

## SHIRASHULA- A CASE STUDY

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## SUMMARY:

Classical texts of Ayurveda provide unique treatment modalities and medicaments for the disease conditions. In Charaka Samhita classifications are made based on *Karmas* called as *Ganas* and these are classified into 50 groups. *Vedana Sthapana Dashemani* is one such group which is said to be more effective in curing the ailments of pain. In the present study a case of *Shirashula* (headache) was administered with *Vedana sthapana Mahakashaya Ghanavati* (500mg 2 capsules/Tid) for three days and the formulation has provided significant relief in symptoms. Hence it is concluded that *Vedanasthapana dashemani* is useful in alleviating the pain.

**Key Words:** *Ganas, Dashemani, Vedana.*

## INTRODUCTION:

An attempt has been made to evaluate the analgesic (pain killer) activity of *Vedanasthapana dashemani*,<sup>[1]</sup> in *Shirashula*. The assessment of *vedana* (pain) was done before and after treatment by using Universal pain assessment tool.

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**Date:** 10/9/2014

**Place:** Mysore

## Present history

A patient aged about 45years developed complaints of pain in head along with neckstiffness with unilateral location, pulsating quality and feels restlessness since one week, pain aggravates during afternoon, and also while doing physical activities, there is no history of nausea and vomiting. Patient approached the OPD for these symptoms, to get remedy for pain.

## General examination

On examination patient was having the grade 4 type of pain along with Tenderness in neck

## Medication advised

*Vedanasthapana MahaKashaya Ghana Vati* - 2 Capsules (500mg each) TID was given for three days.

## Drug preparation:

The *Dravyas* mentioned in the *Vedanasthapana dashemani* are prepared into *kashaya* and then *ghanavati* were prepared.

## Drugs

*Shala, Kadamba, Katphala, Padmaka, Shireesha, Ashoka, Mocharasa, Elavaluka, Tumba and Vetasa.*<sup>[2]</sup>

## Intervention

The drug was given in dose of 2 caps (500mg) TID after food.

## Diagnostic criteria

Pain with a sense of restlessness or agitation.	✓
Headache with unilateral location, pulsating quality	✓
Moderate or severe pain intensity	✓

## Assessment:

Pre and post, test assessment by using universal pain assessment tool.

## RESULT:

Severity of pain is decreased from grade 4 to grade 1

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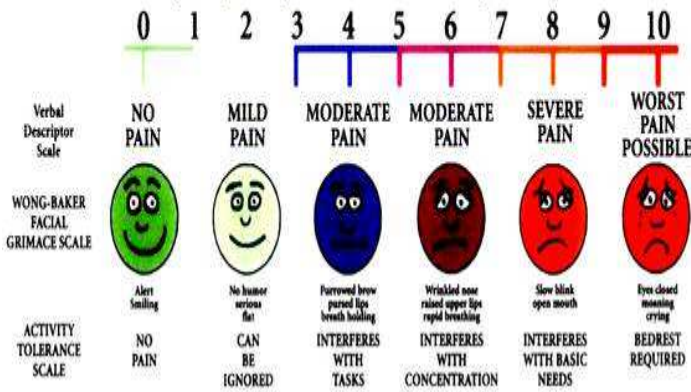
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# UNIVERSAL PAIN ASSESSMENT TOOL

This pain assessment tool is intended to help patient care providers assess pain according to individual patient needs. Explain and use 0-10 Scale for patient self-assessment. Use the faces or behavioral observations to interpret expressed pain when patient cannot communicate his/her pain intensity.



Scale	Pain	Before treatment	After treatment
0-1 (Grade 0)	No pain	-	-
1-3 (Grade 1)	Mild pain	-	+
3-5 (Grade 2)	Moderate pain(interferes with task)	-	
5-7 (Grade 3)	Moderate pain(interferes with concentration)	-	
7-9 (Grade 4)	Severe pain	+++	
9-10 (Grade 5)	Worst pain		

## DISCUSSION:

To alleviate pain the *Vedanasthapana Ghana vati* was administered having ten dravyas, in which most of the drugs are having the property of alleviating pitta due to their properties of *tikta*, *kashaya* and *madhura* rasa and *Sheeta veerya*. Drugs like *katphala* which is *teekshna* and mainly acts on *urdhvabhaga* of the *shareera*, *kadamba* is best analgesic, even *ashoka* is also having analgesic and anti inflammatory action.

Some of the drugs are having the property of alleviating *vata* and the presence of *maduhra* rasa and *guru*, *snigdha guna* doesn't provoke *kapha*, though the drugs on combination are not directly acting on *Vata*, possibly alleviates *Pitta* and *Kapha* without provoking *Vata*.

Chemical compositions of the *vedanasthapana dashemani dravyas* are collected, some chemicals like hydrocyanic acid, salicyline, cinchotannic acid,<sup>[3]</sup> etc. acts on nervous system and as mild sedatives. Previous experimental studies shows that the *dravyas* like, *Ashoka*, *Shala*<sup>[4]</sup>, *kadamba* and *katphala*<sup>[5]</sup> are good analgesics and anti inflammatory in nature. The drugs are having the property of *kapha pitta hara* in turn removes the *Avarana* in the *vatadosha*. So the *Vedana* of the patient has reduced tremendously.

## CONCLUSION:

The capsule prepared out of *Vedanasthapana dashemani* was administered which proved to be useful in relieving the pain and the satisfactory results in terms of relief of pain from grade 4 to grade 1 were obtained.

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