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**THE FUNDAMENTAL STUDY OF THE PRINCIPLE *ROGAN RUTUJAN NA JATU* IN THE TREATMENT OF *PITTAJ SHIRAHSHUL* (HEADACHE)
W. S. R. TO *VIRECHANOPAKRAMA***

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ABSTRACT

To prevent the recurrence of seasonal disorders *Rutuvat Shodhanopakrama* (Seasonal detoxification) is the ideal pathway. So in *Varsharutu* (Rainy season), *Bastikarma* (Enema therapy); *Sharadrutu* (Autumn season), *Virechankarma* (Purgation therapy) & in *Vasantrutu* (Spring season), *Vaman karma* (Emesis therapy) is best for *Shodhan* (detoxification) of vitiated *Vatadosha*, *Pittadosha* & *Kapha dosha* respectively to avoid occurrence of seasonal disorders. Study is conducted only on *Virechana karma* (Purgation therapy) in *Sharad Rutu* (Autumn season) on sample size of 30 patients suffering from *Pittaj Shirahshul* (Headache). The chief symptoms of the disease are *Shirodaha* (Burning sensation in head), *Shirovedana* (Headache), *Chakshudaha* (Burning sensation in eyes), *Trushna* (Thirst), *Bhrama* (Giddiness) & *Swedpravrutti* (Sweating). *Sharadkalin Trivrutadi Virechana yoga* (purgative formulation used in Autumn) is most efficacious which acts as *Pittaghna* (reduces *Pitta*) & *Rechana* (purgative) which could be the beneficial line of treatment for *Pittaj Shirahshul* (Headache). Hence *Virechana karma* (Purgation therapy) should be carried out furthermore in every *Sharad rutu* (autumn season) to reduce the risk of relapse and to prevent *rutujanya pittaj shirahshul* (headache due to vitiated *Pitta*).

Keywords: *Pittaj Shirahshul, Virechan Karma, Trivrutadi yoga*

INTRODUCTION: It is said that prevention is better than cure. Hence to prevent the recurrence of seasonal disorders *Rutuvat Shodhanopakrama* (Seasonal detoxification) is the ideal pathway, according to the fundamental principle explained in ayurvedic texts. So in *Varsharutu* (Rainy season), *Bastikarma* (Enema therapy) is best for *Shodhan* (detoxification) of vitiated

Vatadosha. In *Sharadrutu* (Autumnseason), *Virechankarma* (Purgation therapy) is best for *Shodhan* (detoxification) of vitiated *Pitta Dosha* & in *Vasant rutu* (Spring season), *Vamankarma* (Emesis therapy) is best for *Shodhan* (detoxification) of vitiated *Kapha dosha* to avoid occurrence of seasonal disorders.^[1] With respect to fundamental principle, we decided to study only *Virechana*

karma (Purgation therapy) in *Sharad Ritu* (Autumn season) on the patients suffering from *Pittaj Shirahshul* (Headache). *Pittaj Shirahshul* (Headache) is one of the types of headache explained in ayurvedic texts & as explained earlier most of people suffers from this disease & also its symptoms exacerbate due to seasonal variation. The chief symptoms of the disease are *Shirodaha* (Burning sensation in head), *Shirovedana* (Headache), *Chakshudaha* (Burning sensation in eyes), *Trushna* (Thirst), *Bhrama* (Giddiness) & *Swedpravrutti* (Sweating).^[2] As the disease is *Pitta* predominant, the symptoms exacerbate in *Sharad ritu* (Autumn season) due to vitiation of *Pitta dosha*. Hence to verify the fundamental principle (***Rogan rutujan na jatu***) seasonal disorders do not occur after detoxification), the *Virechana Karma* (Purgation therapy) in *Sharad ritu* (Autumn season) is carried out for the prevention of *Rutujanya Pittaj Shirahshul* (seasonal headache due to vitiated *Pitta*). For the purpose of *Virechana Karma* (Purgation therapy) many *Rutuvat Virechana yogas* (seasonal formulations for purgation) are explained in *Charak Samhita*, among these the ***Sharadkalin Trivrutadi Virechana yoga*** (purgative formulation used in Autumn) is most efficacious, because the ingredients of this formulation, *Trivrut* (*Ipomoea turpethum, Br.*), *Duralabha* (*Fagonia arabica*), *Musta* (*Cyperus rotundus, Linn.*), *Sharkara* (Sugar), *Udichya* (*Vetiveria zizanioides, Nash.*), *Chandan* (*Santalum album, Linn.*), *Yashtimadhu* (*Glycyrrhiza glabra, Linn.*), *Satala* (*Acacia concinna*) and *Drakshambu* (*Vitis vinifera, Linn.*) as *Anupana* (carrier of medicine), act as *Pittaghna* (reduces *Pitta*) & *Rechana* (Purgative) which could be the beneficial line of treatment for *Pittaj Shirahshul* (Headache).^[3]

AIM & OBJECTIVES

1. To establish the fundamental principle (*Rogan rutujan na jatu*) (seasonal disorders do not occur after detoxification) in the prevention of seasonal disorders.
2. To study the fundamental principle (*Rogan rutujan na jatu*) (seasonal disorders do not occur after detoxification) in the prevention of *Rutujanya Pittaj Shirahshul* (seasonal headache due to vitiated *Pitta*) by *Virechan Karma* (Purgation therapy).
3. To verify the efficacy of *Sharadkalin Virechan yoga* (purgative formulation used in autumn) explained in *Charaka*.
4. To prevent relapse of *Pittaj Shirahshul* (Headache) with *Shodhanopakrama* (Detoxification therapy).

MATERIALS & METHODS

- **Literature:** *Charak Samhita* and all available Ayurvedic classics.
- **Place of study:** R. A. Podar Ayurved Hospital OPD, Worli, Mumbai.
- **Number of patients:** Total number of patients included in the study was 30.
- **Drugs:** *Trivrutadi Virechana Yoga*^[4]- *Trivrut* (*Ipomoea turpethum, Br.*), *Duralabha* (*Fagonia arabica*), *Musta* (*Cyperus rotundus, Linn.*), *Sharkara* (Sugar), *Udichya* (*Vetiveria zizanioides, Nash.*), *Chandan* (*Santalum album, Linn.*), *Yashtimadhu* (*Glycyrrhiza glabra, Linn.*), *Satala* (*Acacia concinna*); all were used in *churna* (powder) form and in equal quantity and the dose given was 1 *karsha* (=10gms) or as per *Koshta* (bowel), *Prakruti* (constitution), *Vaya* (age) etc. of patient with *Drakshambu* (*Vitis vinifera, Linn.*) as *anupana* (carrier of medicine) to be taken orally.

Type of study: Randomized open study.

INCLUSION CRITERIA:

- 1) Age group: 10 to 70 years
- 2) Male, Female
- 3) Patients with symptoms, *Shirodaha* (Burning sensation in head), *Shirovedana* (Headache), *Chakshudaha* (Burning sensation in eyes), *Trushna* (Thirst), *Bhrama* (Giddiness) & *Swedpravrutti* (Sweating).

EXCLUSION CRITERIA:

- 1) Patients of age below 10 and above 70 years
- 2) Patients having headache other than symptoms of *Pittaj Shirahshul* (Headache) i.e., Migraine, Tension type headache, cluster headache, headache associated with trauma etc.
- 3) Pregnancy & lactation
- 4) Patients with other systemic diseases such as Diabetes mellitus, Hypertension, Ischemic heart disease, Epilepsy, Asthma, Koch's, cancer, HIV, STD, Hepatitis. These conditions were ruled out with detail history taking and basic investigations.

Plan of work

- 1) *Purvakarma* (Prior to purgation): Internal *Snehapana* in *Vardhamana matra* with *Goghrut* (consumption of ghee in increasing manner) was administered as per *Koshtha* (bowel) of patient.^[5] This was followed by *Snehana* (Oleation) &

Swedana (Sudation) for three days externally.^[6]

- 2) *Pradhanakarma* (Main procedure): On third day^[7], after *Samyak Snehsiddhi Lakshana* (after getting proper symptoms of *Snehapana*)^[8], *Trivrutadi Virchana yoga* during *Abhaktakala* (empty stomach) was administered and record of *Virechana vega* (number of loose motions) were maintained.
 - 3) *Pashchatkarma* (Post treatment): According to the *Dehashuddi Lakshana*^[9], *Sansarjan krama* was advised as mentioned in *Charaka samhita*^[10]. Follow up was taken after 3 days for 2 weeks, then after a week & then 1 month to see recurrence or not up to six months.
- **Method of preparation of drug:** *Trivrutadi churna* with dried *Draksha* (dried black grapes resin) were purchased from local market Mumbai. *Drakshambu* was prepared by *Hima* (kept in warm water & allowed to cool) method^[11]. Drug authentication & standardization done in standard laboratory.
 - **Criteria for assessment:** The efficacy was assessed on the basis of subjective as well as objective criteria and multidimensional scoring system was adapted for easier statistical analysis of the results. Score of before and after treatment was given according to the severity of symptoms as follows,

Table 1: Symptoms of Pittaj Shirahshul (Headache) with gradations & score:

Sr. No.	Symptoms	Gradations	Score
1	<i>Shirodaha</i> (Burning sensation in head)	Absent	0
		Mild	1
		Moderate & bearable	2
		Unbearable but not disturbing sleep	3

		Unbearable & disturbing sleep	4
2	Shirovedana (Headache)	Absent	0
		Mild	1
		Moderate & bearable	2
		Unbearable but not disturbing sleep	3
		Unbearable & disturbing sleep	4
3	Chakshudaha (Burning sensation in eyes)	Absent	0
		Mild	1
		Moderate & bearable	2
		Unbearable but not disturbing sleep	3
		Unbearable & disturbing sleep	4
4	Trushna (Thirst)	Absent	0
		Mild	1
		Moderate & bearable	2
		Unbearable but not disturbing sleep	3
		Unbearable & disturbing sleep	4
5	Bhrama (Giddiness)	Absent	0
		Mild	1
		Moderate & bearable	2
		Unbearable but not disturbing sleep	3
		Unbearable & disturbing sleep	4
6	Swedpravrutti (Sweating)	Absent	0
		Mild	1
		Moderate & bearable	2
		Unbearable but not disturbing sleep	3
		Unbearable & disturbing sleep	4

Table 2: Assessment of overall effect of treatment:

Cured	75-100%
Markedly improved	50-75%
Improved	25-50%
Unchanged	0-25%

OBERVATIONS & RESULTS

The data collected from clinical study was analyzed under two headings,

Table 3: Chronicity wise distribution of patients:

Sr. No.	Chronicity in years	No. of patients	Percentage
1	< 2 yrs	0	0
2	2-4 yrs	17	56.67%
3	4-6 yrs	11	36.67%
4	>6 yrs	2	6.67%
	Total	30	

Out of 30 patients maximum 17 patients were having duration of chronicity between 2-4 years and no patient was from chronicity less than 2 years.

Graph 1: Percentage of chronicity wise distribution of patients:

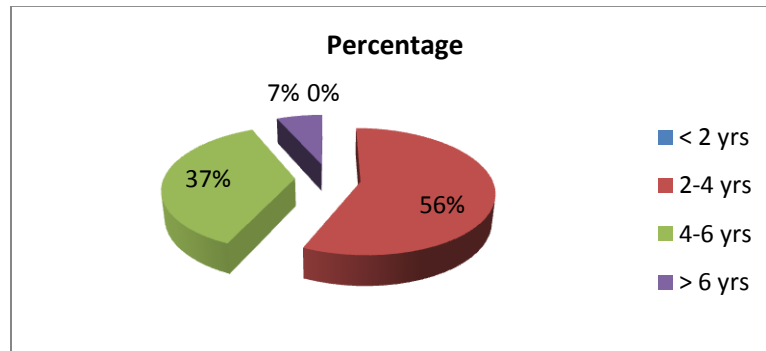


Table 4: Occurrence of symptoms in patients:

Sr. No.	Symptoms	No. of patients	Percentage
1	Shirodaha (Burning sensation in head)	29	96.67%
2	Shirovedana (Headache)	30	100%
3	Chakshudaha (Burning sensation in eyes)	27	90%
4	Trushna (Thirst)	30	100%
5	Bhrama (Giddiness)	15	50%
6	Swedpravrutti (Sweating)	29	96.67%

Out of 6 symptoms of *Pittaj Shirahishul* (Headache), the symptoms *Shirovedana* (Headache) and *Trushna* (Thirst) were observed in all patients.

Graph 2: Percentage of occurrence of symptoms in patients:

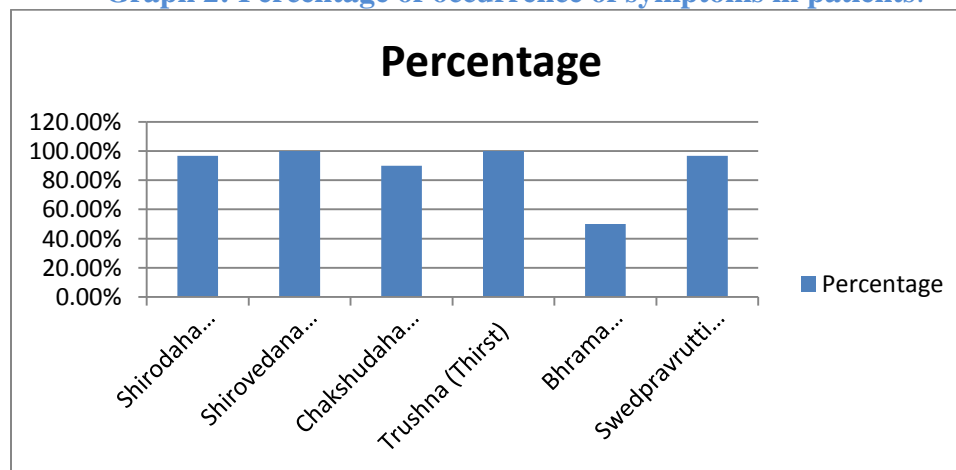


Table 5: Statistical analysis of result by Wilcoxon matched pairs signed rank test after treatment:

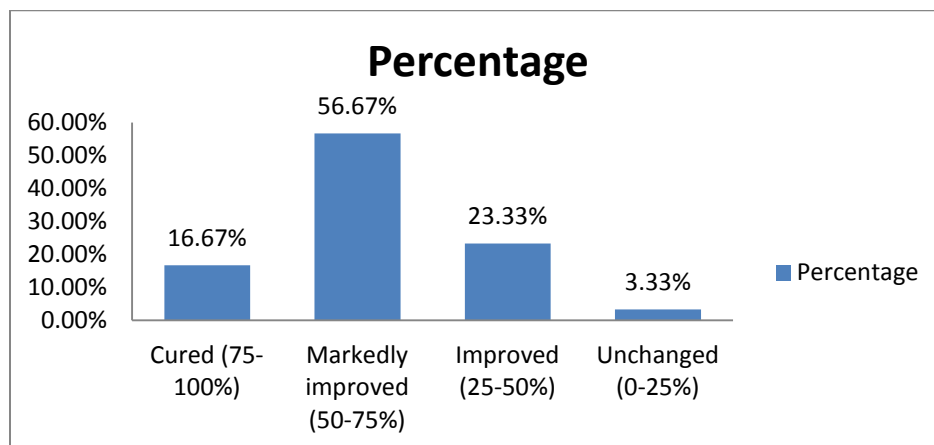
Sr. No.	Symptom	Before & After	Mean	SD	SE	Sum of all signed ranks	No. of pairs	Z	P

1	Shirodaha (Burning sensation in head)	BT	1.567	0.6789	0.1240	351	26	4.46	<0.001 Highly significant
		AT	0.4667	0.5074	0.09264				
		Diff.	1.100	0.6074	0.1109				
2	Shirovedana (Headache)	BT	2.633	0.7184	0.1312	435	29	4.70	<0.001 Highly significant
		AT	0.9667	0.6149	0.1123				
		Diff.	1.667	0.7112	0.1298				
3	Chakshudaha (Burning sensation in eyes)	BT	1.467	0.7303	0.1333	351	26	4.46	<0.001 Highly significant
		AT	1.4667	0.6288	0.1148				
		Diff.	1.000	0.5252	0.09589				
4	Trushna (Thirst)	BT	1.900	0.3051	0.05571	435	29	4.70	<0.001 Highly significant
		AT	0.6667	0.4795	0.08754				
		Diff.	1.233	0.5040	0.09202				
5	Bhrama (Giddiness)	BT	0.7000	0.7944	0.1450	91	13	3.18	<0.001 Highly significant
		AT	0.1333	0.3457	0.06312				
		Diff.	0.5667	0.7279	0.1329				
6	Swedpravrutti (Sweating)	BT	1.767	0.5040	0.09202	351	26	4.46	<0.001 Highly significant
		AT	0.7667	0.5040	0.09202				
		Diff.	1.000	0.5252	0.09589				

Table 6: Overall effect of treatment in all 30 patients:

Sr. No.	Overall effect of treatment	No. of patients	Percentage
1	Cured (75-100%)	5	16.67%
2	Markedly improved (50-75%)	17	56.67%
3	Improved (25-50%)	7	23.33%
4	Unchanged (0-25%)	1	3.33%
	Total	30	

Graph 3: Percentage of overall effect of treatment:



DISCUSSION: A total number of 30 patients suffering from *Pittaj Shirahshul* (Headache) were selected and *Virechana Karma* (Purgation therapy) was performed on each of them, so as to have a tidy statistical analysis of the obtained results and to find out a more effective remedy for prevention of seasonal disorders. Predominance of patients with duration between 2-4 year & 4-6 years indicates the chronic nature of disease and a tendency among patients to neglect *Pittaj Shirahshul* (Headache) in its early stages. *Shirovedana* (Headache) was seen in all patients as it is the chief symptom found to rule out the disease. Also *Trushna* (Thirst) was seen in all patients which clearly indicates predominance of *Pitta dosha* in this disease. Out of 30 patients, 5 patients got cured, 17 patients were markedly improved, 7 patients show improvement and 1 has got no effect of treatment. Also the effect of treatment lasts for next six months which shows that the treatment utilized for cure and prevention is effective and permanent without recurrence.

CONCLUSION: Main principle of the treatment is "Prevention is better than cure". *Virechana Karma* (Purgation therapy) in *Sharad rutu* (autumn season) removes vitiated *Pitta dosha* from the body and thus cures the disease and prevents its further recurrence. *Trivrutadi Yoga*, one of the *rutuvat virechana yoga* (purgative formulation according to season) advised by *Charakacharya* especially in *Sharad rutu* (autumn season), is proved efficacious as this yoga relieves symptoms of *Pittaj Shirahshul* (Headache) effectively by performing both the functions like *Virechana* (purgation) as well as removal of vitiated *Pitta dosha*.

The onset of relief is immediately after *Virechana karma* (Purgation therapy) and improvement was noticed in the subsequent follow up and no recurrence is observed after follow up of six months, hence

Virechana karma (Purgation therapy) should be carried out furthermore in every *Sharad rutu* (autumn season) to reduce the risk of relapse and to prevent *rutujanya pittaj shirahshul* (headache due to vitiated *Pitta*).

Though study result is highly encouraging, it still needs a more extensive evaluation. It may hopefully serve as beneficial for further trials in future.

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