Headache that is felt into half part of Head is Ardhaavabhedaka.

It is a severe periodic headache which is typically unilateral teases once in 3-5, 10-15 or 30 days.

Etiological Factors and symptoms:

- Suppression of natural urges
- Indulging in more exercise
- Excessive intake of Vatadi food
- Excessive intercourse
- Exposure to cold
- Talking loudly

Due to all these causes Vata or Vata kapha dosha (Acc. To Charak) or Tridosha (Acc. To Sushruta) vitiated, affects the shiraspradesh and produce headache in manya, Shankha, Lalata, Bhru, Netra. Nature of pain will be Shastra Nibha (Cutting & tearing type of pain) intensity of pain will be very severe, can cause blindness & deafness as a complication.

Treatment Principle:

According to Acharya vagabhat, vataj Shiroshool treatment should be followed.

According to Acharya Sushruta Suryavartha Shiroshool should be followed.

Treatment principle according to classical text:

- Shiroabhyanga
- Snehapana
- Nadi sweda
- Upnaha sweda
- Shiro basti
- Antrik basti
- Nasya
- Dhooma pana
- Agni karma
- Rakta mokshana
- Shiro lepa
- Virechana
- Milk & ghee after meal
According to my Experience:

i. Nasya with Anu Taila (6 drops/nostril)
ii. Shirahshooladi vajra rasa 2 tab twice a day
iii. Godanti bhasma
iv. Pathyadi kwatha 25 ml twice a day

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MANAS & AGNI

Grahani is the ashraya for agni & agni is the key factor for maintenance of normalcy of both body & mind. Derangement of agni leads to all somatic as well as psychological illness. There is inseparable relation between sharirika & manasika dosha, so as with vikaras. In vimana sthana acharya charaka have also described that manasika vikara leads to the manifestation of sharirika vikara & vice versa, for e.g. “kamadayoh jwara” i.e. kama, krodh etc manasika vikara lead to the manifestation of jwara.

At present era due to stressful environment w.r.t personal, social or professional, people are more into uncertain dietary habits leading to improper digestion due to imbalanced agni. As we know that manas receives its nourishment from the aahara only, thus vitiated agni lead to formation of aama (undigested food) in the body which will further lead to vitiation of different doshas, in result manasika dosha will also get vitiated due to aama thus leading to manovikaras, krodhatpittam, psychological factors such as kama, krodha, lobha, moha, shoka also have relation with the sharirika doshas, such as by krodha there is aggravation of pitta dosha. As we know that pitta & grahani are have the ashraya asharayi relation, thus aggravated pitta will further lead to the vitiation of grahani & manifestation of grahani dosa. The importance of grahni can be understood as, acharya charak have dedicated a complete chapter in chikitsa sthana related to grahni named grahni chikitsa adhyay.

Also, while explaining the treatment modalities i.e daivavyapashraya, yuktiyapashraya & satvavajaya by acharya charak, he has also emphasized on satvavajaya chikitsa i.e treating psychological factors with that of somatic one. Hence one should go for combined approach.
आयुर्वेदशाला

स्वस्थ नहीं जब तन।
व्यर्थ है सब धन॥

लगा लो अपना मन।
आयुर्वेद सुख-सम्पन॥

मिली है स्वस्थ सुन्दर काम।
जिसने यह अमृत रूप अपनाया।

लेकिन हो रहा अफसोस।
विलुप्त हो रही ये सोच॥

मिथ्या-आहार बना जीवन की शान।
कर रहे सभी विष का पान॥

हो रहा आयु का क्रय।
मृत्यु का है सबको भय॥

प्रजापराघ बना है कारण और वेंगो का धारण।
आयुर्वेद की चिकित्सा से ही है निवारण॥

दिन-ऋतुचया का योग।
शमन-शोधन का सहयोग॥

अगर बने यह जीवन का मूल।
तभी बचें मनुष्य का कुल।

मिलेगा आयुर्वेद का फल।
दिखेगे स्वस्थ-सुन्दर कल॥

Mohd. Junaid
3rd year Student
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Thanking you
Editor: Dr. Jyotsna