UNDERSTANDING OF KAPHAJA SHIRASHOOLA WITH SPECIAL REFERENCE TO MAXILLARY SINUSITIS

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ABSTRACT

Shiras is an important organ situated above the Jatru. Shiras is said to be the Uttamanga, as it is the seat of vital organs like Prana, Indriya, Pranavahasrotas and Sadhya Pranaharamarma. Shira is one among Dashavidha Pranayatanas. Shira is the seat of all Gyanedriyas and controls the function of Karmendriyas. Shirashoola is most prime symptom those are named as Shirogurutva. Various Shirorogas are mentioned in our classics, Kaphaja Shirashoola is one among them. Sushruta has mentioned 11 types of Shirashoola in Uthtar Tantra. It is characterized by Shirogurutva, Mandaruja, Karna Kandu, Alasya, Kaphopadigham and Shuna akshi koota vadana. The headache persists throughout the day and it may increases in night, this condition is commonly associated with post nasal discharge and nasal blockage. Most clinical features are can be correlated with signs and symptoms of Maxillary Sinusitis. Maxillary Sinus is commonly involved in Sinusitis. It is caused by inflammation and pressure within the Maxillary Sinuses during a sinus infection. The Maxillary Sinusitis Headache is dull pain in nature. Therefore Maxillary Sinusitis can be considered under the heading of Kaphaja Shirashoola. It is one of the commonly found diseases in day to day clinical practice, found irrespective of age, sex and religion. In this article classical literature as well as modern medicine and correlation with interpretation and research article and Previous Dissertation has been taken as reference in reviving this article.

Keywords: Shira, Kaphaja Shirashoola, Nasya, Maxillary Sinusitis.

INTRODUCTION

Shalakya Tantra is the study of disease which is situated above Jatru and their treatment. Shira is one among the three marmas. It controls all Indriyas. Shirashoola is explained by different Acharyas in our classics.
Sinusitis is one among the most prevalent disease. An estimated 134 million Indians suffers from Sinusitis. One in eight Indians suffers from Sinusitis caused by inflammation of the nasal and throat lining, which results in Headache.
In Kaphaja Shirashoola patient feels Shirogurutva, Tandra, Shunakshikuta, Karna kandu, Alasya and Shirashoola persists throughout the day and it may increase at night.
This condition is commonly associated with Nasal obstruction, Post nasal discharge and Nasal Discharge. Most of clinical features are correlated with signs and symptoms of Maxillary Sinusitis. The incidence of this is becoming more significant in population because of few Nidanas such as Rajo, Dhoomasevana (atmospheric pollutantas), Purovatasevana (exposure to wind and moist breeze), Jalakrida (swimming), Madura, Snigdha, Sheetha, Guru Ahara Sevana. Modern treatment of Sinusitis includes antibiotics, antihistamines, nasal spray and surgery. Decongestant may provide relief but these medications may cause rebound Sinusitis and frequent usage of these medications may leads to drug resistance and the Immunity is adversely affected.

Acharyas says that nose is the gateway for head “Dwaram Hi Shiraso Nasa”. Nasya is best line of treatment in Urdwajatrugath Rogas. Katu, Ushna, Teekshna and mitigates Kapha and Vata doshas. In Kaphaja Shirashool Shirogurta, Mandaruja, Sthimitya are the laxanas because of this gunas it is helpful. The entire study has contents like of review of literature, which has the literary aspects of both Ayurvedic and contemporary science. It deals with Nirukti, Prayayas, Nidana Panchaka, Chikitsa and modern view.

Objectives
1.  Detail study of review Kaphaja Shirashoola.
2.  Detail study of review Maxillary Sinusitis.
3.  Understanding the Kaphaja Shirashoola with special reference to Maxillary Sinusitis.

Nirukthi of Kaphaja Shirashoola

Kaphaja

“Ka na phalena janat Kapha”
That means which is originated from Jala Mahabhootha

Shirashoola

“Shira ruja eta eva”
The pain present in Shira.

Kaphaja Shirashoola

It is a condition where there will be mild pain in head throughout day and aggravated at night

Kaphaja Shirashoola Synonyms

Kaphaja Shiroroga, Shleshama Shirashoola, Shleshama Abhitapa, Kaphaja Shiroabhitapa, Shleshmika Shiroroga

Nidana

The Acharya Charaka explained specific Nidanas for Kaphaja Shirashoola

These Nidanas formed Kapha dosha prakopa which causes srothorodha and Mandagni. Due to improper function of Agn, ama is formed. It is said to be the root cause of all disease. The substance which is detrimental to srothas is termed as Ama and it produce pain or creates pressure on srotomukha and accumulates in srotomuka.

Rupa

The Acharya Charaka, Sushruta, Vagbhata and other Acharyas explained following laxanas of Shirashoola are

Samprapti

Due to above said Nidana Sevana, Kapha gets vitiated and lodges in Shira Pradesha causing Kaphaja Shirashoola.
Showing Samprapti of Kaphaja Shirashoola

<table>
<thead>
<tr>
<th>Nidana Sevana (Dosha Sanchaya in Udbhava Sthana)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kapha dosha Prakopa</td>
</tr>
<tr>
<td>Mandagni (Dosha Prastrina)</td>
</tr>
<tr>
<td>Dosha &amp; Dushya Sammurchana</td>
</tr>
</tbody>
</table>

Srutorodha causes Ama formation
Rakta Dusti

Due to Khavaigunya Sthansamshraya in shira
Vyanjaka hetu
Kaphaja Shirashoola

Samprapti Ghatakas of Kaphaja shirashoola

<table>
<thead>
<tr>
<th>Dosha: Kapha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dushya:Rakta</td>
</tr>
<tr>
<td>Adhistana: Shiras</td>
</tr>
<tr>
<td>Vyakta Stana: Akshikoota, Vadanam, Nasa, Galam</td>
</tr>
<tr>
<td>Agni: Mandagni</td>
</tr>
<tr>
<td>Rogamarga: Madhyama</td>
</tr>
</tbody>
</table>

Chikitsa:
According to Charakacharya, Nasya is the best line of treatment for all Shiraroga and also explained treatment for Kaphaja Shirashoola as Ghrutapana, Tikshna basti, Daha Karma, Raktamokashana, Nasya, Upanaha and Lepa.
Acharya Sushruta said as Shirovirechana, Vaman, Gandusha, Acchapana, Swedana, Agnikarma and Lepa.
Acharya Vagbhata mentioned Nasya, Laghan, Vaman, Nadisweda and Alepa.

Nasya Yogas
1. Navana Nasya – Vidanga Taila, Sarshapa Taila, Vyosha siddha Taila
2. Avapeedana Nasya - Gudanagar and Marichadi Avapeedana Nasya
3. Pradamana Nasya - Kataphala churna, Madhukasara, Ingudi twacha, Meshashringi
4. Pratimarsha Nasya – Tila taila etc.

Lepa Yogas
Ruksha and Kaphagna lepas are indicated

Pathya and Apathya
1. Hirnyadi Lepa
2. Shunyadi Lepa
3. Lepa is prepared from Deva, Kusta, Kasta, Sarala, Lavan

Ghruthapana Shodhana
Purana Sarpi Vamana
Jeerna Sarpi Teekshana basti
Acchapana Agni karma and Raktamokshan

Pathya – Yava, Sasti, Shali, Pravala, Vyosha with Kshara, Patola, Mudga, Kulatya bhojana
Apathya - Kaphavardhak Ahara and Kaphavardhak Vihara

Maxillary Sinusitis
The term Sinusitis, refers to a disorder characterized by inflammation of the mucosa of the Para nasal sinus. These are air containing spaces in certain bones of skull and they are in direct communication with the nasal cavity through their openings called Ostia. They are 4 on each side Maxillary Sinus, Frontal Sinus, Ethmoidal Sinus and Sphenoid Sinus. The Maxillary Sinus most commonly effected sinus. The infection of Maxillary sinus causes inflammation is called Maxillary Sinusitis.

Aetiology
1. Mechanical Obstruction
2. Focal infection
3. Allergy
4. Immunodeficiency State
5. Iatrogenic
Pathology

The mucosa of the sinus shows inflammatory response. The cilia get damaged by the infection with resultant inadequate drainage of the sinus cavity. The Maxillary sinus, where the ostium is situated high up in the medial wall. The retained secretions lead to re-infection per phlebitis and perilymphangitis leading to edema and polyp formation. In chronic infections, process of destruction and attempts at healing proceed simultaneously sinus mucosa becomes thick and hypertrophic sinusitis or undergoes atrophy, surface epithelium may show desquamation regeneration or metaplasia.

Clinical Features

Conventional criteria for diagnosis of sinusitis based on presence of at least 2 or more than 2 symptoms

Symptoms

Headache
Nasal discharge
Nasal Obstruction
Post nasal discharge
Puffiness of face

Treatment

The Conservative treatment is indicated for acute Maxillary Sinusitis like Antibiotics, Nasal decongestant drops, Steam inhalation, Analgesics and In chronic Maxillary Sinusitis surgeries like Antral lavage, Antral puncture, Intranasal antrostomy and Cald well-Luc surgeries are indicated.

Discussion

Shiras is consider as Uttamanga, it involves all Indriyas, Indriyavahi and Pranavaha srothas and maintains these functions. According to modern science, the head encloses the brain. It is the body’s control center. The Paranatal Sinus which is air filled spaces in the skull bone.

In Kaphaja Shirashoola and Maxillary Sinusitis symptoms are almost same like Mild headache, Nasal discharge, Nasal obstruction and Post nasal discharge. The specific Nidanas for Kaphaja Shirashoola like Aasya sukha, Swapna Sukha, Guru – Snigdha-Ati bhojana towards changing life style which is significant etiology of Maxillary Sinusitis.

The vitiated Kapha dosha travels all around the body and lodge at Shiras. Khavaigunya exist producing Vyadhi. Hence while Ama circulating in the whole body with the help of vata. It gets obstructed in the Kapha sthana i.e in Shiras because of srothavarodha. The Khavaigunya may be compared to nasocilliary destruction, swollen and thickened mucosal lining of the sinus as a result of inflammatory changes.

In Kaphaja Shirashoola the main aim of treatment is Samprapthi Vighatana or Srothoshodhana of Shira pradesha by administration of teekshana Nasya, Dhoompana, Yamana, Lepa etc. The modern system also concentrates to proper drainage of Maxillary Sinus through Conservative and Surgeries. So it shows that both science having similar aim of treatment.

Conclusion

Kaphaja Shirashoola can be compared with contemporary science because of both are same in Etiology, Symptoms and prognosis of Kaphaja Shirashoola resemble with Maxillary Sinusitis. Ayurvedic treatment of Kaphaja Shirashoola is quite safer and has potential to drain the sinus along with immunomodulation.

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