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
karma (Purgation therapy) in Sharad Rutu (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), Chakhudaha (Burning sensation in eyes), Trushna (Thirst), Bhrama (Giddiness) & Swedpravritti (Sweating).[2] As the disease is Pitta predominant, the symptoms exacerbate in Sharad rutu (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 rutu (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 Sharadvakalin 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.), Shankara (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 Virechana 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.), Shankara (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), Shiroyedana (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 Goghru (consumption of ghee in increasing manner) was administered as per Koshta (bowel) of patient. 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>
<thead>
<tr>
<th>Sr. No.</th>
<th>Symptoms</th>
<th>Gradations</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Shirodaha (Burning sensation in head)</td>
<td>Absent</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mild</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Moderate &amp; bearable</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Unbearable but not disturbing sleep</td>
<td>3</td>
</tr>
</tbody>
</table>
Table 2: Assessment of overall effect of treatment:

<table>
<thead>
<tr>
<th></th>
<th>Cured</th>
<th>Markedly Improved</th>
<th>Improved</th>
<th>Unchanged</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>75-100%</td>
<td>50-75%</td>
<td>25-50%</td>
<td>0-25%</td>
</tr>
</tbody>
</table>

OBERVATIONS & RESULTS

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

Table 3: Chronicity wise distribution of patients:

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Chronicity in years</th>
<th>No. of patients</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>&lt; 2 yrs</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>2-4 yrs</td>
<td>17</td>
<td>56.67%</td>
</tr>
<tr>
<td>3</td>
<td>4-6 yrs</td>
<td>11</td>
<td>36.67%</td>
</tr>
<tr>
<td>4</td>
<td>&gt;6 yrs</td>
<td>2</td>
<td>6.67%</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>30</td>
<td></td>
</tr>
</tbody>
</table>

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>
<thead>
<tr>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 2 yrs</td>
</tr>
<tr>
<td>2-4 yrs</td>
</tr>
<tr>
<td>4-6 yrs</td>
</tr>
<tr>
<td>&gt; 6 yrs</td>
</tr>
</tbody>
</table>

Table 4: Occurrence of symptoms in patients:

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

Out of 6 symptoms of Pittaj Shirahshul (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:

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Symptom</th>
<th>Before &amp; After</th>
<th>Mean</th>
<th>SD</th>
<th>SE</th>
<th>Sum of all signed ranks</th>
<th>No. of pairs</th>
<th>Z</th>
<th>P</th>
</tr>
</thead>
</table>

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

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

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 vitiating 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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