ROLE OF MEDHYA RASAYANA YOGA IN THE MANAGEMENT OF VATIKA SHIRAHSHULA (TENSION HEADACHE)

Scholar : Vd. Hetal D. Vyas  
- Reader KC Dept. SGAM, Jamnagar.

Guide : Prof. S. N. Vyas  
- Professor & Head of the Dept. IPGT & RA

Co-guide : Vd.. Alankrutaben Dave  
- Associated Proffessor of KC Dept. IPGT & RA.

Speciality - Kayachikitsa

DEPARTMENT OF KAYACHIKIKITSA
I.P.G.T. & R.A.  
Gujarat Ayurved University,  
Jamnagar
Introduction

_banner_ In the present era the lifestyle of people leads to stress, strain and anxiety create many psychosomatic diseases.

_banner_ Tension Headache is one of them which can be compared with Vatika Shirahshula (Ch. Su. 17/17-18).

_banner_ Modern therapeutics has a broad spectrum of the drug for management of the disease which create many side effects, so it needs effective and safe treatment.

_banner_ Medhya Rasayana was taken to combat the etiopathogenesis of the headache.
The Frame Work Of Dissertation

- Conceptual Study
- Drug Review
- Clinical Study
- Discussion
- Conclusion
Tension Type of Headache

- **Definition ...** This is more common type of headache is caused by severe Muscles Contraction triggered by stress or exertion.

- **Tension ...**
  - Mental Tension
  - Bodily Tension

- **Triggering Factors** –
  - Increased tension or stress
  - Excessive worry
  - All work – no play
  - Long periods of study, typing or other concentrations
  - Perfectionism
  - Poor posture (Increased tension in the neck muscles)
  - Injuries to the spine
  - Repressed hostility, anger or frustration
  - A poor, scrappy diet, for example eating on the run (combined with stress)
Pathophysiological Mechanism

- Exact mechanism is unknown

- E.M.G. reading ↑ → During the attack of headache

Physical & Emotional Stress → Sustained muscles contraction → Compress Intramuscular arterioles → Ischaemia + Accumulation of noxious metabolites → Localize Tenderness → Tension headache
Emotions have biochemical effects in the body and mental stress alone elicit muscle contraction through the limbic system.
# Ingredients of Medhya Rasayana Yoga

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
<th>Part Used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brahmi</td>
<td>1 gm (1 part)</td>
<td>Whole plant</td>
</tr>
<tr>
<td>Shankhapushpi</td>
<td>1 gm (1 part)</td>
<td>Whole plant</td>
</tr>
<tr>
<td>Jatamansi</td>
<td>500 mg (½ part)</td>
<td>Moola</td>
</tr>
<tr>
<td>Pippali Moola</td>
<td>500 mg (½ part)</td>
<td>Moola</td>
</tr>
</tbody>
</table>

- Having Medhya, Vednasthapana and Rasayana properties.
- Molecular nutrients for the brain.
## Pharmacodynamic properties of Medhya Rasayana Yoga

<table>
<thead>
<tr>
<th>Name of Drug</th>
<th>Rasa</th>
<th>Guna</th>
<th>Veerya</th>
<th>Vipaka</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bhrami</td>
<td>Tikta, Kashaya, Madhura</td>
<td>Laghu, sara</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>Medhya, Balya, Rasayana, Keshya,</td>
</tr>
<tr>
<td>Shankhapushpi</td>
<td>Tikta</td>
<td>Snigdha, Pichchhila</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>Medhya, Balya, Keshya, Deepana, Pachana, Rasayana, Manasrogahara</td>
</tr>
<tr>
<td>Pippalimool</td>
<td>Katu</td>
<td>Laghu, Ruksha</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Deepana, Pachana, Rasanjana, Amapachaka, Shulahara,, Nindrajanaka, Medhajanaka</td>
</tr>
<tr>
<td>Jatamansi</td>
<td>Tikta, Kashaya, Madhura</td>
<td>Snigdha, Laghu</td>
<td>Sheeta</td>
<td>Katu</td>
<td>VedanasthapakaSanjnahapaka, Nidrajanaka, medhya, Deepana, Pachana, Anulomana</td>
</tr>
</tbody>
</table>
Anupana- Cow’s milk

- Ayurvedic Properties
  - **Rasa**: Madhura
  - **Guna**: Guru, Snigdha, Sara
  - **Virya**: Sheeta
  - **Vipaka**: Madhura
  - **Doshaghnata**: Vatapittashamaka
  - **Karma**: Mana Prasadaka, Medhya, Rasayana, Vrishya, Jivaniya

- Chemistry:
  - Moisture: 87.5 gm
  - Proteins: 3.2 gm
  - Cho: 4.4 gm
  - Fat: 4.1 gm
  - Minerals: 0.8 gm
Aims & objectives

• To study the etiopathogenesis of the disease from Ayurveda as well as modern view.

• To evaluate the role of Medhya Rasayana Yoga in the management of Vatika Shirahshula (Tension headache).
Materials & Methods

Total numbers of 15 patients of Vatika Shirahshula (Tension headache) were registered from O.P.D. & I.P.D. of Department of Kayachikitsa, I.P.G.T. & R.A., Hospital, Jamnagar. The patients were selected randomly of their age, sex, religion etc. and divided into two groups.

<table>
<thead>
<tr>
<th>Types</th>
<th>No. of patients</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>MR Group</td>
<td></td>
</tr>
<tr>
<td>Complete</td>
<td>12</td>
<td>80</td>
</tr>
<tr>
<td>LAMA</td>
<td>03</td>
<td>20</td>
</tr>
<tr>
<td>Total</td>
<td>15</td>
<td>100</td>
</tr>
</tbody>
</table>
Criteria for Selection of patients

• Headache of six month duration which is pressing/tightening/stretching in nature.
• Headache, which is increased by psychological factors and in evening time.
• Non-pulsatile
• Shankhanishtoda (Bilateral location)
• Ghatasambheda (Pain in occipital region)
• Bhrumadhya Evam Lalata Tapanam (Pain and burning in frontal region)
• Giddiness, lack of concentration, heaviness in head, disturbed sleep along with other symptoms mentioned in the texts
Exclusion Criteria

– Sinusitis
– Any other types of infections associated with fever.
– Any pathology involving the eye.
– Hypertension
– Hypoglycemia
– Migraine
– Secondary headache arising due to meningitis, tumor, cervical spondylosis etc.
Pathological and Biochemical Investigation

- Routine haematological, urine and stool examinations was conducted to assess the current condition of the patient as well as to exclude other pathogenesis.
- X-ray was conducted to exclude sinusitis wherever required.
- Eye examination was performed in doubtful cases.
- FBS was carried out to exclude hypoglycemia.
Medhya Rasayana Yoga

Drugs mixed with add neutral binding agent and made tablet of 500 mg each

- Dose : 3 gm BDS
- Duration : One month
- Anupana : Milk.
Criteria for assessment

• Relief in the signs and symptoms of Vatika Shirahshula.
• Relief in the severity, duration and frequency.
• Assessment of Manasa Bhavas
• Psychological assessment: Hamilton Anxiety Rating Scale & Hamilton Depression Rating Scale
• Relief in Dusti Lakshana of Dosha, Dushya and Srotas.
Overall effect of Therapy

* **Complete remission**: 100% relief, no recurrence during follow study

* **Marked Improvement**: More than 75% improvement

* **Moderate Improvement**: 50% to 75% improvement

* **Mild Improvement**: 25% to 75% improvement

* **Unchanged**: Less than 25%

Follow up study: 2 months
General observations

- Habitat (urban): 67%
- Socio-eco. (middle): 73%
- Marital status (married): 60%
- Occupation (Housewife): 33%
- Edu. (Primary): 33%
- Religion (Hindu): 73%
- Socio-eco. (middle): 73%
- Sex (Male): 53%
- Age (21-30): 40%
Chief complaints

- Heaviness in Head: 93%
- Disturbed sleep: 87%
- Lack of Concentration: 100%
- Sandhimokshanvata pida: 40%
- Shiroghurnam: 80%
- Akshiniskasanavata Pida: 27%
- Srotranishkasavata: 40%
- Bhramadhya & Lalattapanam: 80%
- Ghatasambheda: 67%
- Shankhanishtoda: 100%
Associated Complaints

- Loss of memory: 66.66%
- Phonophobia: 40%
- Photophobia: 60%
- Stiffness of shoulder: 40%
- Stiffness of neck: 66.66%
- Blurring of vision: 46.66%
- Vertigo: 66.66%
- Ghranasrava: 20%
- Hanugraha: 6.66%
- Shirostambha: 80%
- Shirajalasphurana: 40%
Manasa Nidana of Headache

<table>
<thead>
<tr>
<th>Condition</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chinta</td>
<td>100</td>
</tr>
<tr>
<td>Shoka</td>
<td>53.33</td>
</tr>
<tr>
<td>Bhaya</td>
<td>53.33</td>
</tr>
<tr>
<td>Krodha</td>
<td>73.33</td>
</tr>
<tr>
<td>Vishada</td>
<td>60</td>
</tr>
</tbody>
</table>

24
Relief in chief complaints of Vatika Shirahshshula

- Heaviness in Head: 84.2%
- Disturbed sleep: 92.59%
- Lack of Concentration: 54.5%
- Sandhimokshnavata pida: 72.2%
- Shiroghurnam: 88%
- Akshiniskasanavata Pida: 100%
- Srotranishkasnavata: 76.92%
- Bhrumadhya & Lalattapanam: 81.8%
- Ghatasambheda: 75%
- Shankhanishtoda: 82.14%

MR group

Percentage
Relief in Characteristics of headache

- Severity: 73.49%
- Frequency: 82.98%
- Duration: 75.00%

MR group
<table>
<thead>
<tr>
<th>Percentage</th>
<th>Vata</th>
<th>Pitta</th>
<th>Kapha</th>
</tr>
</thead>
<tbody>
<tr>
<td>MR group</td>
<td>73.05</td>
<td>65</td>
<td>75</td>
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</table>
Relief in Srotodushti Lakshana

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Rasavaha</th>
<th>Raktavaha</th>
<th>Annavaha</th>
<th>Pranavaha</th>
<th>Asthivaha</th>
<th>Majjavaha</th>
<th>Swedavaha</th>
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<tbody>
<tr>
<td>77.59</td>
<td></td>
<td>75</td>
<td>80</td>
<td>75</td>
<td>60</td>
<td>82.56</td>
<td>69.6</td>
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</table>

MR group
Relief in Manasa Bhavas

Percentage

- Mana: 53.67
- Raja: 43.36
- Krodha: 54.81
- Shoka: 61.34
- Harsha: 40

MR group

29
Relief in Manasa bhavas

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Bhaya</th>
<th>Dhairya</th>
<th>Medha</th>
<th>Smriti</th>
<th>Dhruṭi</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>45.43</td>
<td>43.3</td>
<td>36.36</td>
<td>76.92</td>
<td>50.39</td>
</tr>
</tbody>
</table>
Relief in Psychological Assessment

<table>
<thead>
<tr>
<th>Percentage</th>
<th>H.A.R.S.</th>
<th>H.D.R.S.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>64.53</td>
<td>76.59</td>
</tr>
</tbody>
</table>

MR group
Overall effect of therapy

- Complete remission: 0%
- Mark improvement: 75%
- Moderate improvement: 16.67%
- Improvement: 8.33%
- Unchanged: 0%
• Shirah (Head) is having main important as the life along with sense organ resides in it and all vital psychosomatic functions are regulated by it.

• Causative factors of Vatika Shirahshul are Bashpa, Shoka, Bhaya, Trasa, can be correlated with tension headache described in modern science (Ch. Su. 17/17-18).

• Tension Headache is identical to Vatika Shirahshula with regards to sign and symptoms.

• Drugs of Medhya Rasayana Yoga having Medhya, Vedanasthpana, Rasayana, Deepana, Pachana, Nidrajanana properties are useful to cure Vatika Shirashula.
Mode of action of Medhya Rasayana Yoga

Chinta, Shoka, Bhaya (Ch. VI. 5/13)

Rasakshaya

Sarva Dhatukshaya

Vata Prakopa

Medhya Rasayana Yoga

Vedanasthapaka effect

Alleviate Shirahshula

Sthana Sanshraya in Shirah

Medhya-Satvaguna ↑

Deepana

Agnimandya

Amotpatti

Sanga in Srotasa of Shirah

Vata Prakopa

Sthana Sanshraya in Shirah

Rasayana (Madhura Vipaka)

Snigdha Guna

Tikta Rasa

VATIKA SHIRAHSUHULA
Conclusion
Shirah is a main control system of all bodily ailments.

Shamana therapy has provided marked improvement 75% of patients.

So it can be concluded that psychological factor had a great role in this study and counseling is also having prime importance.

As excess severity or chronic condition may need long term therapy for better result and to avoid recurrence.
Thank you..