



## CLINICAL STUDY OF ROLE OF AMLAKI, YASTIMADHU AND GUDUCHI CHURNA IN PITTAJ SHIRAH SHOOLA – A CASE STUDY

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### ABSTRACT:-

Pittaj shirah shool is described as a type of shirah shoola in Ayurveda, it is also described as acidity induced headache in modern medical science. Increase in the ushna, tikshana gunas in the body, apthya ahara and vihara are causative factors of amlapitta that is acidity. Anxiety is also a reason for acidity, and this acidity if increased beyond specific level gives rise to headache.

**Amlaki -**

**Guna-** Laghu, Ruksha, Shita.

**Rasa :-** Amrasa Pradhan shadrasa except lavanrasa.

**Vipaka:** - madhura

**Virya :-** shita

Madhura rasa and shita virya are pittashamak.

**Yastimadhu -**

**Guna:** - Shita, guru, madhura.

**Rasa:** - Madhura

**Vipaka:** - madhura

**Virya:** - shita

Madhura rasa, madhura vipaka and shita virya are pittashamak.

**Guduchi –**

**Guna-** fresh- snigdha, mrudu and Dried- Laghu, Ruksha, mrudu.

**Rasa-** katu, tikta, kashaya.

**Vipaka:** - madhura

**Virya :-** ushna

Madhura rasa and ushna virya are pittashamak and shoolhara.

**Anupana:** - jala.

**Key Words:** - Pittaj, *shirah shool*, *Aamalaki*, *yastimadhu*, *guduchi churna*.

## Introduction-

Pittaj shirah shool is described in Charak Samhita<sup>1</sup> in shiroroga it is not described separately but it is a type of shiroroga, when agni is prakruta and as it gets dushita by apathy ahara and vihara (irregular eating habits, spicy diet, irregular sleep, anxiety), thus increased pitta reaches to shirah pradesha, due to this pitta there is raktadushti in shirastha raka giving rise to hot and burning sensation in shirah Pradesh, burning sensation in eyes and nose, increased thirst, bhrama, and increased sweating along with severe headache i.e. pittaja shirah shool<sup>2</sup>.

## HETU<sup>3</sup>-

- 1) Viruddha ahar – kalviruddha, agniviruddha, matraviruddha.
- 2) Ushna, tikshana, katu, amla, lavan, kshar aharsevana.
- 3) Ajirashana- aharsevan in ajirna condition.
- 4) Atyashana- aharsevana in atimatra.
- 5) Atichintana, krodha ( Manas hetu)
- 6) Atimadya sevan.

## RUPA<sup>4,5</sup>-

1. Shirah dahyate- burning sensation in head.
2. Shirah dhupyate- person feels as if smoke is being eliminated from head or head is filled with hot smoke.
3. Shiten bhavet shamah- headache reduces due to cold application and cold food.
4. Ratrau bhavet shamah- headache reduces at night time due to naturally reduction in heat.
5. Shirah rujyate – head ache.

6. Dahyate chakshushi- burning sensation in eyes.
7. Trushna- excessive thirst
8. Bhrama – giddiness.
9. Sweda- excessive sweating.
10. Jvara may be there.

## TREATMENT <sup>6</sup> -

Prominently shitopacharas are done to treat pittaj shirah shoola.

1. Driking of milk.
2. Shita lepa- application of lepa having coolent properties.
3. Navan- nasal drops having cold properties.
4. Jivaniya sarpi- ghruta processed with jivaniya gana. Jivaniya ghruta should be used for preparing food. It can also be used for sheka, basti or lepa over head.

## MATERIALS AND METHODS:-

Single, blind, non comparative study carried out on one patient.

## PLACE OF STUDY:-

SMBT Ayurved College & Hospital  
Dhamangaon, Tal- Igatpuri, Dist- Nasik.

**SAMPLE SIZE:** - 1patient.

**DURATION OF STUDY:** - 7 Days.

**Follow up:** - First follow up was taken on 7<sup>th</sup> day and second on 14<sup>th</sup> day.

## INCLUSION CRITERIA:-

One patient having symptoms of Pittaj shirah shoola was included without any exclusion criteria.

**EXCLUSION CRITERIA:** - study was carried out without exclusion criteria.

## DRUGS USED FOR TRIAL:-

Amalaki Churna 1gm

+

Yastimadhu churna 1gm

+

Guduchi churna 1 gm

This combination of drugs was given to patient in BD Dose with water as anupan.

**ASSESSMENT CRITERIA:** - Relief was asked to patient and recorded accordingly.

## RESULTS:-

- 1) Treated patient showed best results in pittaj shirah shoola.
- 2) shira shoola and daha were reduced after 3 days.
- 3) Increase in appetite was also recorded during therapy.
- 4) complete relief was recorded on 6<sup>th</sup> day.

## DISCUSSION:-

Total one patient was treated and showed good relief in symptoms of pittaj shirah shoola.

## CONCLUSION:-

- 1) Given treatment is usefull in pittaj shirah shoola vyadhi and is having best results.
- 2) This treatment is helpful for healthy Mind.
- 3) Amlaki is natural Antoxid.
- 4) More study is required with increased group of popullations.
- 5) Patient was not havig any complaint regarding amlapitta even on 14<sup>th</sup> day.

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