

Dashamoola Taila Shiroabhyanga In Prevention Of Vataj Shirahshoola With Special Reference To Episodic Tension Type Headache

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Abstract –

Various types of *shiroroga* are explained in different *samhitas*. *Vataj shirahshoola* having different etiological factors like *sharirik* and *manasik* can be compared with episodic tension type headache. It is triggered by anxiety, stress, depression, sleep deprivation, suppression of natural urges. *Shiroabhyanga*, mentioned in *dinacharya* is a major *upakrama* to prevent *Vataj shirahshoola*. In this study, 40 patients of *Vataj shirahshoola* were advised *shiroabhyanga* with approximate 30 ml *Dashamoola taila* for 14 days. The observation was analysed statistically. The result showed that *Dashamoola taila shiroabhyanga* can be used in the evening to prevent *Vataj shirahshoola* with special reference to episodic tension type headache when used as *Dinacharya Upakrama*.

Keywords - *Vataj shirahshoola*, *shiroabhyanga*, *Dashamoola taila*, episodic tension type headache

Introduction –

Now a days life style of all human beings is changing rapidly. To achieve their goals and desires human beings are running behind them breathlessly. For this purpose, change of life style has taken place which includes irregular and unhealthy dietary habits, intense work load and its pressure, suppression of natural urges, sleepless nights, inadequate entertainment and relaxation, because of this life has become very stressful with anxiety, worry, tension and depression. In this stressful life style, many times we suffer from headache. All of these headaches are mostly primary headaches. Among tension type headache, episodic tension type headache is the most common headache disorder. They can range from the occasional mild headache to daily disabling headaches in some cases⁽¹⁾.

The most common complaints regarding *Shiroroga* is *Shirahshoola*⁽²⁾. Amongst them *Vataj Shirahshoola* is most frequently caused because causative factors like *Tikshnapaana*, *Ucchairbhashaya*, *Atibhashya*, *Prajagaran*, *Shitamarutasparsha*, *Ati Vyavay*, *Vega Nigraha*, *Upavasa*, *Atimargakraman* are usually adopted by all human beings due to their busy life style⁽³⁾. Other most common causative factors of *Vataj Shirahshoola* are psychogenic which are *Shoka* (grief), *Bhaya* (fear) and *Trasa* (fear)⁽⁴⁾. Advancement of modernization, development of industrial phase, business competitions, excessive use of internet and increase in unemployment are really capable to provide a mind status of *Bhaya*, *Shoka* and *Trasa* etc. which further causes *Vataj Shirahshoola*.

Symptomatology of tension headache quit resembles with symptomatology of *Vataj Shirahshoola*. But area of causative

factors are too broad for *Vataj Shirahshoola* as various diatetic, psychogenic and behavioural factors are quoted for *Vataj Shirahshoola* whereas tension headache has relatively less causative factors which are psychological factors. So, tension headache can be taken under the heading of *Vataj Shirahshoola Shiroabhyanga* is one of the major *upakrama* described in *Dinacharya*. *Charakacharya* and *Sushrutacharya* have mentioned that *Shiroabhyanga* helps to prevent and cure *Shirahshoola*. It also reduces psychological factors like depression, anxiety, reduces muscle tension, improves blood circulation, induces better lymph movements, stimulates nervous system and relieves acute and chronic pain⁽⁵⁾.

Dashmoola taila is indicated for shiroabhyanga in shirahashoola in Bhaishajya Ratnavali shirorogadhikara⁽⁶⁾. Dashmoola is *uttama vataghna* and *taila* is also described as *uttam vataghna* in ayurvedic texts. So, it was selected to evaluate its role in *Vataj Shirahshoola*. With this background, an attempt was be made to study *Dashmoola Taila Shiroabhyanga* in prevention of *Vataj Shirahshoola* with special reference to episodic tension type headache.

To study the efficacy of *Dashmoola Taila* in *Vataj Shirahshoola* (episodic tension type headache).

Materials And Methods –

1. Single arm clinical trial was performed.
2. Patients - 40 patients having vataj shirahshoola were registered and consent taken.
3. Dashamool Taila was prepared by classical reference.

4. Patients were taught to perform shiroabhyang by classical method at home for 14 days in the evening for 10 minutes. Approximate 30 ml dashamoola taila was used for shiroabhyanga as per requirement.
5. Follow up – patients were followed up time to time for observations.
 - A. 1st Follow up on 7th day.
 - B. 2nd Follow up on 14th day.
 - C. 3rd Follow up on 20th day. (Post treatment follow up)

Inclusion Criteria:

1. Patients of showing signs and symptoms of *vataj shirahshoola* irrespective of gender.
2. Age group between 20 to 40 years of age.

Exclusion Criteria:

1. All types of primary and secondary headache except episodic tension type headache.
2. Any skin disease of scalp.
3. Patients of any systemic disorders.
4. Patients with history of head injury.
5. Patients having refractive error.

Subjective Criteria:

As per Ayurved-

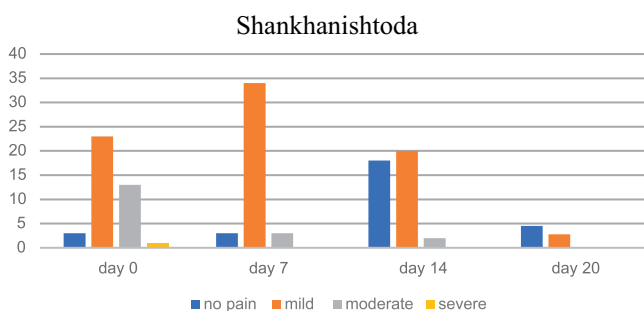
1. Shankhanishtoda (pain in temporal region)
2. Ghaatasambheda (pain in occipital region)
3. Bhrumadhya Evam Lalata Tapativivedanam (Pain and burning in frontal region)
4. Prakash asahyata (photophobia)
5. Kandhara graha

As per modern view-

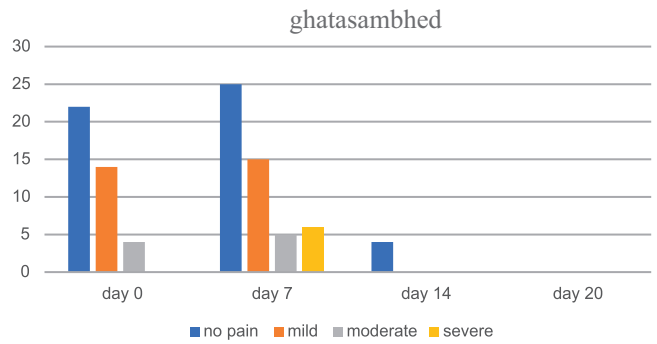
6. Tightness around the forehead or back of the head and neck
7. Phonophobia

Observations And Results

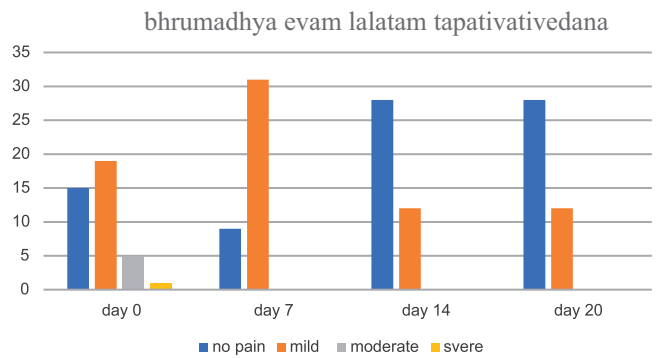
1. Shankhanishtoda



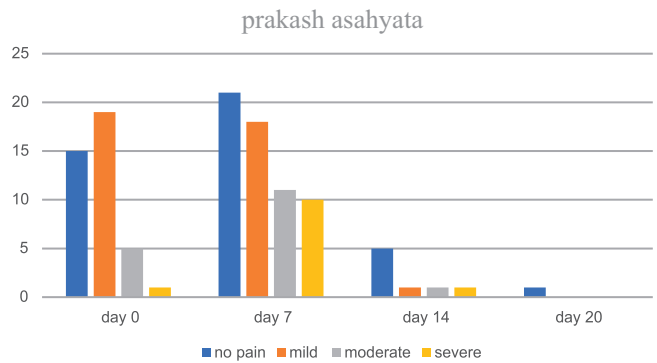
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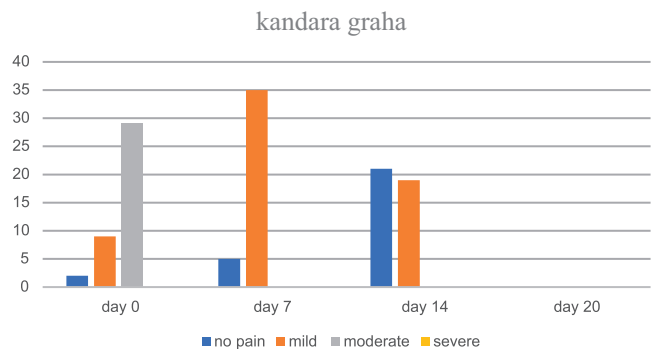
3. Bhrumadhya Evam Lalata Tapativivedanam



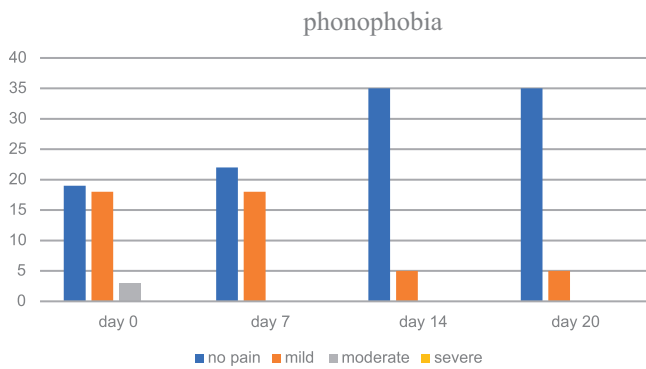
4. Prakash Asahyata



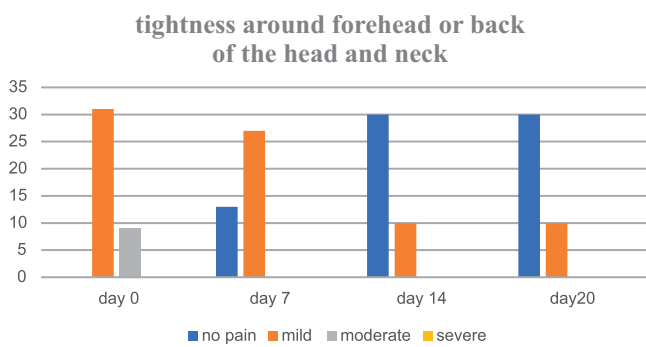
5. Kandara Graha



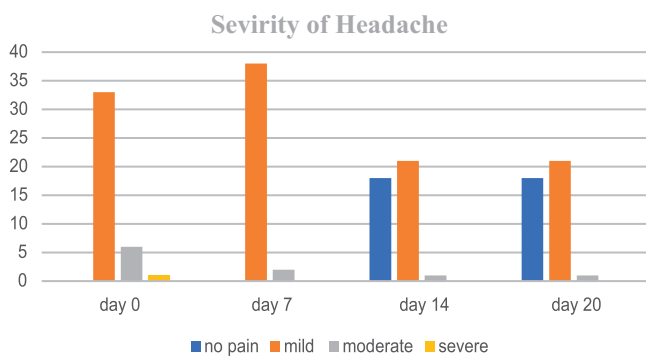
6. Phonophobia



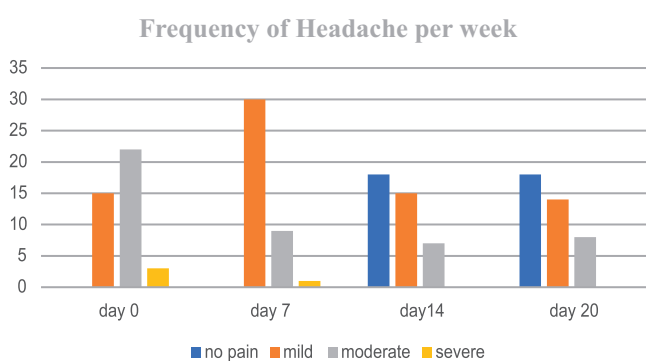
7. Tightness around forehead or back of the head and neck



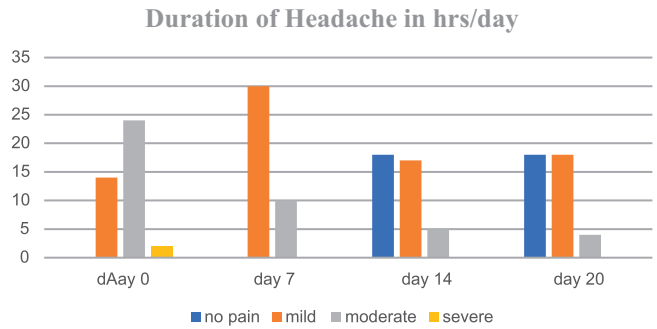
8. Severity of Headache



9. Frequency of Headache per week



10. Duration of Headache in hrs/day



Discussion

In Vataj Sirahshoola apart from Sharirika Nidana a good deal of mental factors are said to be responsible for the vitiation of Vata, they are Bhaya, Shoka, Chinta etc.

In dashamoola taila Bilva, Agnimanth, Shyonaka, Patala, Bruhati are Vatakaphahara in nature. Gambhari, Shaliparni, Prushniparni are Tridosahara in nature and Gokshura is Vaat Pitta hara in nature. In Dashamoola except Gokshura all drugs are Ushna Virya drugs. So we can say that selected drug have vatahara properties. Taila itself is Sukshma, Ushnavirya, Vyavayi, Uttam Vaatshamak, Balakarak, Hitakar for Twacha, Buddhivardhak. Hence, Vata dominant Tridosahar property of Dashamoola taila can be effectively used in Vataj Shirahshoola.

Shiroabhyanga is one of the Upakramas described in Dinacharya for headache. Dalhana has described the absorption of Sneha used in Abhyanga procedure in detail. The oil used in Abhyanga reaches upto different Dhatus when it is applied for the sufficient time⁽⁷⁾. Thus, the drug used in the Abhyanga gets absorbed by the skin. Dalhana explains that when Snehan drug reaches to the particular dhatu it subsides the disease of that particular Dhatu. Acharya Charaka has mentioned that Vayu dominates in the Sparshanendriya and its Adhishtana is Twacha i.e., skin⁽⁸⁾. Indriyas are in close contact of mind and all the Indriya Adhishtana is Shirah. So, when Indriyas remain healthy then mind automatically remains healthy. In this way, Vata shamak karma of Abhyanga and its effects on Indriya and Mana like Indriya Prasadana and Santarpana, it is effectively used in Vataj Shirahshoola which have Manas Hetu like Chinta, Krodha, Bashpa etc.

According to modern science abhyanga also reduces

- muscle tension,
- improves blood circulation,
- induces better lymph movements
- stimulates nervous system and
- Relieves acute and chronic pain.⁽⁹⁾

It also reduces psychological factors like depression, anxiety, boredom and increases liveliness⁽¹⁰⁾.

Scalp massage decreases the activation of the sympathetic nerve while increasing the activation of the parasympathetic nerve, resulting in a decrease in the secretion of norepinephrine and cortisol or in other words, stabilization of stress hormone levels⁽¹⁾. In this way it is effectively used in episodic tension type headache which is caused by stress induced by psychological factors like depression, anxiety etc.

Conclusion

On the basis of this study, it can be concluded that –

This proves that dashamoola taila shiroabhyanga can be used to prevent vataj shirahshoola w.s.r.to episodic tension type headache when used as dinacharya upakrama.

Conflict of Interest: Nil

Source of Support: Nil

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