



Ayurvedic Management of *Kaphaja Shirashoola* - A Single Case Report

Author: *Premcy C R¹

Co Authors: Ahalya S²

^{1,2}Dept. of PG Studies in Shalaky Tantra, G.A.M.C, Bengaluru, KA, India

ABSTRACT

Introduction

Kaphaja shirashoola is one of the 11 types of *shiroroga* explained in *Uttara Tantra* by *Acharya Sushruta*. Main symptoms of *kaphaja shirashoola* are feeling of the head and neck being covered with *kapha*, heaviness and numbness of head, swelling over the eye sockets and face, stiffness and dull pain of head, laziness and anorexia. *Kaphaja shirashoola* can be correlated to maxillary sinusitis.

Materials and Methods

This is a case report of 30 years old male who complaint of severe head ache since 3 years. The subject approached Shalaky Tantra OPD of GAMC, with symptoms of heaviness of head, frontal head ache, body pain and tiredness.

Result

The subject had shown good improvement both subjectively and objectively.

Discussion

Kaphaja shirashoola is one of the *shiroroga* and its treatment is focused on pacifying *kapha*.

Key Words: *Kaphaja Shirashoola, Maxillary Sinusitis, Dashamoola Kaduthrayam Kashayam*

INTRODUCTION

In Ayurveda classics various types of *shirorogas* are mentioned and *kaphaja shirashoola* is one among them. *Kaphaja shirashoola* is characterised by heaviness of head, along with dull pain and numbness, the patient will also feel as if his/her head is being covered with a wet cloth along stiffness¹. There will be puffiness or swelling over the eye sockets and face and sticky mucous discharge in the throat. Additional symptoms like feeling sleepy, tastelessness and indolence will be present. Based on the symptoms *kaphaja*

shirashoola can be correlated with maxillary sinusitis.

Maxillary sinusitis is the inflammation of maxillary sinus. Constitutional symptoms like fever, general malaise and body ache occur as a result of toxemia². Other symptoms of maxillary sinusitis are forehead ache, pain in upper jaw which aggravates by stooping, coughing or chewing, tenderness over the anterior wall of antrum, redness and oedema of cheek, puffiness in lower lid, nasal and post nasal discharge and referred pain in the supraorbital region.



MATERIALS AND METHODS

Case report: Basic information of the patient

Age: 30 years

Sex: Male

Religion: Hindu

Occupation: Engineer

Chief complaints: Severe headache since 3 years associated with heaviness of head, tiredness and body pain.

History of present illness: The patient was apparently normal before 3 years and he gradually developed headache in the frontal area which was moderate in severity at the initial stage and later it became severe. He also had shown signs of tiredness body pain and heaviness of head.

Past history: nothing significant

Family history: Nothing significant

Personal history: Bowel- regular

Appetite –good

Micturition -4-5times/day

Sleep-good

Examination: *nadi*-74/min

Mutra-4-5times/day

Mala-regular

Jihwa-liptha

Shabda-prakrutha

Sparsha-ushna

Druk –prakrutha

Akruthi-madhyama

Prakruthi –pitha kapha

Vitals –normal

B.P-120/80mm of Hg

RS- on auscultation no murmur sound detected

CVS-NAD

CNS-NAD

EXAMINATIONS: given in table No: 1

INVESTIGATIONS: given in figure No:1

Table 1 Examinations

Sl.no:	Examinations	Findings
1.	Anterior rhinoscopy	Mucous present
2.	Posterior rhinoscopy	Mucous present
3.	Palpation over maxillary sinus	Tenderness and increased temperature
4.	Otoscopy	TM intact, no congestion and discharge
5.	Oro pharynx examination	NAD
6.	Dental examination	NAD
7.	Eye examination	NAD
8.	IOP	WNL



Figure 1 Before Treatment

Treatment

Patient was given both *shodhana* and *shamana* line of treatment. He had undergone *nasya* with *anuthaila* for 7 days. Then the patient was administered orally with *dashamoolakaduthrayam kashayam* 15 ml (BD), *nagara choorna lepa* and steam inhalation with *halin* drops. Total 30 days of treatment was given.

RESULTS

After the 30 days of treatment period the patient was relieved from symptoms.



DISCUSSION

Just after the *Nasya* the patient was relieved from tiredness, body pain and partially relieved from heaviness of head. After *Shamana chikitsa* he got relief from symptoms. As shown in figure no: 2.



Figure 2 After Treatment

Probable mode of action

- a) **Nasya:** *Nasya* with *anutaila*³ was given, which is having the *tridosha hara* action.
- b) **Dashamoolakaduthrayam kashayam**⁴: It consists of *dashamoola*, *trikatu* and *vasa*, which are having *sophahara*, *kaphahara* action.
- c) **Nagara lepa:** It consists of *nagara* which is having *kaphahara* action.
- d) **Steam inhalation:** Steam inhalation was given with *halin* drops. It consists of *Lavanga taila*, *Pudina taila*, *Sugandha patra* etc. medicines which are having *Ushna Tikshna* action. The patient was advised to follow the proper *pathya* during the treatment period.

CONCLUSION

In the present study *kaphaja shirashoola* is treated according to *dosha*. Since it is a *urdhwajathrughatha* vyadhis, *nasya* was selected for expelling *doshas*. Later *shamana* line of treatment was given to pacify the *doshas*.



REFERENCES

1. Susrutha. Susrutha Samhitha English translation by prof.K.R.Srikantha Murthy. Publisher Chaukambha Orientalia Varanasi. Vol-3 First edition 2002 (25/7).pp156
2. Dhingra S.Dhingra PL. Diseases of Ear Nose and Throat & Head and Neck Surgery.6th edition.Elsevier Publications.Gurgaon.pp 192
3. Trpathi Brahmanand Agneevasha. Charaka Dridhabala. Charaka Samhitha Chikitsa Sthana. (5/58-62). Varanasi. Chaukambha Subharati Prakashan:2014.pp154
4. Krishnan Vaidyan K V. Gopala pillai S. Vidyardham Publishers.Alappuzha.32nd edition.2013. Kashaya Yogangal.pp63.