

## ROLE OF PANCHAKARMA IN SHIRO ROGA WITH SPECIAL REFERENCE TO SUSRUTHA SAMHITHA

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### ABSTRACT

Shiras is considered as the Uttamanga of body because it is the seat of Prana and Indriyas. It is one among the three major Marmas. All the three Doshas are located in the head with the predominance of Kapha Dosha. Acharya Sushruta has mentioned 11 types of Shiro Roga. According to WHO, headache is one among the five most common clinical disorders worldwide. It affects more than 46% of the global population, and the lifetime prevalence of headache is more than 90%. Higher prevalence of headache is mainly associated with greater social, economic, and family burden. The main classes of drugs to treat headache disorders include: analgesic, anti-emetics, specific anti-migraine medications. Panchakarma is an integral part of Ayurveda. According to Acharya Susruta, the Panchakarmas are Vamana, Virechana, Nasya, Basthi and Raktamokshna. These are indicated in different types of diseases, to eliminate the morbid Doshas from the body. Among these Nasya is considered as the best and specific procedure for Shiro Roga. But other Panchakarma therapies also play an important role in the treatment of Shiro Rogas. Here an attempt is made to analyse the Panchakarma therapies indicated in Shiro Roga mentioned by Acharya Susruta in Susruta Samhitha Uttara Tantra.

**KEYWORDS:** Shiras, Shiroroga, Headache, Panchakarma.

### INTRODUCTION

In present era, irregular diet habits, excessive use of tobacco, alcohol, sleep disturbances, stress, strain, use of pain-killers, antibiotics and steroids leads to different types of headache. Their mode of treatment includes analgesics, which gives a temporary relief but its regular usage can sometimes induce headache.

Acharya Vagbhata mentioned the Nidana of Shiro Roga as exposure to smoke, sunlight and snow, over indulgence in water, day sleep and keeping awake, severe sweating, exposure to eastern breeze, suppression of

tears, excessive weeping, excessive intake of water and alcoholic drinks, worm infestation, suppression of natural urges, avoiding pillow, lack of cleanliness, looking down continuously for long period, inhaling bad smell, nasal and paranasal chronic infections, undigested food, too much of speaking; by these causes the Doshas get localized in the head and produce diseases of the head.<sup>1</sup>

According to Susruta, Shiro Rogas are 11 in number, which includes Vataja, Pittaja, Kaphaja, Sannipataja, Raktaja and Krimija

Shiroroga, the remaining four being known as Suryavarta, Anantavata, Ardhavabhedaka and Shankhaka.<sup>2</sup>

Panchakarma present a unique approach of Ayurveda with specially designed five procedures for internal purification of the body through the nearest possible route. The first and foremost description of panchakarma in a comprehensive, scientific and detailed manner is available in Charaka Samhita.<sup>3,4</sup>

These Shodhana therapies act on the root sites of Dosha, remove them from the body and allows the biological system to return to homeostasis and to rejuvenate rapidly and also facilitates the desired

pharmaco-therapeutic effects of medicines administered thereafter. Panchakarma has full therapy role as promotive, preventive and curative procedure.<sup>5</sup> For disease of the body, under Shodhana regimen, Basthi, Virechana and Vamana are respectively the ultimate therapies for diseases due to vitiation of Vata, Pitta and Kapha.<sup>6</sup> Nasya is used for the treatment of Urdhvajatrugata diseases and Raktamokshana is a unique Para-surgical measure indicated in various diseases caused by Rakta and Pitta.

### Panchakarma in ShiroRoga

**Table 1.** List of Panchakarma Procedure advised in Shiro Roga.

DISEASE	PROCEDURE	DRAVYA
Vataja Shiro Roga	Nasya  Basti	<ul style="list-style-type: none"> <li>Nasya, using Taila prepared with meat soup of crab or Ghritha prepared with Varunadi Gana along with Ksheera and Madhura Rasa Dravyas or Trivrta Taila or Bala Taila.</li> <li>Basthi with Trivrta Taila or Bala Taila.<sup>7</sup></li> </ul>
Pittaja ShiroRoga and Raktaja Shiro Roga	Nasya Niruha Basthi Anuvasana Basthi Virechana	<ul style="list-style-type: none"> <li>Nasya with ghee obtained from milk or muscle-fat of animals of arid regions is ideal.</li> <li>Milk boiled with drugs of Utpaladi Gana is best for enema.<sup>8</sup></li> </ul>
Kaphaja ShiroRoga	Nasya Vamana	<ul style="list-style-type: none"> <li>Nasya- Avapidana Nasya with either Madhuka sara or of Inguda or of Meshashringi.<sup>9</sup></li> </ul>
Sannipataja ShiroRoga	Snehapana	<ul style="list-style-type: none"> <li>Purana Sarpi (old ghee) is indicated.<sup>10</sup></li> </ul>
Kshayaja Shiro Roga	Nasya	<ul style="list-style-type: none"> <li>Nasya with medicated Ghritha.<sup>11</sup></li> </ul>
Krimija Shiroroga	Nasya	<ul style="list-style-type: none"> <li>Nasya with Shonitam (Blood of animals) or with Hrasvashigru together with powder of Kamsyanili.</li> <li>Avapida Nasya with drugs destroying Krimi macerated with cows urine.<sup>12</sup></li> </ul>
Suryavarta	Nasyadi Panchakarma	<ul style="list-style-type: none"> <li>Therapies such as Nasya Karma are indicated.<sup>13</sup></li> </ul>

Ardhavabhedaka	Nasya Vamana	<ul style="list-style-type: none"> <li>• Avapida Nasya prepared from Sirisha, Mulaka and Madhanaphala or from root of Vamsa, Mulaka and Karpura or from Vacha and Magadhika or from Madhuka mixed with honey or from Manashila along with Madhu and Chandana.</li> <li>• Nasya with Ghritha prepared from Madhura Rasa drugs.<sup>14</sup></li> </ul>
Anantavata	Nasya Siravyadha	<ul style="list-style-type: none"> <li>• For Anantavata also Nasyadi Panchakarmas are indicated.</li> <li>• Sira Vyadha Karma (blood letting ) indicated.<sup>15</sup></li> </ul>
Shankhaka	Nasya	<ul style="list-style-type: none"> <li>• Nasya with Kshirasarpi.<sup>16</sup></li> </ul>

### DISCUSSION

In modern system of medicine the prime treatment of Head ache is analgesic drugs. It is observed that this will not yield long term relief and it will also create side effects like gastro intestinal disorders.

The main objective of the Ayurvedic system of treatment is to restore the original state of equilibrium between the Doshas.

The process of Panchakarma acts on the root sites of Dosha. Among this, Basthi, Virechana and Vamana comprise the most excellent Shodhana therapies of Vata, Pitta and Kapha respectively.

Basthi involves the administration of suitable medicine along the ano-rectal route. It is the best therapy to pacify the Vata and it controls Pitta and Kapha also. In Vataja Vikaras, there is none other than Basthi is best treatment for aggravated Vata Dosha.<sup>17</sup>The Basthi enters the Pakvasaya, which is the main seat of Vata and destroys Vata Dosha, which is the originator of all disease. By subsiding the Vata, all diseases located in the other parts of the body also become pacified

just like cutting the roots of a plant, the stem, branches, sprouts, fruits and leaves also destroy.<sup>18</sup>

Here Virya of Basthi drugs reaches all over the body through the Srotas in the same way as the water poured at the root of the plant reaches upto leaves.<sup>19</sup>

Virechana or purgation involves the administration of medicines along the oral route which act upon the vitiated Pitta located between the Hrudaya and Nabhi and eliminate it per rectum.

Vamana involves inducing vomiting therapeutically. Emesis is done by taking medicines orally which acts upon the vitiated Kapha and eliminates it along the same route.

A study by Snehal S. Sherikar was done on Ardhavabhedaka which concludes that Bhrungrajadi Nasya is effective in Ardhavabhedaka.<sup>20</sup>

A study conducted with Bringaraja Taila Nasya in Shirashoola and it concluded that Nasya shown significant decrease in the frequency of migraine attacks.<sup>21</sup>

Conclusion from study conducted with Baladyayamakam Nasya; showed

significant result in all cardinal symptoms of Vatika Shirasoola.<sup>22</sup>

Study on Trikatu Taila Nasya in Kaphaja Shirasoola (Dr. Sivabalaji, Dr. Ashwini B N; 2015) which that concludes Nasya proved effective in the management of Kaphaja Shirasoola.<sup>23</sup>

Nasya Karma is explained that Nasa being the entry to Shira (Head), the drug administered through nostril reaches Shringataka a Sira Marma by Nasa Srotas and spreads in the Murdha (Brain) reaches at the junctional place of Netra (Eyes) Srotra (Ears), Kantha (Throat) Siramukhas (Opening of the vessels) and remove or detach the morbid Doshas present above supraclavicular region and expel them from the Shiras.<sup>24</sup>

Sira Vyadha is a procedure for removing the vitiated Rakta in diseases caused mainly by Rakta and Pitta.

### **CONCLUSION**

->In this modernized era, lifestyle and faulty dietary habits are the main causes for Head ache which is the burning problem. To prevent this disease, regimens mentioned in Ayurveda are to be followed.

-Panchakarma is an advanced procedure in Ayurveda used to eliminate the morbid Doshas from the body.

->In Shiro Rogas Nasya Karma is the prime treatment modality. This may be because the drug administered through nostrils, directly reaches the head and eliminates only the morbid Dosha. While other Panchakarma procedures are also practiced in head disorders to destroy the root cause of the disease.

->This present article highlights the Panchakarma procedures indicated in Shiro

Roga mentioned in Susrutha Samhitha Uttara Tantra. This will be useful for easy reference, further research is advisable.

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