

Shiro roga samanya chikitsa =>

Common treatment principles ->

- 1. Nidana parivarjan
- 2. Wearing Shiro strana (helmet)
- 3. Regular shiro abhyanga - prevents the diseases of head, eye, nose, hair etc.
- 4. Nasal, Paranasal infections, allergic conditions, stress strain, opthalmic problems etc. those causes shiro rogas should be treated well.
- 5. Shiro Shodhan (Nasya) should be practiced regularly (to prevent seasonal doshic variation)
- 6. Nasya Karma - having its own importance for maintaining shiro and treating shiro rogan as nose is the only gateway of shiro.

(-नासाद्दृ शिरसोः द्वार)

- 7. vitiated doshas should be identified and treat accordingly.

( vata, kapha - Dama upachara)  
 ( pitta, rakta - Sita upachara)

- 8. Sneha (abhyantara, bahya), Sweda, lepa Nasya, dhooma pana, vamana, virechana Vasti, gandoosha, Karalgraha, raktamokshana.

(C) A/c to Charaka

- 1. Vataja Shiro shoola
- 2. Pittaja " "
- 3. Kaphaja " "
- 4. Tridoshaja " "
- 5. Krimija " "

Nidana of Shiro Roga =>

- Dhumantapachhara mukhikidanti svapnajarai:
- ustvedadhipurisavata kaphanigraharoni:
- atlamukhamdhanen krimibhivagdarani:
- upadanmujamudra dusha: pranayana:
- asatyanagayadusham bhayadhi shirogata:
- Janayntramanan dusha;

Dhum - exposure to smoke

Raj: - Exposure to dust. (cha)

Atap Sevan - Exposure to sunlight

Chhara Sevan - Exposure to snow (cold)

~~am~~ Amukhikidanti - ~~am~~ swimming or diving or staying in water for long time.

Classification of Shiro roga ⇒

(A) A/c to Sushruta (11 disease)

1. Vataja Shiro roga
2. Pittaja " "
3. Kaphaja " "
4. Sannipataja " "
5. Raktaja " "
6. Kshayaja " "
7. Krimija " "
8. Suryavarta
9. Annyotarata
10. Ardhavabhedak
11. Shankhaka ~~roga~~

(B) A/c to Vagbhata (19 disease)

10 Shiro rogas  
 +  
 9 Kapala rogas

1. Vataja Shiro roga
2. Pittaja " "
3. Kaphaja " "
4. Sannipataja " "
5. Raktaja " "
6. Krimija " "
7. Suryavarta
8. Ardhavabhedak
9. Shiro Kampa
10. Shankhaka

Kapala rogas

- ①
1. Upa Sheershak
  2. Darunak
  3. Aroomshika
  4. Indralupta
  5. Khalitya
  6. Palitya
  7. Shiro granthi
  8. Shiro Arbuda
  9. Shiro vidradhai

Page-2) So it is advised to protect the head from diseases and injuries.

(e) Praying the god; respecting elders, teachers, head is bended sincerely to thank them.

In extreme punishment Shiro mandana was implemented these incidents also proves the importance of Shiro.

Defination of Shiro ⇒

प्राणाः प्राणभृत्तं यत्र चित्ताः सर्वेन्द्रियाणि च,  
यदुत्तमङ्गमङ्गानां शिरस्तदभिधीयते ॥

Sha, Su-17/12

The place where prana and indriyas are situated that place is called Uttamanga. Which is also called Shiro. (शिरः)

Defination of Shiro rogas ⇒

~~शिरोग~~

~~शिरः~~ शिरः,

शिररोग शब्देन शिरगत शूल रुजा अभिधीयते

The disease where headache (शिरशूल) is the Prime Symptom, is known as Shiro roga.

The name is derived from the word 'Shira' which means head.

Synonyms of Shiro ⇒

मसक  
 उर्ध्व काय  
 उर्ध्वोच्च  
 मुण्ड  
 उर्ध्व हृदय  
 शिरो  
 मनोमय कौष  
 देव कौष  
 उर्ध्वजत्रु

Importance ⇒

It is called उर्ध्वजत्रु for due to it contains vital organs like Prana, Indriya, Prana vaha srotas sadyo pranahara marma, Prana vata, Sadaka pitta, Alochaka pitta, Tarpana Kapha and it is the seat for all gyanavah (sensory), chestavah (motor) प्राणमत्तन,

① a/c to Charaka - It is the seat of prana and all indriyas

② In अथर्व वेद - explained as देव कौष

③ In yoga shastra - it explained as the seat of सहस्रार चक्र.

④ Vagbhata described the body as उर्ध्वमूल (Shiro) and अधःशाखा (limbs, trunk). If root is destructed plant also destructed like wise. If head is injured the death proceeds.

अति शैतल -

उत्तम - उर्ध्व शैतल

पुरीवान - ~~wind~~ winds coming from front

वाष्पनिग्रह - Supression of tears.

अति शैतल - excessive cry

अति अम्ल मद्यपान - excessive intake of water and alcohol.

कृमि - Worm infestation

वेगधारण - supression of natural urges.

अव्ययान - improper habit of taking pillow.

अभ्यङ्गद्वेष - not taking proper abhyanga, snana.

प्रतनैक्यं - looking one object for a long time

अस्मान्मगन्ध - inhaling bad smell

दुष्ट आम - ~~indigested~~ indigested food

उच्च भाष - loud talking. (cha)

अभिघात - injury to head

भय, क्रोध, मनसाय - fear, anger, mental worries.

- अति शैतल, अयोग्य वनस्थ कर्म.

Due to above causes vatadi doshas vitiate and reaches the ~~or~~ siras and produces different type of Shiro rogas.