



TENSION TYPE HEADACHE AS ANUKTA SHIROROGA ON THE BASIS OF TRISKANDHA AYURVED

*¹Dr. Suwarna S. Chaudhary, ²Dr. Swapnil S. Chaudhary, ³Dr. Nitin S. Gaikwad

1 Assistant Professor, Shalakya Tantra Department, SMBT Ayurved College, Dhamangaon, Nashik

2 Associate Professor, Rachana Sharir Department, Nashik

3 Associate Professor, Kriya Sharir Department, SMBT Ayurved College, Dhamangaon, Nashik

*Dr. Suwarna S. Chaudhary

Assistant Professor, Shalakya Tantra Department, SMBT Ayurved College, Dhamangaon, Nashik

Email: suwarna13@gmail.com

Mob: 8652868249 / 9833802990

Abstract:

“ Kalo Hi Nam Bhagavan “ Time is major factor which is leading advancement in human lives positively but along with that various new entities of diseases are occurring which are harming day to day life. One of the newer entity is tension type headache which is exaggerating now days quickly. Though ayurveda had not explained such newer entity but one Anukta pramana is big tool of Ayurveda science with the help of which we can have solution to such newer entities. In current article efforts were taken to explain how Tension type headache can be co- related as Anukta shirogas and tried to have solution for same.

Keyword: Anukta Shirorgas , Tension type headache.

Introduction:

समदोषाः समाग्नश्च समधातुमरक्रियाः ।

प्रसन्नात्मेऽयि मनः स्वस्थ इतत अभिधयते ॥ (सु.सू.१५)

According to ayurveda prasanna mana is one of the factor for health. Now a days most affecting part of swasthya is aprasanna mana. Starting from toddler age group upto older person everybody had 1 or more stress factors in day to day life because of ill advancement in life style. This stress generates one of the most leading diseases nowadays known as tension type headache . Tension type headaches (TTH) can be defined as repeated events of headache lasting minutes to weeks.

Prevalence : The mean global prevalence TTH in adult is 42 % International Classification Headache Diagnosis I (ICHD I) in 1988 and have been kept by ICHD II in 2004 , the words “tension” and “type” indicate its unknown pathogenesis and show that some kind of mental or muscular tension may have a causative role. The type of pain is pressing or tightening quality, of mild to moderate intensity, and bilateral in location, and does not worsen with the routine physical activity. Persons having poor health , who work unrelaxed and did not have sufficient sleep are vulnerable for TTH 1

• There is no specific reference in ancient documents about ‘Tension type headache’, as development of this entity is the outcome of controversial changes in lifestyle . Ayurveda being best at its forefront concerning solutions for upcoming health issues, in this study I tried to make diagnosis of ‘Tension type headache’ on the basis of triskandha ayurved.

Aim & Objective

• To diagnose ‘Tension type headache’ on the basis of triskandha ayurved .

Study Methodology

- Ayurvedic Literature - *Sushrut Samhita, Vaagbhata, etc*
- Relevant articles published in scientific journals and internet media

Methods

Study of tension type headache had been done with the help of Ayurvedic classics and modern science which includes thorough study of –

- A) Hetus
- B) Linga
- C) Aushadha

Also Etiopathogenesis of TTH was studied in detail.

Review of literature & discussion

All the diseases cannot be named but they can be studied and treated according to the signs, symptoms and dosha pradurbhaava. (cha.su.18/44),(su.su.35/19) Depending on the vedana nidana-varna-sthana-lakshana there can be innumerable diseases. These diseases further can be described as per there involving causative factors and manifestations.(cha.su.18/45-47)

According to this apthopadesha we can explain and diagnose the diseases which are produced as consequences of ill advancement in lifestyle during revolution.

To study and treat any disease there is a protocol of understanding causative factors, examination of symptoms and signs and treating the

patient by learning etiopathogenesis.

Ayurveda is science of life and had explained same protocol in the form of triskandha ayurved. Also guided treatment protocol of anukta vyadhi in same way where causative factors are hetu ; signs and symptoms are explained in the form of rugna savendya lingas and vaidya sanvaidya lingas; treatment as aushadha.

TTH can be explained by Triskandha Ayurveda as follows

- **NIDAN**
- Charkacharya was listed many causative factors for shirorogaas , samnya shiroroga hetu
- One of the hetu of shiroroga is manasthapa which is affecting 90% as the major cause of TTH
- Manastap means manasa tapa
- Tapa = klesha
- Klesha = to distress .
- Distress means an external and usually temporary cause of great physical and mental strain
- This is how manastap can be explained as hetu of TTH and shiroroga • Stress is defined as a state of mental or emotional strain caused by adverse circumstances.
- Stress leads to higher levels of cortisol , Chronic fatigue , disrupts sleep and cause insomnia and decreased energy levels Digestive problems like diarrhea and constipation, Changes in appetite either with no appetite at all or ravenously raiding the refrigerator in the middle of the night.
- Consequences of stress are also explained as samnya hetu of shiro roga as disturbing sleep as jagarana; appetite changes as aama ; sandharanat as constipation .
- Also to relieve the stress consumption of various medicines and mood elevators are hetu as madat which in chronicity leads to shiroroga that is TTH
- In TTH muscular stress is also a causative factor which is explained by vagbhata acharya as adhekshanat and pratatekshanat samnaya hetu for shiroroga.(VA.U.23/2)
- Precipitating factors for TTH can also be considered as hetu whose correlation can do things like ways fatigue and activity– aayas , cold – purva vat sevan , sunlight vivardhate anshumate .

• LINGA:

- Coming to diagnosis point of view signs and symptoms of tth and lakshana of shirorogas along with dosh dushti can be compared

• Symptoms	• Ayurvedic terms	• Dosha vitiation
• Dull pain	• Manda ruja	• kapha
• tightness around head	• shirogurav	• kapha
• pressure around forehead or the back of head and neck,	• Sampidya ghatasu ruja sutivram	• Vata and pitta
• feels like a clamp squeezing the skull	• shastraraninibham kuryat tivram	• tridosha

There are two types:

- **Episodic tension headaches** happen less than 15 days per month.(EETH)
- **Chronic tension headaches** happen more than 15 days a month.(CTTH)
- First will consider EETH

• Symptoms of EETH	• Ayurvedic terms	• Dosha vitiation
• happen less than 15 days per month. can last from 30 minutes to a few days	• Pakshahat va dashahat va akasmat	• tridosha
• Usually starts gradually, often in the middle of the day.	• Vivardhate cha anshumata sahaiv suryapavrutae vinivaratate	• tridosha

Now to CCTH

• Symptoms of EETH	• Ayurvedic terms	• Dosha vitiation
• happen more than 15 days per month.	• Masat va	• tridosha
• ones come and go over a longer period of time. The pain may get stronger or ease up throughout the day, but it's almost always there	• sanbhed tod bhrama shul jushtam	• tridosha

In ayurveda samanya lakshana of shirorogas are not explained so according to all symptoms and signs explained as in tth we can consider it as tridoshaj vyadhi where sushruta had explained ardhavbhedaka, anataavata and suryavarta as tridoshaj vyadhi.(Su.U.25)

ETIOPATHOGENESIS can be correlated

Due to tridosha dushti occurred as a result of hetu sevana

Vitiates rakta at shira pradesha

Produces TTH

TREATMENT

• According to Acharya Charaka, if a physician is unable to name a particular disease, he should not feel ashamed on that account because it is not always possible to name all type of diseases in definite terms. When aggravated, one and the same doshas may cause manifold diseases depending upon the various etiological factors and the sites of manifestation. So a physician should try to comprehend the nature of the disease (dosha), the sites of its manifestation and etiological factors and should then initiate the treatment. The guidelines for identification as well as treatment of the diseases which are not mentioned in the texts has been clearly given in Charaka Samhita based on Apathopadesha Pramana.

• Total 13 tools are mentioned to describe a new disease Anukta Vyadhi (cha.vi.4/6). They are

1. Prakopana:-

Means the causes / reasons for vitiation or aggravation of the doshas that has been explained in hetu

2. Kaarya Yoni:-

Yoni denotes moolbhoota karana.

Yoni of tth is stress which vitiates tridoshas along with rakta dosha.

3. Utthana:-

Means the process of involvement of the doshas in the pathogenesis of the disease. Here vitiation of tridosha along with the dushit rakta takes sthansamshraya at the "kha" vaigunya in the shira which in turn has been caused by mano dashti because of stress (Bhel Samhita Chi.8)

4. Aatma Swabhavam:-

It is the pratyatma linga of the disease.

Headache can be considered as the cardinal symptom of TTH as it manifests in the early stages of the disease as well as most commonly observed as a presenting symptom and it lasts up to complete remission.

5. Adhithana:-

• Means the structures involved in the disease progression.

• In tth the parts of the head which are majorly affected are muscle of the lower back of head, muscles around eyes, neck muscles and scalp.

6. Vedana:-

• Means the complaints of the patient. The word "Vedanam" denotes knowledge. • Here the word can be understood in the sense of, clinical features and various diagnostic tests done in TTH

7. Samsthana:-

• Means the signs seen in the particular disease.

• The vedana & samsthana are insighted and learned using the five senses. • 8. Upadrava:- vyadhisankar avastha

• Means the complications occurring secondary to the disease.

• It is seen when the required treatment is not done at the proper time.

• In TTH if proper measures are not taken priorly, further changes may lead to depression and various psychological disorders

9. Vriddhi-Sthana-Kshaya:-

• It refers to the factors which aggravate-maintain and relieve the signs and symptoms of the disease respectively.

• Concerning the TTH symptoms are aggravated by sunrise, anxiety, exercise causing tridosha dushti and relief by using snigdha - tarpaka factors including rest sunset

10. Udarka:-

• It is the 'vyadhi-uttarkalina avastha'; it refers to the condition which still exists after relief from that particular disease.

11. Naama:-

• Means nomenclature of the disease.

• We are taking TTH under „Anukta vyadhi“ so we have a clear scenario that the disease which come into being recently evolved and could not be named when scripts were written.

• As signs and symptoms of tth are more closer to shirorogas along with hetu we can consider TTH as shiroroga.

12. Yogama:-

• Means line of treatment to be decided after obtaining complete knowledge about the disease as per the above points.

• Treatment concept of TTH in ayurvedic aspects can be taken from various references as most of the symptoms of TTH are tridosha dushtikar so main line of treatment should be helpful to remove tridosha.

• To treat the patients of TTH like tridosha shiroroga which includes all three suryavarta, anatavat and ardhavabhedaka can be treated as per samanya chikista of shiroroga

• It is explained in ayurveda context that treatment of Anantavata is same as treatment of ardhavabhedaka

अनन्तवाते कतवत् यः सूयावत तः तहरो बवधधः। सु.उ. २६/३६ सूयावतः तस्य तत्र स्यात् सवन्नरतौ तिग्मतकम्।

भिरः कायववरेकौ च मूर्धनात् तत्र स्नेहधारणम्।

जांगरैरुत्तनाहश्च घृतक्षरैश्च सेचनम्।

बर्हितवत्तरसावर्द श्रुत् ीरोगस्थतां घृत् मा

स्यान्नावन ां जीवनीयं ीरुद्गुणसाधधतम्॥ च.भस. ९/८१

• CHIKISTA SUTRA OF ARDHAVABHEDAKA is

चतुःस्नेहोत्तमा मात्रा भिरः कायववरेचनम्।

नाडीस्वेदो घृत् ां जीणिं बगस्तकमातनुवासनम्।

उत्तनाहः भिरोबगस्तदतहनां चात्र िस्यते।

प्रततश्याये भिरोरोगे यच्चोदृर्त् धचक्रकगत्सतम्॥ च.भस. ९/७७

• SAMANYA CHIKISTA OF SHIROROGAS is

कृभमंयकृतौ हृत्वा भिरोरोगेषु बुद्धमानम्।

मधुत् ैरसमायुततेः भिरांस्यतववरेचयेत्।

नश्चात् सपन्नत तैरेन ततो नस्यां प्रयोजयेत्॥

न चच्चे द्वागन्तां ब्रजन्त्येवांग्स्त्रनधग्स्वघ्नांस्ततो भिषक ।

नश्चादनुचरेत सम्यक भसराणामथ मोणैः॥ सु.उ.२६-४२

- Here in suryavarta and ardhavbhedaka ABHYANTARA SNEHAN is one common thing which we can give in TTH according to avastha of doshas as pain is the basic symptom and vat is essential factor of episodic as well as chronic pain . This snehana will help to relieve pain
- After SNEHANA we can do
- 1- in episodic headache SHIRO VIRECHANA to remove vitiated dosha at mul stahna i.e. shir
- 2- for chronic headache where PURANA GHRUTA is important we can give ANUVASAN BASTI of it
- For both the types if pain still persists we can use samanya chikitsa sutra where RAKTAMOKSHANA is advised.
- When there is ACUTE ATTACK of headache we can give AVAPID NASYA which leads to instant dosha nirharan and can act as pain killer
- When there is DULL PAIN we can apply SARIVADI LEP to relieve the pain
- To PREVENT AND PROLONG THE OCCURRENCE OF ATTACK of headache we can give Shashamund swaras with marich churna before food for 7days.
- If all above measures fail we can do dahan karma at the temporal region with VIDHAGNI CHIKITSA which is recent advancement in ayurveda to relieve pain.
- **13.PratikarArtha pravrutti athava nivrutti:-** It means initiation of interaction for reverting the pathology and refraining from taking any action. These are to be studied for knowing where the medicinal intervention should be begun and where it shall be stopped. I treid to think various ways to treat TTH in above yojana point so we can treat modern disease with symptomatic way and with variety of treatment measures.Also thought of PREVENTION AND AVOIDING RECURRENCE is also considered

• Conclusion

- So,taking in consideration of all above points we can conclude that though there is not direct reference of this disease tth in the samhita still we can diagnose and treat this disease using triskandha ayurved

• Referances:

- Charak samhita, Sushruta Samhita, Bhel Samhita, Vagbhata Samhita
- <https://www.healthline.com/nutrition/symptoms-of-stress>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3444224/>

