

A role of Shirodhara with Virechan in Headache – A case study report**Dr. Anand Baburao Jatal**

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Abstract

Ayurveda, the science of life, the ancient and holistic science of well-being and long longevity is a unique tradition of India that has been with us for thousands of years and still now. Ayurveda did not reduce only symptoms but disease from its base Ayurveda includes Panchkarma along with various other procedures e.g. Shirodhara, and Pindsweda. Nowadays human life was very stressful and busy. Some children suffer from headaches burning vision as well as lack of concentration. This is the case study report of a 14-year-old male child who suffered from headache burning vision with lack of concentration parents investigated in all manners with the physician's opinion but the report was normal as the child did not get well relief so this case was planned for treatment with virechan and Shirodhara.

Keywords: - Shirodhara, Taila, Virechan, Aragvadha

Introduction

Shirodhara term comes from Sanskrit word, Shiro means Head and Dhara means Flow. Shirodhara is a form of Ayurveda therapy that involves gently pouring warm liquids over the forehead¹. Headache is a common symptom associated with CNS infection or any other systemic diseases. Many times headaches in children are labelled as pain related to the eye site or nothing too major. The head controls the whole system of the body. When a headache starts patient gets irritated which is not to be ignored. Shirodhara has been advocated in many diseases e.g. headache, Daha (burning sensation), Varna, and suryavarta (type of headache)² this patient had Prakriti of Pita and Kapha through Virechana followed by Shirodhara was preferred got excellent result. According to Charaka Uttamanga as the head is the substratum of all the sense faculties, or Indriyas (Sense organ).³

All material and method of Shirodhara was collected from Samhita, Chikitsa Grantha, and Ayurveda text. Shirodhara room as cleaned well, ventilate and very quiet. Shirodhara was done in the morning time on empty stomach after massage. Dhara would be poured continuously on the forehead neither very fast nor very slow. Charak Samhita

mentioned Aragvadha for Virechan in children for Shodhan.⁴

According to Dosha for Shirodhara⁵

Vata Dosha - Ghrita

Pitta Dosha – Ghrita

Kapha Dosha – Tila Taila

Vata + Pitta + Rakta – Ghrita and Taila

According to Charak for Pitta – Virechan for Shodhan

Case report

14 years old male child came to OPD of Kaumarbhritya with chief complaints of headache with lack of concentration in study as described by parents. Patient had initial history of treatment for migraine with beta blocker for smaller duration with no relief. During the treatment symptoms of headache were persistent.

O/E – Temp. – 98.6 F⁰, Pulse – 80/min, RR – 22/min, BP – 110/70 mm of Hg

P/A – Soft Non tenderness

S/E – RS – Clear (AEEBS), CVS – No murmur

CNS – Conscious, Oriented

Tone – Normal, Power – 5, Nutrition – Normal

Reflex – Normal

Below mentioned treatment protocol was followed.

Treatment – 6,7,8,9,10

1	Purv Karma	Snehapana with Go Ghrita
2	Pradhankarma	Virechan with Aragvadha with Gape Juice at night
3	Paschtkarma	Parihar Kaal followed by Shirodhara with Chandanbalalakshdi Taila

Treatment Protocol:-

Day 0 – General Examination with Systemic Examination done

Sr. No	No. of day	Matra of Snehapana
1	1 st day	25 ml
2	2 nd day	40 ml
3	3 rd day	55 ml
4	4 th day	70 ml
5	5 th day	85 ml
6	6 th day	90 ml
7	7 th day	90 ml

Sr. No	Day	Karma Name
1	1 day to 7 days	Snehapana with Go Ghrita
2	8 day to 10 days	Sarvanga Snehana & Swedana
3	11 day	Virechan (Aragdhava (10 gr.) with Grapes juice)
4	12 day to 18 day	Samsarjan Krama for 7 days
5	19 day to 33 day	Shirodhara for 14 days (3 lit Chandanbalalakshdi Taila)

After that 1st cycle was completed rest of 30 days was advised and after that 2 more cycle of treatment was carried out.

Observation and Result

The observation was based on clinical examination with patient complaints noted before treatment and after treatment, no adverse reaction was seen during the treatment.

Total duration of treatment – 120 days

Duration of 1 treatment cycle – 33 days

Interval between cycles – 7 days

Sr. No	Symptom	1 st Cycle	2 nd Cycle	3 rd Cycle
1	Headache	+++	+	-
2	Burning sensation	++	-	-
3	Lack of Concentration in study	+++	++	-

Result

On the first day of OPD child presented with complaints of headache burning sensation and lack of concentration but after treatment patient had no complaints of the above with improving concentration in this study.

Conclusion:-

Shirodhara with Virechan was effective treatment in headache which not associated with any systemic infection. Regular Shirodhara is best effective treatment.

Further Advised:- Routine seasonal Panchakarma along with Blanced diet and Dincharya.

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