

# A Critical Appraisal of Headache vis-à-vis *Shiro Roga*

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With the rapid changes in the lifestyles of modern, stressful and competitive times Headache disorders are extraordinarily common. Population-based studies have mostly focused on migraine. Although Migraine is the most frequently studied, is not the most common headache disorder. Other types of headache disorders such as tension headaches, cluster headaches, and chronic parosmia deserve attention. Various forms of headache, properly called headache disorders, are among the most common disorders of the nervous system. In many cases they are life-long conditions.

The roots of the Indian traditional systems of medicine can be traced back to approximately 5000 BC.

Anantavata. *Shiro Roga*  
 Tridosha kopa ( Vata, Pitta & Kapha ) &  
 Manya-Pradesha ( ) Anantavata.  
 doshas  
 1 (Su. Utt. 2 ).

Anantavata  
 Upavasa ( ), Shoka ( ), Ati Ruksha  
 Sheetala & Atyalpa Bhojana ( ) 1 (Cha. Si. ).

**Cluster headache (CH) - Ardhavabhedaka**

-12  
 30-0

Acharya Shushruta *Shiro Roga*  
 10 1  
 Ardhavabhedaka. *Shiro*  
*Roga*  
 doshas  
 Ardhavabhedaka 2 (Su. Utt. 2 ).

Adhyashana ( ), Vega-dharana ( ),  
 Ayaas ( ), Atimaithuna ( )  
 Tridosha, Ardhavabhedaka  
 (Cha. Si. ).

3. (A.H.23).

**Medication-overuse headache (MOH)**

10 %

**Migraine - Suryavarta**

( 1 ),

( )

3 4  
 (3% 10% (3- %

Suryavarta *Ayurvedic*

2 -1. 34 ( - 4 (-0.022 -1. 34)

