



## Case Study

### EFFICACY OF SHIRASHSHOOLAHAR BASTI AND SHAMAN CHIKITSA IN ARDHAVABHEDAKA - A SINGLE CASE STUDY

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#### ABSTRACT

In Ayurveda remarkable result were found for many "Kashtasadhya Vyadhi". *Ardhavabhedaka* is one of the diseases found in routine practice. Ayurvedic oral medicine i.e., *Shaman Chikitsa* along with *Panchakarma* procedure are used routinely. Out of *Panchakarma* procedure *Nasya*, *Shirobhyanga* are broadly selected by many *Vaidyas* but considering *Doshadushti* of *Vatapradhanya Basti* is most indicated selection of procedure for *Ardhavabhedaka*. Also very less work was found on *Shirashshoolahar Basti*. So an attempt is made to work on this type of *Basti*. In the present study 32 years old male patient is known case of *Ardhavabhedaka* was selected. He was barber by profession and suffering since 3 years. Temporarily relieved by analgesics. Thinking on the behalf of the patient was treated with *Shaman* and *Shodhan chikitsa* on indoor basis. For *Shaman Chikitsa Shirashshooladi Vajra rasa*, *Sutashekhar rasa*, *Pathyadi Kwath* were the *Abhyantar* drugs given. *Shodhanarth Shirashshoolahar Basti* were given which contains *Gogruta*, *Dashmoola taila*, *Mashkashaya*, *Dadhi*, *Dadim rasa*, *Saindhava*. Treatment period was 15 days. Before and after treatment patient was assessed. All the drugs used are *Vatashamak*, *Shoolaghna*, *Pittashamak* thus used for *Sampraptibhang*. Duration between two *Vegas* prolongs and also intensity of the *Vega* shows remarkable result. Associate symptoms like *Hrullas*, *Chardii*, *Bhrama*, photophobia etc decrease. Scope of research; by increasing trials on more number of patients may develop some "standardize Ayurvedic Chikitsa" for such *Kashtasadhya vyadhi* like *Ardhavabhedaka*.

#### INTRODUCTION

Almost all our ancient *Acharyas* have mentioned about the *Shiroroga* of which *Shirashshoola* as the main symptom and also, they have taken *Shirashshoola* as the synonym of *Shiroroga*. All the *Acharyas* have mentioned *Ardhavabhedaka* in *Shiroroga*. *Acharya Sushruta* defined the study and mentioned 11 types of *Shiroroga* in *Uttartantra*.<sup>[1]</sup> Among them, one of them is *Ardhavabhedaka* in which paroxysmal unilateral headache associated with vertigo and pain of varying intensity is seen. The word *Ardhavabhedaka* has two components *Ardha* and *Avabhedaka*.

*Ardha* means half side, *Bhedaka* means breaking through, perforating or bursting out type of pain i.e., a type of episodic severe, recurring and piercing one sided headache may be with nausea, vomiting, photophobia or vertigo. It may be followed by an aura of sensory disturbance. Also, *Ardhavabhedaka* means *Ardha Mastaka Vedana* as per *Chakrapani*.<sup>[2]</sup> The most sensitive criteria for migraine is headache that aggravates with activity, stress and tiredness. The World Health Organization ranks migraine as one of the disease wherein the causative factor is not exactly known and further more status that it is one of the world's most disabling medical illness. Migraine is highly prevalent in India especially in the southern states. Also, females are more prone than males. Prevalence of migraine significantly increases due to various triggering factors and most of the trigger factors are related with dietary items daily routine environmental factor, stress, awakening during night time due to night duties and sleeping in day time

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etc. Ayurveda has many types of medication and *Panchakarma* procedures like *Virechana*, *Shirodhara*, *Shirobasti*, *Shirolepa*, *Nasya*, *Basti* in the treatment of *Ardhavabhedaka*<sup>[3]</sup> and also Ayurvedic treatment shows notable result in reducing the frequency, intensity of pain and associated symptoms in the migraine patient. Thus, here an attempt has been made to evaluate the efficacy of *Shaman Chikitsa* and *Shirashshoolahar Basti* in *Ardhavabhedaka*. *Basti* is most effective treatment of *Vata* disorder. *Shoola* caused due to all *Doshas* but *Vata* is the main factor and it is root cause of vast majority of diseases so we can control *Vata doshas* with the use of *Bastikarma* and *Shodhan* therapy.

### AIMS AND OBJECTIVES

To assess the effect of *Shirashshoolahar Basti* and *Shaman Chikitsa* in *Ardhavabhedaka*.

### MATERIALS AND METHODS

It is a single case study treated on IPD basis, presented as

- Patient Name – ABC
- Age/Gender – 32/male

- Occupation – Barber

### Complaints

1. *Shirashoola* since 15 days
2. *Hrullas* since 15 days
3. *Chardii* since 15 days
4. *Bhrama* since 10 days
5. *Prakash santras* 7 since days

N/H/O any other major illness

### History of Present Illness

A 32 year old male patient complained of *Shirashoola* in half side of head affecting particularly *Bhru*, *Shankh*, *Karna pradeshi* last for 6-12 hrs/day twice a week since 3 years. Symptoms get aggravated since 15 days associated with *Hrullas*, *Chardii*, *Bhrama* and *Prakash santras*. Patient received modern oral treatment, but had temporary relief. Thus symptoms gradually increased and patient was irritating due to above symptoms. Due to chronicity of disease *Vata-pitta pradhanya*, *Uttam balavan* patient is indicated for *Basti*.

**Table 1: Systemic Examination of patient**

On Examination	Ashtavidha Parikshana	Dashvidha Parikshana
P -82/min	Nadi – Vata Pradhan pitta	Dushya -Rasavaha, Raktavaha, Strotas
BP – 130/90mm of Hg	Jivha – Alpasaam	Desha - Anupa
RS -AEBE clear	Mala – Baddhata	Bala - Madhyam
CVS – S1 S2 Normal	Mutra - Samyak	Kala - Visarga
CNS – Conscious, Oriented	Shabda – Prakrut	Agni - Agnimandya
P/A – Soft, Non Tender	Sparsh -Anushnasheet	Prakruti – Vatapradhan Pitta
	Druka - Prakrut	Vaya - Madhyam
	Akruti – Madhyam	Satva - Madhyam
		Satmya - Shadarasa
		Ahara - Vegetarian

### Nidanpanchaka

#### Hetu

1. *Vegavarodha*
2. *Ratrijagarana*
3. *Atichintana*
4. *Atishrama*

#### Purvarupa

1. *Shirogaurav*
2. *Shabdahishnuta*

#### Rupa

1. *Shirashoola* in half side of head affecting particularly *Bhru*, *Shankha*, *Karna pradeshi* last for 6-12 hrs/day twice a week
2. *Hrullas* since 15 days

3. *Chardii* since 15 days
4. *Bhrama* since 10 days
5. *Prakash santras* since 7 days

#### Upashaya and Anupashaya

1. *Shirashoola* reduced by locally applying pain balm, *Sthanik Abhyanga* and analgesic.
2. *Shirashoola* increases after *Chinta*, travelling, *Atishrama*, exposure to cold air.

#### Samprapti Ghatak

1. *Dosha -Tridashaja*
2. *Dushya - Rasa, Rakta*
3. *Strotas - Rasavaha, Raktavaha*
4. *Srotodushti – Sanga, Vimargagamana*

5. *Udbhava- Amashay, Pakwashay*

6. *Adhisthana – Shir*

7. *Vyaktisthana - Shirah, Many, Bhru, Shankha, Karna, Akshi and Lalata.*

8. *Marga – Abhyantara*

9. *Sadhya Asadhyata - Sadhya*

**Treatment Plan:** The following *Shaman chikitsa* was given along with *Shirahshoolhar Basti* schedule.

**Table 2: The details of *Shaman Chikitsa***

S.no.	Kalpa	Matra	Kala	Anupana
1.	<i>Shirashooladi Vajra rasa</i>	500mg	<i>Adhobhakta</i>	<i>Madhu</i>
2.	<i>Sutashekhar rasa</i>	500mg	<i>Adhobhakta</i>	<i>Koshnajal</i>
3.	<i>Pathyadi Kwath</i>	20ml	<i>Adhobhakta</i>	<i>Koshnajal</i>

The above *Chikitsa* was given for 15 days

**Table 3: The details of *Shirahshoolhar Basti***

S no.	Therapy	Basti-Dravya	Period of therapy
1	<i>MatraBasti</i>	<i>Dashmoola taila</i> (60 ml)	1 <sup>st</sup> and last day <i>Bhojanottar</i>
2	<i>Shirahshoolahar Basti</i> [4] (approx. 250ml)	<i>Goghruta</i> - 30ml <i>Dashmoola taila</i> - 30ml <i>Mashkashaya</i> - 50ml <i>Dadhi</i> - 50ml <i>Dadim ras</i> - 50ml <i>Saindhava</i> - 5gm	13 days <i>Bhojanottar</i>



Picture No-1: *Goghruta*



Picture No-2: *Dashmoola taila*



Picture No-3: *Masha and Mashkashaya*





Picture No-4: Dadhi Picture No-5: Dadim ras

Table 4: Bastikrama

Basti Day	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>
Basti Type	M	S	S	S	S	S	S	S	S	S	S	S	S	S	M

M - Matra Basti S - Shirahshoolhar Basti

**Duration of treatment:** The above Shaman Chikitsa given along with Shirahshoolahar Basti for 15 days.

#### Instrument used for the Basti administration

Plastic syringe attached with simple rubber catheter (without piston)/for slow drip method.

#### OBSERVATION AND RESULT

The above Chikitsa was given for 15 days. Assessment was done before and after Chikitsa.

Also follow up was taken after 30 days of Chikitsa.

Table 5: Effect of treatment on Symptoms

Criteria	Before treatment	After treatment (after 15 days)	1 <sup>st</sup> follow up (after 30 days)
Shirashoola teevrata (Severity of headache)	+++	++	+
Shirashoola aaveg (Frequency of headache)	++++	++	+
Shirashoola kala (Duration of headache)	+++	+	+
Hrullas (Nausea)	++	+	-
Chardii (Vomiting)		+	-
Bhrama (Vertigo)	++	+	+
Aura (Visual disturbance)	-	-	-
Prakash Santraas (Photophobia)	++	-	-

#### DISCUSSION

All the Acharyas have mentioned Ardhavabhedaka in Shiroroga. According to Charaka there is involvement of Vata and Vatapradhan Kapha dosha while Acharya Sushruta mentions that there is Tridoshas involvement. Acharya Vagbhata has mentioned that Ardhavabhedaka is caused by only Vata. The common denomination here is Vata dosha which is mainly responsible for onset of pain.

Also Shira is one of the most important Marma amongst all the Trimarmas.

**Table 6: Probable mode of action of Shaman chikitsa**

S.No.	Kalpa	Ghatak dravya	Doshaghnata	Guna
1	Shirashoolahar vajra rasa <sup>[5]</sup> (Shirorogadhikar)	Shuddha Parad, Shuddha Gandhak, Loha bhasma, Guggul, Triphala, Yashimadhu, Vidanga, Sunthi, Gokshur, Dashmoola	Tridoshaghna	All types of Shiroroga
2	Sutashekhar Rasa <sup>[6]</sup> (Amlapitta Rogadhikar)	Shuddha Parad, Shuddha Gandhak, Suvarna basma, Tankan, Trikatu, Tamalapatra, Dhatturbeej, Nagakeshara, Twaka, Shankhabasma, Bilwamagaj, Shuddha Vatsanabha	Pittavata shamak	Dipana, Pachana and Yogawahi Shoola, Amlapitta, Chardii, Bhrama, Agnimandya
3	Pathyadi kwath <sup>[7]</sup>	Triphala, Kiratatikta, Haridra, Guduchi	Vata and Kapha shamak	Shiroroga Karnashool

**Table no. 7 Probable mode of action of ingredients of Shirahshoolhar Basti**

S.No.	Dravya	Doshaghnata	Guna
1	Goghruta	Vatapittahara	Strengthens Mana (Harshan), Buddhi and Indriyas, Rasa, Mansa, Meda, Majja, Shukra and Ojas Vridhhikar
2	Dashmool taila <sup>[8]</sup>	Tridoshaghna	Shirashoolahar
3	Mashkashaya <sup>[9]</sup>	Vatashamak	Balya, Jivaniya, Bruhan, Vedanasthapan. It is Prinan, Buddhi and Indriya balakara.
4	Dadim <sup>[10]</sup>	Tridoshaghna	Balya, Medya, Deepan, and strengthen the brain
5	Dadhi	Vatashamak	Medodhatu, Agnivardhak
6	Saindhava	Tridoshaghna	Sukshmasrotogami and Srotoshodhoka

**Note:** In Charak Siddhisthan, Mansarasa is mentioned but patient is not willing, so it is replaced with Mashkashaya.

Acharya describes, Basti is half treatment. So Basti is the best treatment for Vata as well as for Shiroroga.

Shirahshoolahar Basti mentioned in the Charaka Siddhisthana. Shirahshoolahar Basti contains Goghruta, Mashkashaya, Dashmool taila, Dadim swaras, Dadhi and Saindhav. Most of the Dravya in Shirahshoolahar Basti are Tridoshaghna, Shirahshoolahar, Balya, Bruhan and Prinan so overall effect is Shoolaghna. In Ayurveda Shira (head) is compared with root of tree. If we nourishes the root, the tree become strong and in the same manner if we nourishes the Shira, the body will become healthy.

#### Probable Mode of Action According to Modern

Basti contains so many drugs and inserted in fairly good amount in warm condition. These factors are quite enough to influence the primary afferent neurons and here by ENS. Basti fluid by its direct action on nerve endings can control the whole body by influencing hormonal secretion and CNS. Moreover Abhyanga and Swedana prior to Basti therapy may

have some role in influencing the ENS. The drugs may also be transported to the circulation by local veins and lymphatics and thus mitigates the disease elsewhere in the body.<sup>[11]</sup>

#### CONCLUSION

Shirahshoolahar Basti and Shaman Chikitsa are significantly effective in Ardhavabhedaka. In above case study significant reduction was obtained in severity, frequency and duration of headache, nausea, vomiting and associated symptoms after treatment.

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