

## A Case Report on Management of Vataja Shirashoola (Tension-Type Headache) through Ayurveda

**Dharwad N<sup>1</sup>, Chaithra GG<sup>2\*</sup>**


DOI:10.21760/jaims.10.3.60

<sup>1</sup> Nikhita Dharwad, Final Year UG Scholar, Bapuji Ayurvedic Medical College and Hospital, Shimoga, Karnataka, India.

<sup>2\*</sup> Chaithra GG, Associate Professor, Department of Kayachikitsa, Bapuji Ayurvedic Medical College and Hospital, Shimoga, Karnataka, India.

Tension-type headache is the most common type of primary headache affecting about one-fifth of the world population. It is also referred as stress headache & psychomyogenic headache. Acharya Charaka had explained Nidana of Vataja Shirashoola such as Upavasa, Shoka, Bhaya, Trasa etc. Vataja Shirashoola is correlated to Tension-type Head ache. In this case study 35 year old female complaining of headache, disturbed sleep, crying spells and anger issues is documented. After incorporating various treatment modalities such as Satwavajaya Chikitsa, Virechana, Nasya and Shamanaushadhis, patient observed significant positive outcome. This case illustrates the role of Yuktivyapashraya Chikitsa, Satwavajaya Chikitsa and other Ayurvedic protocols along with Yoga in Tension-type Headache.

**Keywords:** Vataja Shirashoola, Tension-type headache, Satwavajaya Chikitsa

Corresponding Author	How to Cite this Article	To Browse
Chaithra GG, Associate Professor, Department of Kayachikitsa, Bapuji Ayurvedic Medical College and Hospital, Shimoga, Karnataka, India. Email: <a href="mailto:chaithragggowda@gmail.com">chaithragggowda@gmail.com</a>	Dharwad N, Chaithra GG, A Case Report on Management of Vataja Shirashoola (Tension-Type Headache) through Ayurveda. J Ayu Int Med Sci. 2025;10(3):393-397. Available From <a href="https://jaims.in/jaims/article/view/4119/">https://jaims.in/jaims/article/view/4119/</a>	

**Manuscript Received**  
2025-02-13

**Review Round 1**  
2025-02-25

**Review Round 2**  
2025-03-05

**Review Round 3**  
2025-03-15

**Accepted**  
2025-03-25

**Conflict of Interest**  
None

**Funding**  
Nil

**Ethical Approval**  
Not required

**Plagiarism X-checker**  
12.48

**Note**



© 2025 by Dharwad N, Chaithra GG and Published by Maharshi Charaka Ayurveda Organization. This is an Open Access article licensed under a Creative Commons Attribution 4.0 International License <https://creativecommons.org/licenses/by/4.0/> unported [CC BY 4.0].



## Introduction

Tension-Type headache is the most common type of primary headache account for nearly 90% of all headaches, affecting about one-fifth of the world population. It is also referred as stress headache and psycho-myogenic headache.

The words "tension" and "type" indicate that some kind of psychological or muscular tension may play a causative role. The pain may radiate from lower back of the head, neck and eyes, characterized by constant pressure as if squeezing of head typically affecting both sides of head from moderate to severe pain.

Various precipitating factors are stress, sleep deprivation, bad posture, irregular diet habits, eye strain, muscle tension around head and neck. TTH is often reported to start at some time during the day and to increase slowly.

Then the headache remains throughout the day, and is often unaltered during widely varying activities *Vataja Shirashoola* is correlated to Tension-type Head ache. *Acharyas* explained *Nidana* of *Vataja Shirashoola* such as *Prajagara*, *Veganigraha*, *Upavasa*, *Bhashpa*, *Shoka*, *Bhaya*, *Trasa*. [1]

*Lakshanas* as *Teevra Nishih* (pain increases during night time), *Nisthudyate Bhurusham Shankhau Ghata Sambhidhyate* (intense pain in both the temples, splitting sensation in the nape), *Bhrumadhyalaalaatam Cha Tapateevativedanam* (excessive heat and pain in forehead and between eyebrows). [2]

*Chikitsa* of *Vataja Shirashoola* includes therapies like *Snehana*, *Swedana*, *Nasya*, *Upanaha*, [3] *Payopana* along with *Ghrita* and *Taila*. [4]

TTH May occur acutely under emotional distress or intense worry. So *Satwavajaya Chikitsa* plays an important role.

It includes components like *Manojnana* (education about his strength), *Manoprasadana* (Relaxation techniques), *Pranayama*, *Harshana* (engaging in pleasurable activities), *Ashwasana* (Assurance), *Manonigraha* (controlling mind), *Dhairya* (motivational approach and feedback approach), *Pratidvandwa Chikitsa* (Self-suggestion with positive affirmations). [5] Integrating Ayurveda with Yoga further enhances emotional resilience,

Modulating the autonomic nervous system and addressing comorbidities to improve overall quality of life.

## Case Report

The subject of this report is 35 year old female, One year back due to family conflicts, her father-in-law scolded with abusing words which disturbed her and used to get irritated and angry whenever she meets him and she will start fighting with husband and children.

Patient was passionate about job but she was not able to join work due to family commitment. Gradually she developed episodic severe headache both on temporal region continuous throughout the day.

Associated with disturbed sleep, excessive worry, irregular appetite, whole body ache, loss of interest in day-to-day activities, crying spells and anger issues, pimples on face, sour belching since 1 year, pain increased acutely under emotional distress or intense worry. Headache was not associated with nausea & vomiting.

She was evaluated at a local hospital and treated with Analgesic but there was recurrence of symptoms. Her Laboratory findings, MRI Brain was normal. Hematological and biochemical blood parameters were within normal limit. No past history of HTN /IHD/ DM / Trauma. No significant family history for the disease was found.

### General Examination

Weight - 75 Kg

Height - 5.4 feet

BP - 120/80 mm of hg

Pulse - 74/min

No Pallor, Icterus, Cyanosis, Clubbing & Edema.

### Systemic Examination

Gastro intestinal system - Soft, no tenderness and organomegaly.

Respiratory system - Symmetrical chest, no added sound

Cardio vascular examination - s1, s2 was normal, no murmur

CNS - Conscious, Oriented to time, place and person.

No tenderness at ethmoidal and frontal sinuses.

Visual acuity - Normal

**Examination of Manas**

Mano Pariksha	Patient manifestations
Mana (Thought process)	Negatively biased thoughts and anticipation. Not able to control thoughts and mood Easily distractible. No suicidal ideation/ Hallucination/ Delusion/ Obsession/ Compulsion.
Buddhi (Intelligence & judgement)	Social and test judgement-intact. True emotional insight.
Sanja-Jnana (Orientation)	Oriented to place/time/person
Smruthi (Memory)	Intact
Bhakti (Desire)	Normal grooming & hygiene. Reduced interest in Food & recreation.
Sheela (Temperament)	Impulsive, irritability. Mood -dull, Affect-anxious
Cheshta (Psychomotor)	Normal gait and posture
Achara (Conduct)	Co-operative. Eye to eye contact-present. Rapport was able to establish.

**Intervention****Session – 1**

SN	Chikitsa	Results
1.	Drakshaadi Kashaya 3tsp TID before food with 50ml of water for 5 days	Vaatanulomana, sleep quality - improved, Anxiety - Reduced Burning sensation - Reduced
2.	Tablet Dologran 1 BD after food for 5 days	Decrease in severity and episodes of headache.
3.	Yashti + Brahmi Ksheerapaka for 5 days BD	Sleep improved
4.	Satwavajaya Chikitsa Progressive muscular Relaxation, Grounding Techniques Yoga - Pranayama	Managing emotion and anger. Replacing negative thoughts with Positive Mind and body relaxation

**Session - 2: Virechana & Satwavajaya Chikitsa**

1	Deepana Pachana with Ashta Choorna 1 tsp in hot water 30 minutes before food for 3 days.	Agnivruddhi, Vataanulomana.
2	Snehapana with Kalyanaka Ghrita for 5 days (30 ml, 70ml, 100ml, 110ml, 120ml)	Vata, Pitta Shamaka, clears Manovaha Srotas, Antioxidant, and Auspicious.
3	Abhyanga with Yashtimadhu Taila and Bashpa Sweda for 3 days	Toxins accumulated in the nearest exit point
4	Virechana with Trivrut Lehy - 30gms + Draksha Phanta - 100ml	Detoxification, Restoring balance to all the Doshas. Observed 20 Vegas.
5	Samsarjana Karma	Slow and steady process of reigniting the digestive fire.
6	Self-hypnosis	Exposure and response preventing Suggesting mind like I'm strong, I will come out of this. I can be happy. Self-confidence and Sleep improved. Negative thinking about family members reduced.

**Session - 3: Nasya and Satwavajaya Chikitsa**

1.	Mukha Abhyanga with Yashtimadhu Taila+Kalyanaka Ghrita	Lipid based drugs cross the blood-brain barrier, reach the brain directly (Shringaataka Marma) into the systemic circulation
2.	Satwavajaya Chikitsa Yoga-Pranayama	Recognized her unpleasant thoughts and emotions and replacing them with effective coping skills. Headache and level of psychological distress reduced significantly

**Session - 4: Shamanaushadhi** as mentioned in session 1 for one month. Episodes of headache reduced (1-2 episodes per week which lasted for few minutes) and Sleep improved.

**Samprapti Vighatana**

*Dosha - Vata (Prana, Vyana), Pitta (Pachaka), Rajas*

*Dushya - Rasa, Manas*

*Srotas - Rasavaha, Manovaha*

*Srotodushti - Atipravritti*

*Adishtana - Amashaya, Pakwashaya, Shiras, Hrudaya*

*Vyakta Sthana - Sarva Shareera, Shira & Manas*

**Discussion**

*Vataja Shirashoola* (Tension Headache) is a *Vatavyadhi*, hence the main line of treatment was to pacify *Vata* by *Vatahara Chikitsa* and *Pitta* by *Pittahara Chikitsa* and to improve *Satwa Bala* with *Medhya Rasayana* and *Satwavajaya Chikitsa*.

*Drakshaadi Kashaya* act as *Vaatanulomana*, *Balya*, *Dahaprashamana*. Ingredients like *Chandana*, *Draksha*, *Amla* with its *Sheeta Veerya* balances *Pitta Dosha*, promotes relaxation and effectively tackles anxiety and sleep dysfunction. It also has antioxidant, neuroprotective properties.[6]

Dologran Tablet contains *Pathyadi Kwatha*, *Shirashuladi Vajra Rasa*, *Gadanti Bhasma*, and *Laghusutashekara Rasa* Balances *Samaana Vaayu*, *Pittashamana*, reduces headache and associated with stress and anxiety. *Pathyadi Kwatha* act as anti-inflammatory, analgesic, antioxidant and laxative in nature. *Shirashuladivajrarasa* - herbomineral formulation act as *Tridosahara*, enhances nerve function, reduces inflammation and pain. *Godanti Bhasma* is the best drug for all types of headache mentioned in our classics.[7]

*Laghusutashekararasa* balances *Vata & Pitta* helps to manage severe headache. *Ksheerapaka* is the milk decoction exhibits potent anti-oxidant activity.

*Ksheerapaka* with *Brahmi* and *Yashtimadhu* is an excellent brain tonic acts as *Medhya Rasayana*, *Vata-Pittahara*, *Bruhmana*. It has soothing effect on the brain helps to ease anxiety and sleep disturbances. *Satwajaya Chikitsa* was carried out to prepare the patient as well as family members to cope up with the stress stimuli and to increase the efficacy of treatment. It helped patient to address the stress, anger, or frustration that can come with frequent or chronic headache pain. Cognitive restructuring, also known as cognitive reframing, helped patient to identify, challenge and alter anxiety provoking thought patterns and beliefs. *Satwajaya Chikitsa* appeared to be effective in treating sadness, loss of interest, irritability. Patient started accepting her negative emotions and positive commitment regarding the treatment was observed. Progressive Muscular Relaxation techniques relieve muscle tension. Muscle tension is commonly associated with stress, anxiety and fear. It is a part of the process that helps our body to prepare for a perceived dangerous situation. It helps to relax muscles in two steps. First, tension is deliberately applied to each muscle group, and then the tension is released. With regular practice one can relax muscles at the first sign of the tension that accompanies the fight or flight response.

Grounding techniques are exercises that helps to refocus on the present moment by redirecting our thoughts away from distressing feelings and distract from anxious feelings. Here we implied 5 sense organ grounding technique, mental grounding technique, and soothing grounding techniques to comfort during emotional distress *Virechana* is one of the bio-purificatory measures. It drains the cellular fluid moves into the vascular compartment, which is further drained into the gastro interstitial tract for expulsion. Thus, the process creates a biochemical alteration. Oral medication administered after bio-purificatory exert better efficacy.

*Deepana Pachana* is the part of *Vata-Upakrama*, *Poorvakarma* before *Snehana* & *Avarana Chikitsa*. It improves *Agni*. *Deepana Pachana* with *Ashta Choorna* act as *Vata-Kapha Shamaka*. *Snehana* with *Kalyanaka Ghrita* [8] is known to pacify vitiated *Pitta* and *Vata Doshas*. It is a *Medhyarasayana*, consisting of 28 herbal plant constituents with multiple proven functions such as memory enhancement, anti-inflammatory and antioxidant properties.

The active constituents of *Ghritha* have shown improved blood-brain barrier penetrating properties to help in the easy delivery of drugs, thereby increasing the efficacy of drugs. *Abhyanga* and *Bhashpa Sweda* was done with *Yashtimadhu taila* as it is *Vatapittahara*, *Balya* and having anti-oxidant and skin regenerating activity. After this *Trivrt Lehya* was administered for *Virechana* and observed 20 *Vegas* followed by *Samsarjana Karmas*.

Self - hypnosis improves self-control. It interacts with the subconscious and helps patient to identify the triggers of their headache. It induces deep relaxation, which may alleviate muscle tension in the neck and scalp, which is the primary contributor to tension headaches. By focusing on positive imagery and relaxation techniques during hypnosis, individuals can learn to manage pain perception associated with headaches.

*Nasya* is said to be best treatment for the disease of head and neck as nose is the easiest and closest opening for conveying the potency of medicines to the cranial cavity and drugs can cross the blood brain barrier. [9] *Nasya* with *Yashtimadhu Taila*, *Kalyanaka Ghrita* improves intellectual activities. *Ghritha* has a major ghee component that facilitates the transport of constituents to the brain through its lipophilic activity.

*Yoga* lowers cortisol and catecholamine levels while enhancing serotonin, melatonin, and GABA, improving mental well-being. Psychologically, it promotes body awareness and self-regulation, fostering positive emotions. Neurologically, it shifts brain activity from the medial prefrontal cortex to regions like the thalamus and insular cortex, enhancing mental health. In this case, structured *Yoga* regimen, including *Asanas* like *Tadasana*, *Ardhakati Chakrasana*, *Padahasthasana*, *Parivrtta Trikonasana*, *Vrukshasana*, *Bhujangasana*, *Pavanamuktasana* and *Bhramari*, *Nadishuddhi*, *Sheetali*, *Sheetakaari*, *Sadhantha Pranayamas*, were integrated to address the physiological and psychological dimensions.

## Conclusion

In this case, the integrative approach using *Ayurveda* and *Yoga* showed promising results in managing *Vataja Shirashoola* (Tension-type headache). It is a psychosomatic disease, one of the major health problems in day-to-day life.

So, identifying the cause and treatment of the disease will give complete relief. After incorporating various treatment modalities such as *Satwavajaya Chikitsa*, *Virechana*, *Nasya* and *Shamanaushadhis*, patient observed significant positive outcome. This case illustrates the role of *Yuktivyapashraya Chikitsa*, *Satwavajaya Chikitsa* and other *Ayurvedic* protocols along with *Yoga* in the management of Tension-type Headache and found to be beneficial in improving the quality of life in this patient.

## References

1. Sharma RK, Das Bhagwan, editors. Ayurveda Deepika of Chakrapani Datta on Charaka Samhita of Agnivesha. Reprint. Vol. 1. *Sutrasthana*, 17/19-21. Varanasi: Chowkhamba Sanskrit Series; 2016 [Crossref][PubMed][Google Scholar]
2. Sharma RK, Das Bhagwan, editors. Ayurveda Deepika of Chakrapani Datta on Charaka Samhita of Agnivesha. Reprint. Vol. 1. *Chikitsasthana*, 26/179. Varanasi: Chowkhamba Sanskrit Series; 2016 [Crossref][PubMed][Google Scholar]
3. Sharma RK, Das Bhagwan, editors. Ayurveda Deepika of Chakrapani Datta on Charaka Samhita of Agnivesha. Reprint. Vol. 1. *Sutrasthana*, 17/19-21. Varanasi: Chowkhamba Sanskrit Series; 2016 [Crossref][PubMed][Google Scholar]
4. Sharma AP, editor. Nibanda Sangraha commentary of Sri Dalhana Acharya on Sushruta Samhita. 7th ed. Uttara Tantra, 26/3. Varanasi: Chowkhamba Orientalis; 2002 [Crossref][PubMed][Google Scholar]
5. Chaithra GG. A case report on management of Kampavata (Parkinson's disease) through Ayurveda. J Pharm Sci Innov. 2023;12(2). [Crossref][PubMed][Google Scholar]
6. Meemansa, Saini M. A comprehensive review of mode of action of Drakshadi Yoga in management of Asrigdara. Int Ayur Med J. 2020 Sep. [Crossref][PubMed][Google Scholar]
7. Acharya R, Yadavji T, Joshi D. Rasamritam. 1st ed. Varanasi: Chowkhamba Sanskrit Bhavan; 1998. p. 315 [Crossref][PubMed][Google Scholar]
8. Peethambaran ST, Raj LS, Sreedeepti. Ayurvedic management of generalized anxiety disorder (GAD)-induced insomnia: A case report. Ann Ayur Med. 2023 Jul-Sep;12(3). [Crossref][PubMed][Google Scholar]
9. Chaithra GG, Shetty SK, Sugur KC. Recent updates on management of epilepsy through Ayurveda. J Pharm Sci Innov. 7(5):200-207. [Crossref][PubMed][Google Scholar]

Disclaimer / Publisher's Note: The statements, opinions and data contained in all publications are solely those of the individual author(s) and contributor(s) and not of Journals and/or the editor(s). Journals and/or the editor(s) disclaim responsibility for any injury to people or property resulting from any ideas, methods, instructions or products referred to in the content.