

Observational and Conceptual study of *Vaatik Shirashool*

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Abstract-

Introduction- At the present time, lifestyle of people is changing drastically due to their growing needs, which enhances incidences of lifestyle disorders having psychosomatic origin, headache is one of them. **Methodology-** In this article conceptual study of *Vaatik Shirashool* was done according to *Brihatrayee* and in observational study of 50 patients of *Vaatik Shirashool* were selected randomly and analysis of *Hetus* (causes) and *Lakshanas* (symptoms) was done. **Result-** In this study, most common *Hetu* was found Suppression of natural urges(44%) followed by lack of sleep (40%) and most common *Lakshana* was observed as neck pain(90%) followed by pulsing sensation(84%). **Discussion-** Female dominance and youth dominance in age group (20-30 yrs) was observed and both have the tendency to suppress urges. On the other hand, Neck pain and pulsing sensation are common symptoms with which one can show correlation of *Vaatik Shirashool* with Cervical Spondylosis or Migraine.

Keywords-Headache, *Vaatik Shirashool*, *Hetu* (causes), *Lakshana* (symptom) , Cervical Spondylosis.

Introduction

Headache is most prevalent disorder of symptom complex with multi-factorial origin. Though it is very common disease, it may become a major cause for the patient to seek the advice of the physician. In *Ayurveda*, *Shirashool* (headache) has been given as symptoms of many diseases. An *Ayurvedic* text also describes *Shirashool* as primary disorders in *Shirorogas*¹.

Head has given utmost importance by *Acharya Charaka* and also declared it a most important organ of the body².

Diet and daily routine are the major factors affecting nowadays, in this competitive world. The preventable chronic diseases like headache are the outcome of our unhealthy choices. Suppressing natural urges and lack of proper sleep are now becoming common cause that triggers *Vaat Dosha*. *Acharya Charaka* also mentioned many etiological factors that cause vitiation of *Vaat Dosha* to cause *Vaatik Shirashool*. *Vaat Dosha* is the main culprit to cause any disease. Hence *Vaatik Shirashool* is selected for conceptual and observational study. Though Headache is the hallmark symptom in most of the types of head disorders, some of them show correlation with *Vaatik Shirashool*.

Aims

- 1) To find most common causes of *Vaatik Shirashool*.
- 2) To find most common symptoms of the same .

Objectives

- 1) To form conceptual base of *Vaatik Shirashool* according to *Brihatrayee*.
- 2) To understand its correlation with modern diagnosis.

Methodology

50 patients presenting classical symptoms of *Vaatik Shirashool* were selected randomly. Patients of both sexes including in age group 20-60 were selected. Analysis of patients according to cause and symptoms was done to find out most occurring causes and symptoms.

Causative factors

Etiological factors for *Vaatik Shirashool* only explained by *Acharya Charaka (cha.su.17)*³. But *Acharya Vagbhatt* considered the general *Nidan (Hetu)* of *Shiroroga* for *Vaatik Shirashool (A.Hru.U.23)*⁴, whereas *Acharya Sushruta* did not mentioned any *Nidan* for *VaatikShirashool*.

Table 1- Causative Factors according to Acharyas

<i>Charaka</i>	<i>Vagbhatt</i>
Loud speech	Exposure to smoke, sunlight, snow
Too much speaking	Over indulgence in watersports
Pungent drinks	Excessive sleeping
Keeping awake at night	Excessive sweating
Contact with cold wind	Exposure to heavy, direct/eastern breeze
Sexual indulgence	Suppression of tears & weeping
Suppression of natural urges	Drinking too much water and alcohol

Excessive fasting	Presence of intestinal worm
Excessive purgation and vomiting	Avoiding pillow and cleanliness
Excessive weeping, grief and fear	Avoiding anointing body
Carrying heavy load & walking long distance	Unhealthy and raw smell
Emaciation in excess	Vitiation of <i>Ama</i>

As *Acharya Charaka* exclusively mentioned *Hetu*(causes) for *Vaatik Shirashool*, only these *Hetu* (causes) were considered for assessment in 50 patients.

Criteria for diagnosis

Table 2- Lakshanas(symptoms) of Vaatik Shirashool

Symptoms	<i>Charaka</i> ⁵	<i>Sushruta</i> ⁶	<i>Vagbhata</i> ⁷
Severe pain at <i>Bhruva Madhya, Shankha, Ghata, Lalata</i>	+	-	+
Tinnitus	+	-	+
Eyes feels as though being pulled out	+	-	+
Giddiness/ vertigo	+	-	+
Excessive pulsing sensation	+	-	+
Neck pain/stiffness	+	-	-
Intolerance to light	-	-	+
Runny nose	-	-	+
Relief of pain without any reason	-	-	+
Relief by unctuous and hot application	+	-	-
Reduction in severity by massaging, anointing with oils	-	-	+
Relieved by binding and fomentation	-	+	+
Headache without apparent cause	-	+	-
Aggravated severely at night	-	+	-

Observations

Table 3- Age & Sex wise distribution

Age group	No of pts	Male	Female
A- 20-30 yrs	19 (38%)	2	17
B- 31-40 yrs	18 (36%)	5	13
C- 41-50 yrs	10 (20%)	2	8
D- 51-60 yrs	3 (6%)	1	2
Total	50	10	40
Percentage	100%	20%	80%

According to our observations in **Table no 3** (age & sex wise distribution), maximum no of patients 19 i.e38% were in group A (20-30yrs). Maximum patients were young and many of them were students. This group was seen more active and conscious about their figure and

weight gain. People in this group were having restriction on food and more work load. In group B (31-40yrs) 18 pts i.e.36% of patients were included, as most of the patients were females and all of them were housewives, 18 patients were found in group B followed by 20% in group C(41-50yrs) and 6% in group D(51-60yrs). Total 80% of females were registered and remaining were only 20 % of male. Also in each age group there is female predominance, we can say that females are more prone to *Vaatik Shirashool* than males.

Table 4- Cause wise distribution of patients

Causative factors	No of patients	Percentage
Loud speech	10	20%
Too much speaking	15	30%
Pungent drinks	3	6%
Keeping awake at night	20	40%
Suppression of natural urges	22	44%
Excessive fasting	18	36%
Trauma	0	0%
Grief, fear, stress, apprehension	9	18%
Carrying heavy load & walking long distance	12	24%
Emaciation in excess	3	6%

In **table no 4** (*Hetu* wise distribution), maximum i.e.44% of patients were having habit of suppressing natural urges like hunger, micturition etc. People are now working hard to settle in this competitive world, they start ignoring their natural urges, thereby suppressing it. Second most occurring i.e.40% *Hetu* (cause) was of keeping awake at night, hence lack of proper sound sleep. In first age group(20-30) where max no of patients were registered, many of them were students as they are always under stress for scoring good marks in exams, hence not having proper relaxation and sound sleep, thereby come up with vitiation of *Vaat Dosha*. Excessive fasting was found 3rd most common *Hetu* (36%) in almost all females fasting in name of God, followed by excessive talking in females as they are more vocal, this *Hetu* was found in 30% of patients, 24% were having heavy work load, loud speech in 20% of patients, 18% of patients were suffering from some kind of fear/grief. 6% of patients were taking pungent drinks like alcohol as these patients were male doing labour work, and 6% were having emaciation in excess.

Symptoms wise distribution of patients is done in 3 categories

Table 5.A- Headache Sites

Headache sites	No of patients	Percentage
Whole head	19	38%
One sided	13	26%
Specific sites- <i>Bhrumadhya</i>	0	0%
- <i>Shankha</i>	3	6%
- <i>Lalata</i>	6	12%
- <i>Ghata</i>	9	18%

As per symptom wise distribution in **table no 5.A** (headache sites), max no of patients (38%) were complaining about having whole headache, 26% were having one sided headache followed by those having headache with specific sites (36%), among them 18% patients show pain at *Ghata*, 12% patients show pain at *Lalata*, 6% show pain at *Shankha* and 0% at *Bhrumadhya*.

Table 5.B- Associated Lakshanas (symptoms)

Symptoms	No of patients	Percentage
Tinnitus	17	34%
Eyes feels as though being pulled out	15	30%
Giddiness/ vertigo	33	66%
Excessive pulsing sensation	42	84%
Neck pain/stiffness	45	90%
Intolerance to light	31	62%
Runny nose	5	10%

As per observations in **table 5.B**, most of the patients (90%) were having neck pain due to excessive work load, continuous studying (in students) and lack of proper sleep, 2nd most occurring symptoms was pulsing sensation(84%) as a result of *Vaat Prakopa*, 66% of patients were having Vertigo which is 3rd most occurring symptom followed by 62% of patients with intolerance to light, tinnitus(34%), eyes being pulled out(30%) and runny nose at the time of *Shirashool* (headache) in 10% of patients.

Table 5.C- Upashaya Parikshan

Relief after	No of pts	Percentage
Unctuous application like balm	15	30%
Massaging oil	13	26%
Binding head	15	30%
Without any reason	7	14%

Certain diseases have identical causes, preliminary signs and symptoms. In ancient times, when modern techniques did not exist, a specific diagnosis was aided by *Upashaya*. This involves eliminating diseases through diet or any physical therapy to come up with exact diagnosis. In **table no 5.C** 30% of pts were applying balm as primary remedy to get temporary relief, another 30% were binding a kind of band or handkerchief around head, 26% of patients were using some medicated oil to massage head and forehead and remaining were getting relief without any apparent cause.

In order to correlate *Vaatik Shirashool* with Allopathic Diagnosis, the disease in which symptoms showing resemblance to *Vaatik Shirashool* were selected. This chart shows symptoms of *Vaatik Shirashool* that can be correlated with Allopathic diagnosis.

Table 6- Traditional and Contemporary correlation

Symptoms of <i>Vaatik Shirashool</i>	Migraine ⁸	Tension type headache	Cluster headache ⁹	Cervical Spondylosis ¹⁰
Headache	+	+	+	+
Neck pain/ stiffness	+	+	+	+
Vertigo	-	-	-	+
Site	One sided	-	One sided	Mostly on back side of head
Pulsing sensation	+	-	-	+
Runny nose	-	-	+	-
Intolerance to light	+	-	-	-
Tinnitus	+	-	-	-

Vaatik Shirashool shows correlation with some Allopathic diagnosis. In **Table no 6**, while comparing symptoms of *Vaatik Shirashool* with other Allopathic diagnosis we see that symptoms of *Vaatik Shirashool* are closely related with that of Migraine. Neck pain(90%) and pulsing sensation(84%) were found common in Migraine and Cervical Spondylosis which are most common occurring symptoms in 50 pts. Another most occurring symptom is vertigo (66%). These three most occurring symptoms were all found in Cervical Spondylosis.

Discussion

Vaat Dosha being the predominant factor plays vital role in pathogenesis of Disease. *Acharya Sushruta* explains that suppression of natural urges (*Veg Vidharana*) leads to *Vaat Prakopa* followed by *Vaat Vyadhi*. For living a normal healthy life, it is necessary that needs of natural urges are satisfied instantaneously, as soon as explicit. On the other hand *Acharya Charaka* exclusively mentioned, '*Ratrau Jagranam Ruksham...*'¹¹ which means, keeping awake at night, imparts *Rukshata* in body. This contributes to the *Ruksha Guna* of *Vaat* and brings about *Vaat Prakopa*. In *Vaat Prakopa Chala Guna* of *Vaat* also gets aggravated due to which pain was seen in all parts of head. Most common sites were whole head and neck region. Pulsing sensation was also seen due to increased *Chala Guna* of *Vaat Dosha* which was another most occurring symptom. In this study most of the patients show *Upashaya* (relief) due to *Snigdha Guna* of unctuous application like balm, medicated oil, which shows dominance of *Ruksha Guna* of *Vaat*. On correlation with modern diagnosis, we can assume *Vaat Prakopak Lakshanas* (symptoms) in Cervical Spondylosis and Migraine, in which neck pain and pulsing sensation are the common symptoms.

Conclusion

In the present study, the conclusion can be drawn as follows,

1. Females are more prone to *Vaatik Shirashool*
2. Young age group (20-30 yrs) is more prone to *Vaatik Shirashool* due to work load and lack of proper sleep.
3. Most occurring *Hetu* in 50 pts were, suppression of natural urges(44%), keeping awake at night(40%), excessive talking(30%) was third most occurring *Hetu* followed by other *Hetus*.
4. Most occurring symptoms in this present study were neck pain/ stiffness(90%), pulsing sensation(84%), vertigo (66%) followed by intolerance to light(62%) and other symptoms.
5. As per traditional and contemporary correlation and predominance of symptoms, Migraine and Cervical Spondylosis may come under one umbrella of *Vaatik Shirashool*.

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