SHIRAS AND SHIROGAS - A CLASSICAL APPROACH

Sangolli Kalmesh S1  Mudhol Ramesh S2  Hiremath Suresh G3
1Department of Shalakyatantra, KLE University, B.M.K Ayurveda Mahavidyalaya, Belgaum, Karnataka state, India
2Department of ENT, KLE University J N Medical College Belgaum, Karnataka state, India
3Professor, Department of Roganidana, KLE University B.M.K Ayurveda Mahavidyalaya Belgaum, Karnataka state, India

ABSTRACT

Shiras forms the root of the body where the special sense organs like eyes, ears, nose and tongue are situated. It is one of the most vital organs of the body. In Ayurveda much importance has been given to Shiras. It is one among the three marmas and listed under dashavidapranayatanas. Shirashoola is traditionally described as a violent throbbing pain in cephalic region. However it is impossible to specify its constant site and intensity. Site of headache are notably temporal, supra orbital, frontal, retro bulbar, parietal, post auricular and occipital. It may occur as well in the molar region in the upper and lower teeth, wall of the orbit, neck, common carotid arteries and down as far as the tip of the shoulder.

Keywords: Shiras, shirashoola, shiroroga

INTRODUCTION

Shiropgas occupy a prime position in the urdhwajatrugata vikaras, as it is the seat of prana and indriyas[1]. It is sadhyopranahara marna and is ashraya (moola) for other parts of the body[2]. Importance of Uttamanga and disease afflicting it has been mentioned in the authoritive texts of Ayurveda. Mostly the term shiropga is used as synonym of shirashoola. The term shirashoola encompasses all the aches and the discomfort located in the head. But in practice its application is restricted to discomfort in the region of the cranial vault. Headache is the most common reason for seeking medical help. In general 64% population reports headache. Importance of shiras as described by the classical texts: Charaka explains shiras as the sthana of prana3].Vagbhata explains shiras is ashraya of pranavayu which is responsible for Bhuddhi and other functions of indriyas[4]. Sushruta opines prana is the combination of agni, soma, vayu, panchindriyas and panchamahabhootas. Such pranas are located in shiras[5].Madhukosha commentator of Madhavanidana clarified the definitions of shiropgas. According to this commentary the term shiropga refers to such clinical conditions where the shiropga is a cardinal feature. Madhukosha also explains that shirashoola can be explained as the pain experienced by the patient in shiropradesha[6]. Doshas seated in shiras are Pranavayu, Alocchaka pitta, sadhaka pitta, Tarpakakapha and bhodakakapha Reference made by Su-
shruta regarding shirobhaghata reveals that Unmada, Bhaya, Chittanasha and Marana are the complications of Shirobhaghata[7]. Vagbhata explains the importance of shiras as, it is essential because all indriyas are situated in shiras and it should be protected. He compared shiras with vruksha with urdhwamoola and adhoshaka. Damage to moola (shiras) results in the damage of shaka (body)[8]. Shiras as marma: Among 107 marmas 3 marmas are most important. Among three marmas shiras has got much importance because it is the moola with bearing shakas. 15 among 35 sadyonpranahara marmas are centered in the shiras[9]. Charaka further listed some diseases which are caused when shiras is injured, they are manyasthambha, ardhita, chakshuvibhrama, moha, kasa, shwasa, swarahani, mookatwa, gandaaspandana etc. [10] Synonyms of Shirarshoolia: Shiroabhitapa, Shiravedana, Shiropeeda.

Samaanya nidaana of shirologas[11]: It can be classified under 2 headings
• Aharaja Karanas (Die tic factors)
• Viharaja Karanas (Environmental, Personal and Climatic factors)

Aharaja karanas: Adhikamlasevana (Excessive intake of sour food), Guruahara sevana(Intake of heavy food stuffs), Atisheeta jalapana(Excessive Drinking of very cold water), Adhikamadyapana(Alcohol abuse), Adhikadhoomapana(Smoking), Ajeernaadharasevana(Intake of indigestible foods), Haritasevana(Eating more greens)

Viharaja karanas: Vega dhara(Suppression of natural urges), Rajosevana(Exposure to dust), Atapasevana(Exposure to sun light), Atisweda (excessive sudation), Jalakreeda(Excessive swimming), Tu-sharasevana (Exposure to snow or mist), Divaswapan (Day sleep), Poorvavatasevana (Exposure to wind blowing from east), Nishi jagarana (Night arousal), Atirodana (Excessive weeping), Ucchairbhanasa(Speaking with loud voice), Atimaithuna (Over indulgence of sex), Urddwadahhapatatsekshama(brown down or up always), Abhigata (Head injury), Upadhama (Unsuitable head postures), Ama (Infected food), Krimi(Worm infestations), Asatmyagandhasevana (Inhaling bad smell), Dustapratishyaya(Chronic Rhinitis) etc.

Classification of shirologas: All the shirologas have involvement of tridoshas(vata, pitta and kapha) but one or two doshas have their predominance, due to which classification is made. According to Sushruta there are 11 shirologas. [12]: They are 1).Vataja Shirogara 2). Pittaja Shirogara 3). Kaphaja Shirogara 4). Snipataya Shirogara 5). Raktaja Shirogara 6).Kshayaja Shirogara 7). Krimija Shirogara 8). Suryavarta 9). Anantavata 10). Ardavadhada 11). Shanksaha Bhavaprakasa, Madhvanidana and Yogaratnakar also opines the same. Vagbhata described 19 shirologas including 9 kapalagatarogas. Among 11 shirologas of Sushruta, Vagbhata not explained the kshayaja shirashoola and anantavata and he added shirokampa as 10th shirogara[13]

Other clinical conditions which have shirashoola as a symptom: Vatajapratishyaya, vatajajwara, pittajajwara, shwasa, vatajagulma, kaphajagulma, rajayakshma, kaphapittadoshakshaya, ardhita, raktadusthijanyarogas, shirakamapa, shirobhrama, manyasthambha, hanusthambha, krimiroga, mukhanasakshirogas and in attyoga and heenayoga of panchakarma procedures.

CONCLUSION:
In Ayurveda much importance has been given to shiras, as it is one among the three marmas and listed under dashavidhapranayatanas. Shirorogas occupy prime position in the urdhwajatrugatavikaras, as the shiras being seat of prana and indiyas. It is sadyopraharamarma and is ashraya(moola) for other parts of the body. Injury to Shiras will cause complications like manyasthambha, ardhita, chakshuvinhrama, moha, kasa, shwasa, swarahani, mookatwa, gandaspandana etc. Shirashoola is traditionally described as a violent throbbing pain in cephalic region. However it is impossible to specify its constant site and intensity. The term shirashoola encompasses of all the aches and discomfort in the region of cranial vault. Headache is the most common reason for seeking medical help. Many dietetic factors, environmental, personal and climatic factors will influence the shirashoola. Shirashoola may manifest a disease as whole or it may be a symptom of other disease.

REFERENCES:


CORRESPONDING AUTHOR

Dr. Kalmesh S. Sangolli, M.D (Ayu),(Ph.D) Asst. Professor, Department of Shalakayatra, KLE University Shri B.M.K Ayurveda Mahavidyalaya Belgaum, Karnataka state.

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