

ROLE OF SHODHANA NASYA IN THE MANAGEMENT OF *KAPHAJA SHIRA SHOOLA* : A CASE STUDY

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Abstract

Shiras is one among the Shadangas and is considered as Uttamanga or Pradhana Anga . It is one among DashaPranayatana as it is ‘abode’ for vitals like Prana, Pranavaha srotos, Sadyopranahara Marma .Also it is the seat of all Jnanendriya & Controls the function of Karmendriyas. Among all the Shirarogas, the most Common Manifestation is Shira Shoola. Kaphaja Shira Shoola is explained by our Achayas in Classical text having symptoms like Shiraguruta, Manda ruja, Shoona akshikoota and Vadana, Karna Kandu, Aruchi etc. Among all the Shodhana Karmas, Nasya karma is indicated & appreciated in the treatment of Shira rogas including Kaphaja shira shoola.

A Female patient approached to our OPD with Classical Symptoms of Kaphaja shira shoola treated with Shodhana Nasya .Here I am presenting a case which got a remarkable improvement after treatment

KEY WORDS : Kaphaja Shira Shoola, Nasya Karma, Shodhana Nasya