



Case Study

MANAGEMENT OF KAPHAJA SHIRSHOOLA WITH SPECIAL REFERENCE TO REFLEX HEADACHE

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ABSTRACT

Kaphaja Shirashoola, is a condition characterized by headache in evening time accompanied by nasal blockages are symptoms commonly associated with vitiation of *Kapha dosha* is known as *Kaphaja Shirashoola* in Ayurveda. Acharya Madhavakara given the brief knowledge about the *Nidana* of *Kaphaja Shirashoola* in modern perspective it is compared to reflex headache. According to Ayurveda symptoms of *Kaphaja Shirashoola* are heaviness of head and dull pain and nasal congestion with headache, which tends to worsen during the *Kapha kala* particularly in the late afternoon and in evening. Reflex headache often arises from disturbance in other bodily systems leading to referred pain in the cranial region. In this case According to the classics *Nasya* with *Anutaila* and *Shamanayoga* along with proper *Pathya Ahara* and *Vihara*. All the symptoms were relieved and subject feel lightness of the body.

INTRODUCTION

Kaphaj Shirashoola is one among the 11 types of *Shirashoola* explained in the classics Acharya Madhavakara explained the *Nidana* of *Kaphaja Shirashoola* in *Shiroroga nidana*^[1]. *Nidana* of *Kaphaja Shirashoola* are factors like sedentary lifestyle, excessive day time sleep, excessive intake of *Guru Snigda ahara*, *Madhura*, *Lavana*, *Rasa*^[2]. Environmental factors like cold and damp climate. The symptoms of *Kaphaja Shirashoola* like heaviness, congestion, heaviness of head, headache, mucus secretion. According to Acharya Charaka there is dull pain and numbness in head, stupor, laziness, anorexia^[3]. There is likely contemporary connection between *Kaphaja Shirashoola* and 'Reflex Headache'. In this case the headache is a result of a pathology or disease in another part of the body. It can be caused by nasal disorders, sinusitis, rhinitis, poor eyesight, dental issues, otitis media, and stomach or other diseases^[4].

The impact of any of these diseases can result in mild headache in case of *Kapha* type *Shirashoola*. The management strategies for *Kaphaja Shirashoola* is *Dhuma*, *Nasya*, *Lepa*, *Pradamana*, *Shamana yogas*, *Pathya Ahara* and *Vihara*, all these aimed at restoring *Doshic* balance. In this case we are going to discuss about the efficacy of *Nasya Karma* with *Shamana yogas* in relieving the symptoms and root cause. By integrating Ayurvedic principles with contemporary understanding of headache mechanism, this study highlights holistic approach to managing *Kaphaja Shirashoola* and its related reflex headaches promoting overall wellbeing and quality of life for affected individuals. *Pathya Aharas* like *Javar*, *Barly Shashtikashali*, *Mudga*, and *Kulatta* should be included in diet i.e., *Pathya*.

Case Report

On 16 July 2024 a Hindu male subject of 44 years old non-diabetic and non-hypertensive visited OPD of DGM Ayurvedic Medical College and Hospital, with the complaints as mentioned below

Chief Complaints

- Headache in late afternoon and in evening since 1 year.
- Disturbed sleep since 3 days

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Associated Complaints

- Nasal blockage present in night time since 6 months.
- Heaviness of head since 3 months.

Patient was apparently normal before 6 months gradually he develops headache particularly in evening time and nasal blockage in night time and disturbed sleep. Pain increase during evening time, initially consulted local doctor and ophthalmologist but patient didn't feel better so he visited our Kayachikitsa OPD, DGM Medical Hospital, Gadag, Karnataka.

No H/o: DM, HTN

Treatment Protocol

All systemic examination found to be normal.

General Examination

Bp – 130/80 mmhg
 HR – 78 b/min
 Spo2 – 96%
 General condition - Normal

Systemic Examinations

CNS – Conscious and oriented
 CVS – S1 & S2 heard
 RS - Normal vesicular breath sound heard
 P/A – Soft & no tenderness, no organomegaly

Table 1: Showing treatment protocol of Kaphaja Shirashoola

<i>Shamana Yoga</i>	<i>Aushada Sevanakala</i>	<i>Matra</i>	<i>Anupana</i>
<i>Avipattikara churna</i> ^[5]	Night	2 tsp	<i>Ushna Jala</i>
<i>Laghu sutashekara rasa</i> ^[6]	BID	1 tab	<i>Jala</i>
Tab. Cephagrain	BID	1 tab	<i>Jala</i>

Panchakarma procedure

- *Nasya karma* with *Anu taila* is done for 8 days started with 4 *Bindu* in each nostril increased up to 8 *Bindu* till the last day of procedure.
- All the pre and post operative procedures carried out according to the classics.

Grading of Kaphaja Shirashoola

Table 2: Grading of Kaphaja Shirashoola^[7]

Parameter	Grading	
<i>Shirashoola</i>	0	No headache
	1	Mild headache
	2	Moderate headache
	3	Severe headache

Grading of Nasal blockage

Table 3: Grading of Nasal blockage^[8]

Parameter	Grading	
Nasal Blockage	0	No blockage
	1	Very mild blockage
	2	Moderate blockage
	3	Fairly bad blockage
	4	Severe blockage

Grading of Heaviness of Head

Table 4: Grading of Heaviness^[9]

Parameter	Grading	
Heaviness	0	None
	1	Mild
	2	Moderate
	3	Severe

OBSERVATION AND RESULT

- After 2 days of *Nasya karma* patient experiencing the decreased headache and lightness. After completion of *Nasya karma* with above *Shamana Yogas* were continued for 15 days.
- After 15 days of follow up done and accessed patient was getting significant changes on their symptoms like headache, nasal blockage and disturbed sleep.

Lakshanas	BT	AT	AF
<i>Shirashoola</i>	3	0	0
Nasal blockage	2	1	1
Heaviness	2	0	0

Image 1: Showing Administration of Nasya



Nasya Poorvakarma

Refers to the preparatory procedures for *Nasya* a form of Ayurvedic nasal therapy consists of several essential.

- *Abhyanga* (oil massage): This involves a soothing massage using warm oils to promote relaxation and improve blood circulation.
- *Swedana* (steam therapy): Steam is applied to the face and neck to facilitate the opening of nasal passages and alleviate any congestion.

Nasya Pradanakarma

After completion of *Poorvakarma Anutaila* is administered into each nostril while the patient inhales deeply.

Nasya Paschatkarma

Rest and Protection

- After *Nasya*, the patient is advised to take rest for a while, avoiding exposure to wind, dust, smoke, or cold air. The head should be kept warm, and the patient should avoid strenuous activities.

Diet and Lifestyle

- Light, easily digestible food is usually recommended after *Nasya*, avoiding cold or heavy meals, warm liquids, soups, or light herbal teas.
- Advised to avoid sleeping during the day and strenuous physical or mental activities after the treatment.

DISCUSSION

Kaphaja Shirashoola is one among the 11 types of *Shirashoola*. Here, in this case study we followed the classical *Nasya karma*, *Shamanayogas*, and proper *Pathya Ahara* and *Vihara*.

- *Avipattikara churna* – The main ingredients like *Katu*, *Tikta Madhura rasa Laghu Ruksha*, *Tikshna Guna*, *Ushna Veerya*. *Katu* and *Madhura Vipaka*, by all these means it does the *Vatanulomana* and *Agnimandya* and *Amajavikara*.

• **Mode of action of Anutaila Nasya**

Anutaila has the *Tridosha shamaka* effect. It has key ingredients like *Tila taila*, *Devadaru*, *Jivanti*, *Agaru*, *Yastimadhu*, all these made to clear the nasal passage, reduce nasal congestion and balance the *Kapha dosha*.

• **Tablet Cephagrain**

It is having ingredients like *Kesar*, *Sarjakshara*, *Arkapushpa*, *Pippalimoola*, *Dattura*, *Godanti*, *Ajamoda*, *Sitopaladi churna*, *Nishottara*, *Bhringaraja*, *Shunti*, *Tulasi*. These having Pharmacological action like effectively relieve the nasal congestion for improved breathing and acts as *Shoolahara* and *Shothahara* effect to alleviate headache.

• **Laghusutashekara Rasa**

Ingredients of *Laghusutashekara rasa* are *Swarna gairika*, *Shunti* and *Nagavalli*. It has *Katu* and *Tikta rasa* these have *Deepana pachana* and which acts as *Amapachana*. *Laghu* and *Tikshna guna* have *Srotoshodhana* property, which helps in expulsion of vitiated *Dosha* and relieve the *Shirashoola*.

CONCLUSION

- As per the classics we have many formulations to cure the diseases on behalf of that *Vaidya* should have the sound knowledge about the permutation and combination of medicine and sound knowledge about the diseases.
- In the present case study is treated with *Nasya Karma* as per classics any kind of *Shiroroga Nasya* is a prime treatment because *Naso hi Shirasodwara*.
- *Pathya* also place important role in cure of diseases.
- *Nasya*, *Shamana*, *Pathyapalana*, shown significant changes.

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