A CASE REPORT ON SUTIKA JANYA SHRIRASHOOLA WITH SPECIAL REFERENCE TO MIGRAINE

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ABSTRACT
In all Samhita different chapter is devoted to Shiro-Roga and detailed explanation about causes, clinical symptoms and treatment are discussed. In Shiro-Roga, Shirashoola is the main symptoms. In India, headache is the most common problem and found in maximum females. Causes can be anything from wrong diet, digestive problem, or stress of daily life. In present case, a 28 years female suffering from severe headache since last five years whose all diagnostic reports were normal. She had taken allopathic treatment for past five years but did not get significant relief. After taking detailed history, it was concluded that the headache was due to improper follow up of Sutika paricharya. Abhayanga-svedan, Nasya and Shirodhara along with oral medication was prescribed for 15 days. Patient gets relief in headache as well as associated symptoms within four days. Treatment was continued for two months and no reoccurrence was held after follow up also.

INTRODUCTION
Headache are of many types- migraine, tension headache, cluster headache, exertional headache, hypnic headache, due to medication overuse, sinus headache, caffeine related headache etc.[1]

Migraine is the second most common and aggravated condition found in population. Associated symptoms with migraine are nausea, vomiting and photophobia but maximum people suffer from vomiting. It can last from hours to days. Usually start mildly but increase in intensity. Migraine usually happens in side of head, can be in frontal and sometimes in entire head. [2]

Acharya Charak has described Vattika Shirasoolo’s causes like- excess and loud speaking, waking up whole night, excessive fasting, excess purgation etc all causes aggravate the Vaata Dosha and causes throbbing pain in head and neck, vertigo, feels like all joints of head are separating, different sound is heard.[3] This Vattika Shirashoola can be co-related with migraine.

Patient Information
A 28-year-old female patient aged 28, height-5.6" feet, weight 65kg, housewife, came to OPD on 20 June, 2022, with the chief complaint of headache in bilateral region. She was suffering from severe headache for five years. Associated symptoms were disturbed sleep, giddiness, nausea, burning sensation in stomach and constipation. Patient was also suffering from photophobia and phonophobia.

History
The patient visited to many allopathic doctors in past five years and diagnosed as case of migraine. Many diagnostic tests were done to diagnose the cause but all tests were within normal range like- Non-contrast CT- Brain, MRI Brain, CT Angio of rain, CT venography of Brain, Electroencephalograph. With these test other hematological and biochemical tests were also done, for eg-Complete Blood count, Liver Function test, HIV, Erythro- sedimentation rate, Creatinine serum, C-reactive protein, Thyroid test (T3, T4, TSH), Vitamin B12, Vitamin D3, Serum uric acid, Serum calcium but all these tests were within normal range. Patient was advised with oral painkiller but with increase in intensity of headache, she was not
getting relief with oral painkiller. So, Patient was taking injection Tramadol, injection Phenergan, injection pantoprazole and injection ondansetron in 100ml normal saline drip as treatment of headache every third day.

Five years back, patient was pregnant and delivered a baby by normal delivery. During the postpartum period, she did not follow the regimen and she used to sleep in front of air cooler. After that she started developing headache symptoms. In starting, headache occur twice or thrice in one month and patient took pain killer but after six months, intensity and frequency of headache increased. Headache intensity was so severe that patient cry every time and later she developed sensitivity to light and noise with increased episode.

**Clinical Finding**

BP - 130/80mmHg  
Pulse rate of 78/min

**Dashvidha pariksha**

Prakriti - kaphaj  
Vaya -yuva  
Satva -Avar  
Sara -Madhyam  
Samhanana -Madhyam  
Aahar Shakti – Madhyam  
Satmya - Madhyam  
Praman -Madhyam  
Vyayam Shakti -Madhyam

**Timeline, Follow Up and Outcome**

First two days, patient did not get any relief and had to take injection Tramadol, but after 4 days, patient started getting relief in headache, insomnia and other associated complaint also got subsided. All procedures were continued for seven days. After that patient was discharged and called weekly for follow up. Treatment was continued for two months and no reoccurrences were reported. Patient was healthy and no insomnia or constipation was reported during follow up. The timelines of the case are depicted in table 1.

**Diagnosis**

By seeing the history, condition falls under the *Sutika Janya shirashoola* (puerperal induced headache). [4]

**Therapeutic Intervention**

Therapeutic intervention and follow up are following (Table 2) and oral medication is given in table 3.

**Pathya and Apathya** *(wholesome and unwholesome)*

Patient was advised to take light food such as *khichadi* with more quantity of green gram cereal and mix with butter. Only green vegetable for curry was advised. Patient was advised to avoid heavy meals, day sleep, late night awakening and late waking up in morning.

**Table 1: Timeline**

<table>
<thead>
<tr>
<th>Date</th>
<th>Summary including presenting concern (Chief complaints during first visit) and follow-up details of previous visit</th>
<th>Diagnostic testing carried out on each visit</th>
<th>Interventions suggested on each visit</th>
</tr>
</thead>
</table>
| 20/06/2022       | Headache, disturbed sleep, constipation                                                                     | ESR-34mm/hr  
Hb-10.6gm  
RBS- Within normal range  
TSH- Within normal range  
Blood Urea- Within normal range  
Serum, Creatinine-Within normal range | *Shirodhara* (therapeutic oil-streaming over forehead), *Nasya* (medication through nasal route), *Abhyanga swedan* (therapeutic massage and sudation), *Padabhyanga* (feet massage) |
| 11/07/2022       | No reoccurrence of headache, No fresh                                                                       | ---                                         | *Shirashoola vajra rasa*, *Mahavat vidhawansana rasa*, *Godanti bhasma*, *Sarswatarist, Pathyadi kwath, Avipattikarchurcha, Pittantak yoga, Brahmi capsule, Aargyavardhini vati, Tarunikusumakar churna* |
**DISCUSSION**

In Ayurveda Samhita, detailed explanation about Sutika paricharya (puerperal regimen) has been given in all Samhita. Due to Garbhavridhdi (fetus growth) and labor pain– female suffer from Dhatukshya (diminution of Dhâtu). In labor procedure– due to bleeding, female body becomes Shunya. That is why specific and healthy food and regimen are explained which should be followed by female. [5]

If one does not follow the regimen or Mithyachar (contradictory food and lifestyle), she

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**Table 2: Therapeutic intervention & follow-up**

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Medication</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Shirodhara (therapeutic oil-streaming over forehead)</td>
<td>Brahmi taila</td>
<td>21-27 June, 2022 Timing: 9-11 am</td>
</tr>
<tr>
<td>2 Nasya (medication through nasal route)</td>
<td>Anu Taila (4 drops in each nostril)</td>
<td></td>
</tr>
<tr>
<td>3 Abhyanga swedan (therapeutic massage &amp; sudation)</td>
<td>Dashmool taila</td>
<td></td>
</tr>
<tr>
<td>4 Padabhyanga (feet massage)</td>
<td>Dashmool taila</td>
<td>21-27 June, 2022 Timing: 9-10 pm</td>
</tr>
</tbody>
</table>

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**Table 3: Oral Medication given**

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
<th>time interval/Anupaana (co-administers with medicine)</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Shirashoola vajra rasa</td>
<td>250mg</td>
<td>Twice a day (around 8 am and 8pm/warm water)</td>
<td></td>
</tr>
<tr>
<td>Mahavat vidhawansana rasa</td>
<td>250mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Godanti Bhasma</td>
<td>500mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Sarswatarist</td>
<td>20ml</td>
<td>Twice a day (around 9am and 8 pm)/ normal water</td>
<td>21 June - 5 July 2022</td>
</tr>
<tr>
<td>3 Pathyadi kwath</td>
<td>20ml</td>
<td>Twice a day around 8 am and 8pm/ warm water/normal water</td>
<td></td>
</tr>
<tr>
<td>4 Avipattikarchurna Pittantak yoga</td>
<td>3gm</td>
<td>Twice a day (around 7am and 7.30pm/normal water</td>
<td></td>
</tr>
<tr>
<td>5 Aargyavardhini vati</td>
<td>500mg</td>
<td>Twice a day (in between meal)/ warm water</td>
<td></td>
</tr>
<tr>
<td>6 Brahmi capsule</td>
<td>500mg</td>
<td>Twice a day (around 7am and 7pm/warm milk</td>
<td></td>
</tr>
<tr>
<td>7 Tarunikusumakar churna[22]</td>
<td>3 gm</td>
<td>Once in a day (around 10pm)/ before bed</td>
<td>21st to 24th June 2022</td>
</tr>
</tbody>
</table>
would suffer from *Sutika roga* (puerperal disorders) and these are *Krich-sadhyā* (disease curable with difficulty) or *Asadhyā* (incurable disease).[6] Bhavamishra have explained the *Sutika Rog Nidana* (etiology of puerperal diseases) as[7] Mithyopchar- (wrong regimen, eg- cold food and regimen), *Sanklesha*—(the factor which aggravate the *Dhosas*), Visham- (mixing of *Pathya* (wholesome) and *Apathya* (unwholesome) and *Ajeernara*—(indigestion).

*Acharya Kashypa* has explained the 64 puerperal disorders in *Sutikopakramaniya adhyāya* which occur due to unhealthy food and regimen. In these 64 disorders, *Ardhshiroruja* (headache in half part) is one.[8] *Acharya Sushruta* says that for these 64 puerperal disorders, treatment explained in *Chikitsasthana* should be adopted[9] specially *Vaatahara* (pacify the *Vatta*) *Chikitsa* should be done.[9]

*Abhyang* (therapeutic massage) is explained in *Ayurveda Samhita* in treatment for the management of puerperal diseases and it is best procedure to pacify the aggravated *Vaata*. For therapeutic massage) – *Dashmool taila* was selected because the symptoms of patient as a result of aggravated *Vaata* and *Dhatkshayānya Vikara* as earlier stated. *Dashmoolataila* is best indicated for *Vaata* and indicated in *Sutika Rog Chikitsa* (treatment of puerperal diseases)[9] as well as in *Shiroroga* (disorder of the head)[10] and therapeutic massage correct the diminution of *Dhatu*. So, it was a *Naidanika Chikitsa* (treatment according to etiology) here. After therapeutic massage, sudation with *Dashmoola Kwath* was done as sudation also pacify the *Vaata*.

*Nasya* (medication through nasal route) is said to be the route for *Shira Prades* (head) and it is indicated in *Urdhajatrugata vikara* (disease of head)[11]. For management of any disease with the selection of drug, route of administration is very important for easy absorption and action of drug. For *Nasya* (medication through nasal route)- *Anu Taila* was selected because this formulation is indicated for *Shirashoola* (headache) and in other diseases.[12]

*Shirodhara* treatment was selected because patient was suffering from disturbed sleep. Due to *Prajajagrana* (waking up whole night) vitiates the *Vaata* which is the main reason for headache.[13] *Shirodhara* does relaxation of body due to supine posture of patient as seen in *Shava-asana*. In *Shirodhara*, lukewarm oil is poured on head for about 45 minutes. This maintains slight pressure on forehead. This continuous pressure along with heat of oil, helps body to release its natural pain killer; the endorphin and act as analgesic. For *Shirodhara*, *Tila Taila* and *Brahmi Taila* was used which are very beneficial to pacify the *Vatta*. As in therapeutic massage procedure, oil penetrate the skin and nourishes the cell of body, in the same way, *Taila* used in *Shirodhara* show same effect along with *Vednashaman* (pain killer).[14]

*Shirashoola Vajra Rasa* is having *Shoolahara* (pacify pain) property and it is indicated in all type of *Shiroroga*. [15] *Godanti Bhasma* is said to be of cold potency and also *Shoolahara* as indicated in *Shirashoola*. [16] *Mahavatindwaskarasa* is made of combination of different *Bhasma* like *Sudha* (purified) *Parad* (mercury), *Suđha Gandhak* (sulphur), *Naaghbhasma* (lead) *Vangabhasma* (tin), *Loha* (iron) *Bhasma*, *Tamura* (copper) *Bhasma* and other ingredients and indicated in *Vaata Vikara* specially in *Shirashoola* (headache).[17]

*Pathyadi Kwatha*[18] is explained in *Sharangadh Samhita* in *Kwath Kalpana* (decocction) context. It is indicated in all type of *Shirashoola* like *Ardhsiroruja*, *Suryavrata*, *Sankhak* etc. This *Kwatha* is having ingredients of *Triphala*, *Amrita*, *Bhunimba*, *Haridra*. *Sarswatarista* was selected because it is having *Rasayan* (rejuvenating), *Balavardhaka* (increase the body stamina), and indicated in person who are doing *Vatta Vardhak* action for example studying a lot, singing in excess,[19] *Tarunikusumakar churna*[20] was used for correcting the bowel habit only for 3 days. *Aargyavardhini vati* does *Deepan* (enhancing metabolic fire)- *Pachan* (enhancing digestion) and *Malsudhikara* (clear bowel) so that the aggravated *Vayushaman* can take place and said to always beneficial in all diseases,[21] *Brahmi* capsule contain the extract of *Brahmi*. *Brahmi* act as anti-oxidant and beneficial in insomnia, anxiety, and other depressive disorder.[22]

**CONCLUSION**

Migraine is the second most common headache. In present case, the patient was suffering from migraine for five years. All the diagnostic tests were normal. Patient was on pain killers but did not get any result. After taking history, the exact cause was known as it was due to improper puerperal regimen. *Shirodhara* and therapeutic massage and sudation with *Dashmoola* along with internal medication give very good result. So, history taking should be proper because a proper history gives the exact cause and help in making the treatment plan.

**Declaration of Patient**

Authors certify that they have obtained patient consent form, where the patient/caregiver has given his/her consent for reporting the case along with the images and other clinical information in the journal. The patient/ caregiver understands that his/her name and initials will not be published and due efforts will be made to conceal his/her identity, but anonymity cannot be guaranteed.

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