

A comparative study to evaluate the efficacy of *Vyadhana Karma* in *Vataja Shirashoola*

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Abstract

Vataja Shirashoola is one among many varieties of *Shirashoola* explained in Ayurveda classics. Characteristic features of *Vataja Shirashoola* are pain which is bilateral in location, cracking sensation and throbbing of veins. These clinical features show a lot of similarities with tension headache, which is the most common type of primary headache. Its treatment includes pain killers, which has a lot of side effects after prolong use; also patients get addicted and resistant to medicines. Hence in the present study, a first of its kind - an attempt was made to find out a non-medicate surgical therapy in the management of *Vataja Shirashoola*. The objective of the study was to evaluate the efficacy of the *Vyadhana Karma* in the management of pain in *Vataja Shirashoola* and to find out a non-medicate surgical therapy in the management of pain in *Vataja Shirashoola*. A total study population of twenty patients were taken according to randomized sampling technique. Special proforma of case sheet was prepared with detailed history taking and examination was done. Headache disability index and VAS (Visual Analogue Scale) scale were used as objective assessment criteria along with symptoms of *Vataja Shirashoola* as subjective assessment criteria. One sitting of *Vyadhana Karma* was done on *bru*, *shanka* and *lalata pradasha* during the headache. Before and after the *Vyadhana Karma* procedure, pain assessment was done on the basis of which the results were statically analyzed. The percentage of remission was 74%. It can be concluded that the *Vyadhana Karma* acts as an effective *Athyayika chikitsa* in the treatment of *Vataja Shirashoola*.

Keywords: *Vyadhana Karma*, headache disability index, VAS (Visual Analogue Scale)

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