

Lepa (~~extra~~ for external application) →

(a) gunjadi lepa - gunja, Karanja, bhringaroj
maricha + water

(b) ~~Marichadi~~ Marichadi lepa -

(c) Muchakunda pustha - grind + water and applied
to shira.

(d) Pathaadi lepa - पाठा, पटोल पत्र, शुण्ठि, मरिच
Shigru seed, चक्रवर्ती seed, कुष्ठ.

- Nasya yoga →

(a) vatsanabh + yastimadhu (250mg each for
pradhaman nasya)

(b) Karanja + Shigru seed + twak + Swet sarshapa

(c) guda (Tigary) + sunthi

(d) guda + adraka + pippali + Saindhav lavan
+ water

(e) spatika churna + Karpoora

- ghrita & taila →

(a) ~~श~~ घृत किन्दु ११

(b) दशमुत ११ for abhyanga + nasya

(c) Dhatura taila - (santap taila + dhatura Kwath
+ dhatura Kalka

(for abhyanga)

११ ↓
११ पाक विधि.)

(d) ~~mod~~ gunja taila (गुंजा तेल) —

for nasya and abhyanga (tila taila, Karji, bringaraj swaras, gunja kalva → शरद्वृत्ति)

(e) Bhringaraj taila.

Sadanga Kwath —

Haritaki, vibhitaki, Amlaki, Kirattitaki, nimba, Ambrita + 8 times water



reduced to 1/2 — (oral administration)

Churna —

Aswagandha churna

Talisadi 4

Sitopaladi 4

chopchenyadi 4

yastimadhu 4

trikatu 4

Triphala

Haridra Khanda

Nimbadi churna

vaiswanar 4

sunthi 4

Ras aushadhi —

Siro suladi vajra ras
 Laghu Sutasekhar u
 Maha lakshmi vilas u
 Chandanadi vati
 Triphala guggula
 Kamchanar u

Pathya —

Shiro abhangya, Swedan, nasya
 Shiro snana, lepa, seka, Virechana, raktamoksha
 Shiro vasti, Agnikarma, old ghrita, draksha
 Jangal mamsa, Amlaki, takra (butter milk)
 Hingu, Chandana, Karpura, Tulasi, Yastimadhu

Apathya —

Shiro abhigata, Vega barodha (suppression
 of natural urges), ~~विष~~ विरुद्ध भोजन,
~~Swimming~~ Swimming, ~~दिव~~ दिवा स्वप्न, निशि जागरण,
 dust, smoke, etc.

Samprathi →

Ac charaka उच्चभाषण, अतिभाषण, तीक्ष्णमहा,
(loud talk) excessive talk
शिरात्रिजागरण, exposure to cold wind, आमाम,
वैगधारण, उपवास, अग्निद्यात, अतिवमन, अतिनिद्रा,
भय, शोक, excessive crying

↓
viti ation of vata dosha.
and get enters into the shiro gata
dhamani.

↓
vataja shiro shoola.

C/F →

- Continuous headache
- pain at both both 'sankha'
- Severe pain at 9 & 12
- Tinnitus in both ear & hearing loss.
- स्फुरण and pain at cervical region.

अथस्यानिमित्तं शिरसो रुजश्च भवन्ति जीवा
निशि चानिमात्रम्,

वन्द्योपत्तापैश्च भवेद्विशेषः शिरोग्नितापः स समीरणेन,

(Sn. U - 25/5)
The headache occurs with out any cause, the
severity of the pain is increased at night time.
tying tight bandage and applying hot cloths will
subside the pain. This kind of head ache occurs
due to viti ation of vata dosha.

vataja shiro roga characterized by severe pricking pain is experienced at temporal region, back of neck, frontal region at the root of the nose. Associated symptoms are Karna shoola, Karna nada, pain in the eye ball vertigo, ~~हृन्~~ of ~~शिरा~~, neck rigidity, photophobia etc.

Treatment →

1. Shiro abhyanga
2. Sneha pana.
3. Upanaha sweda.
4. Seka - Bhadrada vyadi Ksheera
5. Lepa.
6. ~~Shiro~~ Shiro vasti
7. Vasti (Anuvasana vasti)
8. Snai hika ~~dhoom~~ dhoom pana.
9. " Nasya
10. Vata harsa ahara vihara.

- Abhyanga by - Maha narayana taila
Prasarani taila
Bala taila

- Sneha pana -

- चक्र: श्वेत (शर्पि, तैल, वक्का, मज्जा)

- वरुणादि घृत

- काकौल्यादि घृत

- बल तैल

- त्रिवृत तैल

- Milk + घृत

- Upanaha Sweda -

- Agaru fried in oil and applied.
- Matsa mamsa. (fried)

- Lepa -

- Kusthadi lepa (Kustha, Eranda moola, Kanji)
- Muchukunda puspa
- Devdaryadi lepa (devdaru, tagara, Kustha, Jatamansi, Sunthi, Kanji or ghee)
- Chandanadi lepa (Chandan, Kamala, Kustha, Pippali, Water)
- Eranda beeja, Chakramarda beeja, Kanji

- Nasya -

- Anutaila
- Sada bindu taila
- Sutasekhar ras + water
- varanadi Ksheera Sarpi
- Rasnadi taila
- Bruhat panchamoola Ksheera

- oral Medication -

- Rasnadi guggula, Triphala guggula
- Bala, Aswagandha, Saliva, yasthimadhu
- Dashamoola, Rasna, Nirgunti etc.



Pittaja Shiro Shoola

A/c to Charaka

हृत्, अग्नि, लवण, मार, मरु, कौट, आतप, अग्नि



Pitta prakopa



Pittaja Shiro Shoola

- Burning sensation ~~of head~~, pricking pain in head.
- Burning in eyes.
- पिपासा
- Vertigo
- Sweating
- feels comfort by cold therapy.

यस्योष्णमङ्गारचितं यथैव दह्येत दृष्ट्वेन शिरोक्षिनासमः
शीतेन रात्रौ च भवेद्वि शिरोक्षिनासः सप्त
पित्तकोपात् ॥

34, U - 25/6

It is like red hot coal at shiro, Akshi Nasa, and feels like hot fume is coming out from Nasa, Akshi and it subsides by Sita upachara and at night.

Treatment ⇒

1. Rakta and pitta Kara chikitsa.
2. Panchakarma except Vamana.
3. Seka — ghee or milk or sugar cane juice
sugar water or Kanji or decoction
of Sheeta veerya drugs like
utpaladi or kakolyadi drugs.
4. Lepa —
 - Amlakadi lepa
 - Kustha + Tagare + Utpala + Chandana
+ ghee
 - Satavari + Kustha + Krishna tila
yastimadhu + Kamal + punarnava
+ milk.
5. → Asthapana vasti or Niruha vasti
with milk prepared in Utpaladi
drugs.
6. - Sneha vasti or Anuvrasana vasti
e (Kakolyadi ghrita)
7. ⑤ Mridu Virechana —
ghee prepared in draksha
Triphala, Ikshurasa, milk.
8. Shiro Abhyanga — Satodhauta ghrita
Himanshu taila

9. Shiro vash - by ghee / milk

10. Panak -

- Kesara, Mishree, ghee, milk
- शदङ्ग (Sadanga paniya) + Sugar,
- Sheta Kashaya of Draksha + Sugar.

11. Nasya by -

- Kheeri Sarpi
- Kakolyadi ghrita or taila
- yasthimadhu, draksha, Mishree, ghee
- Shamana nasya i brimhana, Sheeta veerya drug.

12. Oral -

- Chandra Kala ras.
- Mukta bhasma
- Makshika bhasma
- Triphala guggula
- Laghusutashekhar ras
- Chandanadi rati
- yasthimadhu churna, Trinapanchamoola
- Amlaki churna, Chandan, Musta, USheera.
- Wtpala etc.

Excessive sleeping, guru snigdh bhojana causes vitiation of Kapha present in head and causes mild headache, heaviness, ~~हृत्पित्त~~ अरुचि etc.

विशोगलं यस्य कफोपदिग्धं गुरुप्रतिष्ठद्वयस्यै हिंसं च
शुनाक्षिकुटं वदन् च यस्य शिरोभिन्नायः सङ्ग

कफप्रकोपात् ~~चित्तकोपात्~~ " (Su. 8-25/2)

- ~~Kapha~~ Shiro and gala are filled with Kapha and ~~lot~~ heaviness, stambham, sita is experienced by patient. (like ice)
- sotha (oedema) is seen in face eye ball.

Treatment ⇒

1. Gbrita pana (old)

2. Upavas.

3. Ruksha ushna sweda

4. Vamana & Katu darya.

5. Pradhaman nasya [Trikatu, churna, Kaphal churna]

6. Teekshna gandoosha, dhoomapana.

7. Anjan

8. Lepa.

9. Loktamokshana.

↳ Trikatu Kashaya

11. Daka Karma - in 13, 21, 33, 45, 57, 69, 81, 93, 105, 117, 129, 141, 153, 165, 177, 189, 201, 213, 225, 237, 249, 261, 273, 285, 297, 309, 321, 333, 345, 357, 369, 381, 393, 405, 417, 429, 441, 453, 465, 477, 489, 501, 513, 525, 537, 549, 561, 573, 585, 597, 609, 621, 633, 645, 657, 669, 681, 693, 705, 717, 729, 741, 753, 765, 777, 789, 801, 813, 825, 837, 849, 861, 873, 885, 897, 909, 921, 933, 945, 957, 969, 981, 993, 1005, 1017, 1029, 1041, 1053, 1065, 1077, 1089, 1101, 1113, 1125, 1137, 1149, 1161, 1173, 1185, 1197, 1209, 1221, 1233, 1245, 1257, 1269, 1281, 1293, 1305, 1317, 1329, 1341, 1353, 1365, 1377, 1389, 1401, 1413, 1425, 1437, 1449, 1461, 1473, 1485, 1497, 1509, 1521, 1533, 1545, 1557, 1569, 1581, 1593, 1605, 1617, 1629, 1641, 1653, 1665, 1677, 1689, 1701, 1713, 1725, 1737, 1749, 1761, 1773, 1785, 1797, 1809, 1821, 1833, 1845, 1857, 1869, 1881, 1893, 1905, 1917, 1929, 1941, 1953, 1965, 1977, 1989, 2001, 2013, 2025, 2037, 2049, 2061, 2073, 2085, 2097, 2109, 2121, 2133, 2145, 2157, 2169, 2181, 2193, 2205, 2217, 2229, 2241, 2253, 2265, 2277, 2289, 2301, 2313, 2325, 2337, 2349, 2361, 2373, 2385, 2397, 2409, 2421, 2433, 2445, 2457, 2469, 2481, 2493, 2505, 2517, 2529, 2541, 2553, 2565, 2577, 2589, 2601, 2613, 2625, 2637, 2649, 2661, 2673, 2685, 2697, 2709, 2721, 2733, 2745, 2757, 2769, 2781, 2793, 2805, 2817, 2829, 2841, 2853, 2865, 2877, 2889, 2901, 2913, 2925, 2937, 2949, 2961, 2973, 2985, 2997, 3009, 3021, 3033, 3045, 3057, 3069, 3081, 3093, 3105, 3117, 3129, 3141, 3153, 3165, 3177, 3189, 3201, 3213, 3225, 3237, 3249, 3261, 3273, 3285, 3297, 3309, 3321, 3333, 3345, 3357, 3369, 3381, 3393, 3405, 3417, 3429, 3441, 3453, 3465, 3477, 3489, 3501, 3513, 3525, 3537, 3549, 3561, 3573, 3585, 3597, 3609, 3621, 3633, 3645, 3657, 3669, 3681, 3693, 3705, 3717, 3729, 3741, 3753, 3765, 3777, 3789, 3801, 3813, 3825, 3837, 3849, 3861, 3873, 3885, 3897, 3909, 3921, 3933, 3945, 3957, 3969, 3981, 3993, 4005, 4017, 4029, 4041, 4053, 4065, 4077, 4089, 4101, 4113, 4125, 4137, 4149, 4161, 4173, 4185, 4197, 4209, 4221, 4233, 4245, 4257, 4269, 4281, 4293, 4305, 4317, 4329, 4341, 4353, 4365, 4377, 4389, 4401, 4413, 4425, 4437, 4449, 4461, 4473, 4485, 4497, 4509, 4521, 4533, 4545, 4557, 4569, 4581, 4593, 4605, 4617, 4629, 4641, 4653, 4665, 4677, 4689, 4701, 4713, 4725, 4737, 4749, 4761, 4773, 4785, 4797, 4809, 4821, 4833, 4845, 4857, 4869, 4881, 4893, 4905, 4917, 4929, 4941, 4953, 4965, 4977, 4989, 5001, 5013, 5025, 5037, 5049, 5061, 5073, 5085, 5097, 5109, 5121, 5133, 5145, 5157, 5169, 5181, 5193, 5205, 5217, 5229, 5241, 5253, 5265, 5277, 5289, 5301, 5313, 5325, 5337, 5349, 5361, 5373, 5385, 5397, 5409, 5421, 5433, 5445, 5457, 5469, 5481, 5493, 5505, 5517, 5529, 5541, 5553, 5565, 5577, 5589, 5601, 5613, 5625, 5637, 5649, 5661, 5673, 5685, 5697, 5709, 5721, 5733, 5745, 5757, 5769, 5781, 5793, 5805, 5817, 5829, 5841, 5853, 5865, 5877, 5889, 5901, 5913, 5925, 5937, 5949, 5961, 5973, 5985, 5997, 6009, 6021, 6033, 6045, 6057, 6069, 6081, 6093, 6105, 6117, 6129, 6141, 6153, 6165, 6177, 6189, 6201, 6213, 6225, 6237, 6249, 6261, 6273, 6285, 6297, 6309, 6321, 6333, 6345, 6357, 6369, 6381, 6393, 6405, 6417, 6429, 6441, 6453, 6465, 6477, 6489, 6501, 6513, 6525, 6537, 6549, 6561, 6573, 6585, 6597, 6609, 6621, 6633, 6645, 6657, 6669, 6681, 6693, 6705, 6717, 6729, 6741, 6753, 6765, 6777, 6789, 6801, 6813, 6825, 6837, 6849, 6861, 6873, 6885, 6897, 6909, 6921, 6933, 6945, 6957, 6969, 6981, 6993, 7005, 7017, 7029, 7041, 7053, 7065, 7077, 7089, 7101, 7113, 7125, 7137, 7149, 7161, 7173, 7185, 7197, 7209, 7221, 7233, 7245, 7257, 7269, 7281, 7293, 7305, 7317, 7329, 7341, 7353, 7365, 7377, 7389, 7401, 7413, 7425, 7437, 7449, 7461, 7473, 7485, 7497, 7509, 7521, 7533, 7545, 7557, 7569, 7581, 7593, 7605, 7617, 7629, 7641, 7653, 7665, 7677, 7689, 7701, 7713, 7725, 7737, 7749, 7761, 7773, 7785, 7797, 7809, 7821, 7833, 7845, 7857, 7869, 7881, 7893, 7905, 7917, 7929, 7941, 7953, 7965, 7977, 7989, 8001, 8013, 8025, 8037, 8049, 8061, 8073, 8085, 8097, 8109, 8121, 8133, 8145, 8157, 8169, 8181, 8193, 8205, 8217, 8229, 8241, 8253, 8265, 8277, 8289, 8301, 8313, 8325, 8337, 8349, 8361, 8373, 8385, 8397, 8409, 8421, 8433, 8445, 8457, 8469, 8481, 8493, 8505, 8517, 8529, 8541, 8553, 8565, 8577, 8589, 8601, 8613, 8625, 8637, 8649, 8661, 8673, 8685, 8697, 8709, 8721, 8733, 8745, 8757, 8769, 8781, 8793, 8805, 8817, 8829, 8841, 8853, 8865, 8877, 8889, 8901, 8913, 8925, 8937, 8949, 8961, 8973, 8985, 8997, 9009, 9021, 9033, 9045, 9057, 9069, 9081, 9093, 9105, 9117, 9129, 9141, 9153, 9165, 9177, 9189, 9201, 9213, 9225, 9237, 9249, 9261, 9273, 9285, 9297, 9309, 9321, 9333, 9345, 9357, 9369, 9381, 9393, 9405, 9417, 9429, 9441, 9453, 9465, 9477, 9489, 9501, 9513, 9525, 9537, 9549, 9561, 9573, 9585, 9597, 9609, 9621, 9633, 9645, 9657, 9669, 9681, 9693, 9705, 9717, 9729, 9741, 9753, 9765, 9777, 9789, 9801, 9813, 9825, 9837, 9849, 9861, 9873, 9885, 9897, 9909, 9921, 9933, 9945, 9957, 9969, 9981, 9993, 10005, 10017, 10029, 10041, 10053, 10065, 10077, 10089, 10101, 10113, 10125, 10137, 10149, 10161, 10173, 10185, 10197, 10209, 10221, 10233, 10245, 10257, 10269, 10281, 10293, 10305, 10317, 10329, 10341, 10353, 10365, 10377, 10389, 10401, 10413, 10425, 10437, 10449, 10461, 10473, 10485, 10497, 10509, 10521, 10533, 10545, 10557, 10569, 10581, 10593, 10605, 10617, 10629, 10641, 10653, 10665, 10677, 10689, 10701, 10713, 10725, 10737, 10749, 10761, 10773, 10785, 10797, 10809, 10821, 10833, 10845, 10857, 10869, 10881, 10893, 10905, 10917, 10929, 10941, 10953, 10965, 10977, 10989, 11001, 11013, 11025, 11037, 11049, 11061, 11073, 11085, 11097, 11109, 11121, 11133, 11145, 11157, 11169, 11181, 11193, 11205, 11217, 11229, 11241, 11253, 11265, 11277, 11289, 11301, 11313, 11325, 11337, 11349, 11361, 11373, 11385, 11397, 11409, 11421, 11433, 11445, 11457, 11469, 11481, 11493, 11505, 11517, 11529, 11541, 11553, 11565, 11577, 11589, 11601, 11613, 11625, 11637, 11649, 11661, 11673, 11685, 11697, 11709, 11721, 11733, 11745, 11757, 11769, 11781, 11793, 11805, 11817, 11829, 11841, 11853, 11865, 11877, 11889, 11901, 11913, 11925, 11937, 11949, 11961, 11973, 11985, 11997, 12009, 12021, 12033, 12045, 12057, 12069, 12081, 12093, 12105, 12117, 12129, 12141, 12153, 12165, 12177, 12189, 12201, 12213, 12225, 12237, 12249, 12261, 12273, 12285, 12297, 12309, 12321, 12333, 12345, 12357, 12369, 12381, 12393, 12405, 12417, 12429, 12441, 12453, 12465, 12477, 12489, 12501, 12513, 12525, 12537, 12549, 12561, 12573, 12585, 12597, 12609, 12621, 12633, 12645, 12657, 12669, 12681, 12693, 12705, 12717, 12729, 12741, 12753, 12765, 12777, 12789, 12801, 12813, 12825, 12837, 12849, 12861, 12873, 12885, 12897, 12909, 12921, 12933, 12945, 12957, 12969, 12981, 12993, 13005, 13017, 13029, 13041, 13053, 13065, 13077, 13089, 13101, 13113, 13125, 13137, 13149, 13161, 13173, 13185, 13197, 13209, 13221, 13233, 13245, 13257, 13269, 13281, 13293, 13305, 13317, 13329, 13341, 13353, 13365, 13377, 13389, 13401, 13413, 13425, 13437, 13449, 13461, 13473, 13485, 13497, 13509, 13521, 13533, 13545, 13557, 13569, 13581, 13593, 13605, 13617, 13629, 13641, 13653, 13665, 13677, 13689, 13701, 13713, 13725, 13737, 13749, 13761, 13773, 13785, 13797, 13809, 13821, 13833, 13845, 13857, 13869, 13881, 13893, 13905, 13917, 13929, 13941, 13953, 13965, 13977, 13989, 14001, 14013, 14025, 14037, 14049, 14061, 14073, 14085, 14097, 14109, 14121, 14133, 14145, 14157, 14169, 14181, 14193, 14205, 14217, 14229, 14241, 14253, 14265, 14277, 14289, 14301, 14313, 14325, 14337, 14349, 14361, 14373, 14385, 14397, 14409, 14421, 14433, 14445, 14457, 14469, 14481, 14493, 14505, 14517, 14529, 14541, 14553, 14565, 14577, 14589, 14601, 14613, 14625, 14637, 14649, 14661, 14673, 14685, 14697, 14709, 14721, 14733, 14745, 14757, 14769, 14781, 14793, 14805, 14817, 14829, 14841, 14853, 14865, 14877, 14889, 14901, 14913, 14925, 14937, 14949, 14961, 14973, 14985, 14997, 15009, 15021, 15033, 15045, 15057, 15069, 15081, 15093, 15105, 15117, 15129, 15141, 15153, 15165, 15177, 15189, 15201, 15213, 15225, 15237, 15249, 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22125, 22137, 22149, 22161, 22173, 22185, 22197, 22209, 22221, 22233, 22245, 22257, 22269, 22281, 22293, 22305, 22317, 22329, 22341, 22353, 22365, 22377, 22389, 22401, 22413, 22425, 22437, 22449, 22461, 22473, 22485, 22497, 22509, 22521, 22533, 22545, 22557, 22569, 22581, 22593, 22605, 22617, 22629, 22641, 22653,

रक्तजकः पित्तसमान लिङ्गः सप्रसीसहत्वं शिरसी
भवैच्च ॥

(Su. U-25/7)

The sign symptoms is similar to pittaja Shiro Shoola. Vitiated rakta dosha causes severe headache, ~~addi~~ additional symptom is tenderness of head. patient feels comfort by ~~पित्तपचार~~ and at night time.

Treatment →

for Lepa → 1. Like pittaja Shiro Shoola

2. Kishoreni Sarpi

3. Shigru patra Swaras + Maricha

4.

for Nasya →

• Sadabindu taila

• Yastimadhu + Amlaki Swaras + Honey

• Sunthi + Milk

• Doorvadi ghrita.

Oral —

Triphala guggula

Utpaleli ghrita

Laghu Suta sekhar ras

Chandanadi vati

Chandane sar

Ushira sar

Triphalodak + Mishri