoga* which may be correlated with heat-induced headache based on signs and symptoms. In today's era heat induced headache is the result of the increased heat in the environment due to deforestation, urbanization, desertification which leads to the increase of the green houses gases such as carbon dioxide, methane etc in the environment which absorbs heat and leads to many diseases and heat induced headache is one among those. Here is a case study of a patient who was having the *Pittaj shiroshoola* i.e heat induced headache and was successfully treated with Ayurvedic treatment. The treatment included *Virechana*, *Nasya*, *shaman chikitsa* and *shiroabhyanga*. The entire treatment focused on *Pittashaman* and *shoolaprashaman*.

Keywords: - *Pittajshiroshoola*, Heat induced headache, *Nasya*, *Virechana*, *Shiroabhyanga*

Introduction – In today's fast-paced lifestyle, adopting a healthy routine becomes difficult, resulting in vitiation of doshas. Moreover, contact with a changing environment also causes imbalance in the doshas. *Pittaj Shirashoola* results from vitiation of *Pitta dosha*, characterized by severe burning sensation in head, eyes, and nose, which is relieved after cold compression and at night. (1) Here is the case study of the patient who was having all the classical symptoms of Heat induced headache i.e *Pittaj shirashoola*. Patient was treated first with *Virechana* on the very first day of treatment followed by *Nasya* for 14 days along with the *Shaman chikitsa* and *shiroabhyanga* for 21 days After treatment, the patient's symptoms were relieved.

Case Report-A male patient aged 38 years, opd no. 46237, came to the *Shalakya Tantra* Department OPD of BDM College of *Ayurveda* and Hospital, Chhuchhakwas, Jhajjar (Haryana).
Occupation – Agriculture field worker

Chief complaint –

- Severe headache on exposure to sunlight for 5 months.
- Burning sensation in eyes since 5 months
- Nausea, dizziness

History of present illness – A male patient aged 38 yrs came to the opd of *Shalakya tantra* department of BDM College of Ayurveda and Hospital with the complaint of headache since 5 months on the complete scalp on exposure to sunlight along with the burning sensation in eyes and sometimes nausea and dizziness also and it gets relieved as he came back to his home during evening after his field work. He has taken painkiller from his nearby chemist which gave him only temporary relief as only when the medicine was taken. Due to this his daily livelihood was getting compromised.

Past History – No Abnormality detected

Family History – No Abnormality detected

Personal History -

- Bowel Habit – Normal
- Micturition – Normal
- Appetite – Normal
- Sleep – Not disturbed

On Examination

- General condition – Good
- Pulse – 70/min.
- B.P – 130/80 mmhg
- RS – No Abnormality detected
- CVS – No Abnormality detected
- CNS – No Abnormality detected
- Hb – 14gm/dl
- *Prakriti – Vata Pitta*
- *Sara – Mamsasara*
- *Dosha – Pitta*
- *Dushya – Rasa, rakta*
- *Agni – Tikshana*
- *Strotas – Rasavaha and Rakta vaha*
- *Nidana* (Etiological factors): Excess exposure to dust, smoke, and sunlight(2)
- *Samprapti* (Etiopathogenesis): *Nidana sevana* vitiated the Pitta dosha, affecting *Rasa* and *Raktavaha Srotas* and leading to *Pittaj Shirashoola*

Nose

- Paranasal Sinus – Non tender
- No deviated nasal septum
- No hyper trophy of turbinate's was found

Ear

- External Auditory Canal – Normal
- Tympanic Membrane – Normal

Throat

- Oral cavity buccal mucosa normal
- Tongue – not coated
- Tonsils – Not enlarged
- Posterior pharyngeal wall – not congested

Eye

- Visual acuity – 6/6
- IOP - Normal

Table 1: Protocol and follow up schedule

Type of Medicine	Medicine	Dose	Duration/Remarks
<i>Virechana</i>	<i>Avippatikara churana</i> (3)	30gm with lukewarm water	on first day only
<i>Nasya</i>	<i>Yasthimadhu Ghrita</i> (4)	10 drops in each nostril	Ist sitting for 7 days with three days gap 2 nd sitting was done again for 7 days
<i>Shaman Aushadhi</i>	<i>Guduchadi kwatha</i> (5)	20 ml with equal water	Twice daily for 21days
	<i>Godanti bhasma with mishri</i> (6)	250mg	Twice daily for 21days
<i>Shiroabhayanga</i>	<i>Dashamoola Taila</i> (7)		Daily in evening for 21 days

Result – Here in this case after 1 week of *Nasya* treatment pt. was having relief in symptoms, again after the second sitting of *Nasya* patient was called for the follow up for the consecutive weeks and he was having significant relief with the treatment.

Discussion – The male patient which came into the opd of *Shalakya Tantra* Department with the complaint of severe burning sensation over the complete scalp and in eyes on exposure to sunlight and gets relieved after the cold compression and in evening. Sometimes the problem was also accompanied by nausea and dizziness. The Patient was diagnosed with pittaj *shirashoola* i.e Heat induced Headache after assessing his complete eye, ent and general examination along with the *prakriti* and *doshas* assessment. Patient was managed with the *pitta shamaka* and *Shoolaprashmana* treatment as described in Ayurvedic text which included *Virechana* with *Avippatikara churna* as it is good for all type of *Pitta vikara*. Then patient was followed by *Nasya* along with the *Shamana chikitsa* and the *Shiroabhayanga*. Nose is the gateway for the *Shiro*, so the medicine given via nose will directly affect the *Shiro*. As the *Yasthimadhu ghrita* has all the contents (*yasthimadhu*, *chandana*, *Anantamoola*) which are *Pitta shamaka*. *Guduchadi kwatha* is *Trisha* and *Daha shamaka*. *Godanti bhasma* is *sheeta pradhana*. *Dashmoola Taila* is also *Tridosha shamaka*. Hence all these combinely acted upon the patient and make his symptoms got relieved.

Conclusion – As per Ayurveda all disease occurs only after the imbalance occurs in *vata –pitta* and *kapha dosha*. Different types of *Shiro rogas* has been described by our different *Acharayas*. This case demonstrates that the classical *Ayurvedic* regimen including *Virechana*, *Nasya*, *Shamana Chikitsa*, and *Shiroabhayanga* provides significant relief in heat-induced headache (*Pittaj Shiroshoola*) without observed side effects. Patient was satisfied with the treatment and there has been no side effects of this treatment.

References: -

1. Acharya Sushruta Samhita – Ayurved Tatvasandeeepika Hindi Commentary, by Kaviraj Ambikadutta Shastri Chaukhamba Sanskrit series Varanasi 2018, Su.ut.24/6.
2. Charaka Samhita vidhyotini Hindi Vyakahaya by Pt. Kashinath pandey and Dr. Gorakhnath Chaturvedi, Ch. Su. 17/9.
3. Kaviraj Govinddassen Virachita Bhaisajyaratnavali by Chaukhamba Surbharti Prakshan – Varanasi, Amlapitta Rogadhikara 27.
4. Chakradatta by Dr. Indradev Tripathi By Chaukhmba Sanskrit Bhawan - Varanasi, Shiroroga chikitsa 13.

5. Kaviraj Govinddassen Virachita Bhaisajyaratnavali by Chaukhamba Surbharti Prakshan – Varanasi, Jwara Rogadhikara 62.
6. Kaviraj Govinddassen Virachita Bhaisajyaratnavali by Chaukhamba Surbharti Prakshan – Varanasi, Shodana Marana Gunaadiprakrana 285.
7. Kaviraj Govinddassen Virachita Bhaisajyaratnavali by Chaukhamba Surbharti Prakshan – Varanasi, Shirorogadhikara 84.