

MANAGEMENT OF CLUSTER HEADACHE WITH AYURVEDIC THERAPEUTICS AND MEDICINE: A CASE REPORT

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ABSTRACT :

Cluster Headache is a neurological disorder characterized by recurrent, severe headache on the one side of the head, typically around the eye. It often recurs at the same time each day during the cluster period, which can last for weeks to months. According to *Ayurvedic* point of view the main symptom of this disease “*Shoola*” (pain) occurs because of the vitiation of the *Vata dosha*. This may be considered as *Vatika Shiroroga*. A 30 yrs old female patient with a prior diagnosis of Cluster headache was admitted in P.D.Patel Ayurvedic Hospital, Nadiad. She was treated with *Ayurvedic* treatment including *Abhyantara Snehapana* with *Panchatikta Ghrita*, *Sarvanga Abhyanga* and *Bashpa Svedana*, *MruduVirechana*, *Niruha Basti*, *Brumhana Nasya* with *Brahmi Ghruta* and Oral medicament including *Shirahshooladi vajra rasa* and *Pathyadi kvatha*. Encouraging result was observed with absolute relief from headache and other associated symptoms of the disease. This case report is presented here to share the encouraging results of *Ayurvedic* treatment in this particular patient of cluster headache.

Key words: Cluster headache, *Vatika Shiroroga*, *Ayurvedic* management

INTRODUCTION: Cluster headache is defined as a paroxysmal, strictly unilateral and very severe headache.ⁱ It is seen rarely with a prevalence of less than 0.1%.ⁱⁱ Ptosis, miosis, lacrimation, conjunctival injection, rhinorrhea and nasal congestion are autonomic symptoms, which usually accompany retro-orbital pain. It can be categorized into episodic and chronic forms.ⁱⁱⁱ Symptoms of Cluster headache are similar to the symptoms *Vatika Shiroroga* described in *Ayurveda*. In *Vataj Shiroroga*, the pain is sudden; its intensity increases at night and is relieved by bandaging, oleation and sudation. In this case, patient was getting attack of headache at night and she was getting relief from headache by bandaging. So it was considered as *Vatika Shiroroga* and treated accordingly. She was given *Abhyantara Snehapana* with *Panchatikta*

Ghruta, *Sarvanga Abhyanga* and *Bashpa Svedana* followed by *Virechana*, *Niruha Basti*, *Brumhana Nasya* with *Brahmi Ghruta* and Oral medicaments including *Shirahshooladivajra rasa* and *Pathyadi kvatha* which are indicated for *Vatika Shiroroga*. This treatment pacifies vitiated *Vatadosha* and relieves headache and other symptoms.

Case history: A 30 years old female, working as a farm laborer came to P.D Patel Ayurvedic hospital, Nadiad on 30th July, 2015 with chief complaint of severe unilateral headache with throbbing pain over right frontal region, right eye, radiating to whole of right side of head. She was suffering from this problem since last 15 yrs. Initially the episodes were occurring only for 3-4 days during summer hence she was taking pain killers given by general medical practitioners. However in

2012, the frequency of the headache episodes increased up to once in 2- 3 months for which she had consulted the Neurophysician and she was diagnosed to have Cluster headache and treated with painkillers and steroids. Later on she developed steroid induced diabetes mellitus. Since last 3 month, she started to develop attack of Clusters twice a day at around 1.00 am and 4.00 pm daily. The duration of the episodes was 20 min to 2 hours. On 13th July 2015, she was admitted in Shree Krishna Hospital and Medical Research Centre, Karamasad under the neurophysician for the same complaints. She was treated with conventional medicine such as a Precin, Verapamil and Topiramate and started on an Insulin therapy for diabetes mellitus. She was also given 100% O₂ 1 hour during the attack of headache. She was getting temporary relief during O₂ administration and then again suffering episodes of headache repeatedly. Hence she took discharge after a week. She was admitted in P.D.Patel Ayurvedic Hospital on 30th July, 2015 with the diagnosis of *Vatika Shiroroga* and treated with following *Ayurvedic* treatment.

Clinical findings:

- Both general and neurological examinations did not reveal any abnormality.
- Screenings including CECT and EEG were normal.
- She had Steroid induced Diabetes mellitus since last 3 year.
- There was no family history of headache and diabetes mellitus.

Lab Investigation:

- CBC, ESR, LFT, RFT, Lipid profile all were within normal limits.
- ECG- showing normal PR interval.

- HBA1c – 9.75% (13/07/2015).

On Physical Examination:

- Vitals: Temperature – 98.6 f, Pulse – 84/min, RR- 20/min, BP- 130/80 mm of Hg;
- RS – AEBE
- CVS – S1 S2 + normal
- P/A –soft, non tender, no organomegaly
- CNS – fully conscious and well oriented. Higher mental functions normal, motor and sensory function normal

Medicine History:

When came here she was taking following conventional medicines:

- T. Verapamil 40 mg twice a day
- T. Precin 40mg along with milk once a day once a day
- T. Topiramate 50 mg ½ tab. once in a morning and 1 tab. in evening per day
- Cap. Omez 20mg once a day in morning
- T. Folic acid 5 mg once a day in afternoon
- T. Shelcal 500 mg once a day in afternoon
- T. Neurokin 1500mg once a day in afternoon
- T. Voglibose 0.3mg thrice a day
- Inj. Insulatard 20 U at 8.00 am and 16 U at 8.00 pm
- Inj. Insulin Actrapid 6U before lunch daily.

Therapeutic Intervention: *Ayurvedic* treatment was planned according the *Vatika Shiroroga* after proper counseling and obtaining informed consent. All the medicines which she was taking for the pain were stopped because they did not help her. Insulin and anti diabetic preparations were also stopped with watch on blood sugar level.

- On the 1st day 40 ml *Panchatikta Ghrita* was given to patient twice a day for *Abhyantara Snehapana*. The dose was increased to 55 ml twice on second day and 70ml twice on third day. On 4th day proper *Snehana* symptoms found hence *Snehana* stopped and *Sarvanga Abhyanga* with *Narayana Taila* and *Bashpa Svedana* with *Nirgundipatra* were given which was continued on 5th day also.
- On 6th day after *Sarvanga Abhyanga* and *Svedana* she was given *Mrudu Virechana* (with *Eranda sneha* of 30 ml+ *Dinadayala choorna* 5gms) in the morning. She had 20 vega without any complication.
- On 7th and 8th day she was kept on *Samsarjanakrama*.
- Following Oral Medicaments were started on the 8th day:
 1. *Pathyadi kvatha* 40 ml twice a day.
 2. *Shirahshooladrivajra rasa* 2 Tablet trice a day with warm water.
 3. *Jambubija ghanavati* 4 tablet twice a day before meal. (PPBS was 250 mg/ dl without conventional medicines)
- From 10th day again *Sarvanga Abhyanga* with *Narayana Taila* and *Bashpa Svedana* with *Nirgundipatra* were started. *Niruha basti* (320ml) prepared with *Dashmoola kvatha* and *Nasya* with *Brahmi ghrita* (8-8 drops in each nostril) was also started.
- All these medicaments and therapies were continued till 19/08/2015 the day of discharge.
- Oral medicaments were given for 15days in OPD.

Results:

Visual analogue scale was applied for the intensity of the pain.

- Before starting the treatment the score was 8.
- Reduction in the intensity of the headache up to the score 6 was started with *Abhyantara Snehapana*.
- There were two episodes of more severity appeared during *Abhyantara Snehapana*.
- After *Virechana* the score of intensity of the headache was 3.
- There was only one episode with more intensity on the second day of the *Virechana*.
- After the 3rd day of *Virechana* i.e. 06/08/2015 she did not has pain. The score is Zero.
- The associated symptoms such as conjunctival congestion and watery discharge in right eye were also totally relieved.

Discussion: The symptoms of *Vatika Shiroroga* are similar to the symptoms of Cluster headache. According to *Ayurveda*, vitiated *Vata dosha* is the triggering factor for pathogenesis of disease symptom produced in *Vatika Shiroroga*. The treatment of *Vatika Shiroroga* can be beneficial in the patients of Cluster headache.

The treatment starts with *Abhyantara Snehapana* with *Panchtikta Ghrita*. *Snehana* pacifies *Vata dosha*. 2 days *Sarvanga Abhyanga* and *Sarvanga Svedana* followed by *Mrudu Virechana* are helpful to reduce vitiated *Vata dosha* and for the mild purification of the body. *Niruha Basti* of *Dashmoola kvatha* helps in further purification of the body. *Dashmoola* used in *Niruha Basti* pacifies *Vata dosha*. *Nasya karma* is especially indicated treatment for the diseases of the head and neck. *Brahmi Ghrita* pacifies *Vata dosha* and it also relieves anxiety.

Brahmi Ghrita also does *Tarpana* and *Brumhana* of the *shira*. Hence, reduces pain by *Vata* reduction.

Oral *Ayurvedic* medicaments indicated for all type of *Shiroroga* are as follows-

- *Shirahshooladrivajra rasa*^{iv}
- *Pathyadi kvatha*^v

CONCLUSION: *Ayurvedic* treatment has shown encouraging result with total relief of the symptoms in the patient of Cluster headache suffering since 15 yrs. Long follow up and more number of patients are required to reach up to any conclusion but in this case it can be stated the this treatment is a hope for the patients of Cluster headache resistant with conventional medicaments.

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Declared

