

Literature Review of *Suryaavarta* w.s.r. to Frontal Sinusitis.

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Abstract: In today's life, many diseases are increasing due to faulty lifestyle and increase in mental stress level. *Suryaavarta* is one among such disease. *Suryaavarta* is a disease of *Shirh* told by *Acharya*, one type of headache which starts early in the morning and gradually increases with the intensity of sun and decreases at night. It is caused by vitiation of all the three *Doshas*. The pain is experienced more at *Bhru*, *Lalata* and *Shankha* region. Clinically the description of *Suryaavarta* explained in the classical texts is similar to the condition Frontal sinusitis in modern science. Investigations are made to rule out the other diseases and to provide the complete diagnose of the disease. Materials and Methods: Various Ayurveda and Modern text has been referred. Conclusion: It is very essential to understand the etio-pathogenesis of the disease *Suryaavarta*. Ayurveda is a good choice for treatment in *Suryaavarta*. Various *Ayurveda* treatments are used for its management.

Key Words: *Suryaavarta*, *Shirh*, Frontal sinusitis, *Ayurveda* drugs.

1. INTRODUCTION:

From the Ancient time, all human beings aim to maintain health and to treat the disease. Ayurveda, the ancient Science of life which can be found back in the period of *Vedas* is considered as the best medicine, to maintain the health and to cure the pathology. Ayurveda which was originated from *Brahma* was later divided into eight branches¹. *Shalakya Tantra* is one among the eight branches which deals with body above the clavicular region i.e. the diseases occurring in nose, ear, eyes, throat and head etc². In Present era, Headache is the most common problem suffered by mankind. It reduces the capacity and ability of working man. It is quite stressful and complex in nature. According to *Acharya Sushruta* there are 11 types of *Shiroroga* among them one is *Suryaavarta*³. According to *Acharya Charaka* vitiated *Vata* and *Rakta* cause this disease⁴. According to *Acharya Sushruta* this is *Tridoshaja* disease⁵ with *Vata* and *Pitta* predominance, according to *Acharya Vagbhata* it is due to *Pitta-Anubandhi Vata*⁶. *Suryaavarta* is a special type of headache that changes according to the intensity of the sun rays. The headache is directly proportional to the intensity of the sun so only named as *Suryaavarta*. The headache starts in the morning gradually increases upto noon then gradually decreases as night proceeds. Its name only indicates according to the time and movement of the sun. Other name is *Bhaskaravarta*⁷. On the basis of sign and symptoms this can be correlated with Frontal sinusitis. Frontal sinuses are a pair of small, air-filled cavities located just behind your eyes in the brow region. The viral and bacterial infection of upper respiratory tract, entry of water into the sinus during diving or swimming, external trauma to sinus, oedema of middle meatus leads to Frontal sinusitis. Symptoms like frontal headache, tenderness above medial canthus, swelling in upper eyelid, nasal discharge are found⁸. Before treating the disease, it is very essential to understand its etio-pathogenesis. Hence an attempt has been made to critically analyse the etio-pathogenesis of the disease and the drugs that are useful for the management of the disease *Suryaavarta*.

2. MATERIALS AND METHODS:

Various Ayurveda and Modern text has been referred.

2.1. AIMS AND OBJECTIVES

To analyse the etio-pathogenesis of the disease and the treatment useful for the management of the *Suryaavarta*.

2.2. RUPA OF SURYAVARTA

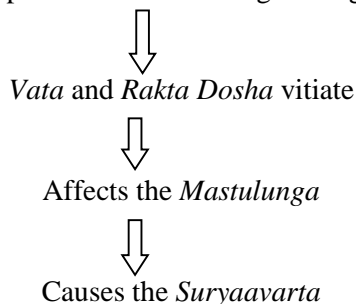
The word *Suryaavarta* is a Sanskrit terminology consisting of the term '*Surya*' and '*Avarta*'. It means a headache which increases or diminishes according to the course of the sun. The pain is experienced more at Eye (*Akshi*), root of the nose (*Bhru*), temporal region (*Shankha*) and frontal region (*Lalata*). The patient is sometimes comforted with cold remedies and measures and at some other times he is comforted with hot remedies and measures. This condition caused by simultaneous vitiation of all three *Doshas* and is said to be dreadful in nature⁹.

2.3. SAMPRAPTI OF SURYAAVARTA ACCORDING TO DIFFERENT ACHARYA:

Vitiation of *Doshas* results into the *Suryaavarta*, the *Acharyas* had explained the pathogenesis of *Suryaavarta* as follows.

According to *Acharya Charaka*¹⁰:

Due to suppression of natural urges indigestion etc.



According to *Acharya Nimi*¹¹:

As night is cold in nature and is enriched with *tama* quality

Kapha gets accumulated in the channels of the body and head overnight

This causes blockage in the channel of the body

Vata gets aggravated

This leads to the onset of headache, early in the morning, with sunrise, and intensifies towards mid-noon.

At noon, due to the Intensity of heat of the sun

The *Kapha* which has accumulated in the channels of the body gets melted

This releases the obstruction of *vata*.

Thus the relief from headache sets in and *Kapha* which had accumulated and blocked the channels will have melted completely.

<i>Acharya Sushruta</i>	<i>Tridoshaja</i> diseases
<i>Acharya Vagbhata</i> and <i>Madhav Acharya</i>	<i>Pitta</i> predominant, <i>Vata</i> associated, <i>Tridoshaja</i> diseases(it subsides naturally)
<i>Videha</i>	Explained “ <i>Suryaavarta Viparyaya</i> ” in which symptoms are same as <i>Suryaavarta</i> but it is <i>Vata</i> predominant, <i>pitta</i> associated <i>Sannipataja</i> disease.
<i>Gadanigrah</i>	“ <i>Dwandaja Suryaavarta</i> ” in which the symptoms are opposite to <i>Suryaavarta</i> (pain maximum at night and minimum at day time) ¹¹ .

2.4. SAMPRAPTI GHATAKA

Dosha-Tridoshaja

Dushya-Rasa-Rakta

Srotasa-Raktavaha Srotasa

Srotodushhti-Sanga, Vimarga-Gamana

Udbhava-Amashaya-Pakvashaya

Marga-Abhyantara

Adhithana-Shirah (Head)

Vyaktisthana-Shirah and its attachments like *Lalata, Bhru, Shankha and Akshi*.

3. INVESTIGATION:

Following investigation are used to diagnose the Frontal sinusitis and to exclude the other diseases.

- X-rays- PNS(Water's view)
- Transillumination Test.

3.1. CHIKITSA SIDDHANTA:

ACHARYA	CHIKITSA
According to <i>Acharya Charaka</i> ¹²	<ul style="list-style-type: none"> • <i>Shirovirechana Nasya</i> • <i>Kaya Virechana</i> • Intake of <i>Taila, Vasa, Majja</i> • <i>Shirobasti</i> • <i>Upanaha</i> of meat of birds and animals living in <i>Jangala Pradesha</i> • <i>Ghritapana</i> after milk • <i>Parisheka</i> with <i>Ghrita</i> and <i>Dugdha</i> on <i>Shirah</i>
According to <i>Acharya Sushruta</i> ¹³	<ul style="list-style-type: none"> • <i>Nasya</i> • <i>Intake of Mamsarasa</i> of birds-animals of <i>Jangala Pradesha</i> • <i>Ghrita</i> added in <i>Ushna Dugdha</i> for drinking and other <i>Dugdha</i> preparation.
According to <i>Acharya Vagbhata</i> ¹⁴	<ul style="list-style-type: none"> • <i>Shiravedhan</i> • <i>Shirishabeeja</i> along with <i>Apamarga</i> and <i>Nausadar Nasya</i> • <i>Shaliparni Swarasa Nasya</i> • <i>Lepa</i> of <i>Prapunnatabeeja</i> with <i>Amla</i>
According to <i>Yogaratanakar</i> ¹⁵	<ul style="list-style-type: none"> • <i>Virechana</i> • <i>Shiravedhan</i> • <i>Nasya of Ghrita and Dugdha</i> • Regular intake of <i>Dugdha</i> and <i>Ghrita</i> • <i>Shireeshadi Nasya</i> • <i>Upanaha</i> of birds-animals of <i>Jangala Pradesha</i>.
According to <i>Bhaishajya Ratnavali</i> ¹⁶	<ul style="list-style-type: none"> • <i>Raktamokshana</i> • <i>Kataphala churna Pradhaman Nasya</i> • <i>Nasya</i> with <i>Apamarga swarasa</i> • <i>Nasya</i> with <i>Ghrita-Dugdha</i> • Regular intake of <i>Yavakshara</i> and <i>Ghrita</i> • <i>Virechana</i> with <i>Yavakshara</i> and <i>Ghrita</i> • <i>Sarivadi Lepa</i> • <i>Brungaraj Swarasa</i> with goat's milk for <i>Nasya</i>. • <i>Shira shooladri vajra rasa</i>

According to Chakradatta¹⁷	<ul style="list-style-type: none"> • <i>Krutamalaghrita</i> • <i>Dashmoola kashaya</i> with <i>saindhava lavana</i> and <i>Ghrita</i> • <i>Shireesha moola</i> along with <i>Pippalimoola</i> and <i>Vacha</i> for <i>Avapeadan Nasya</i> • <i>Virechana</i> • <i>Shiravedhan</i> • <i>Ghritapana</i> • <i>Swedana</i> • Use of <i>Jivaniya gana dravya</i>
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3.2. Other yoga for Suryaavarta are¹⁸

A) *Rasaushadhies*

1. *Danthibhasma* 1 gram with *Pravalabhasma* 125mg with ghee
2. *Godanti bhasma* with *spaticabhasma* equally
3. *Vata vidwamsini*

B) other oral medication(strength promoting)

1. *Brahmighrita*
2. *Ashwagandha*

C) Poulitice

The meat of animals and birds living in desert region should be prepared and tied in poultice. This should be used to provide sudation to the head. Similarly poultices containing the gruel prepared in ghee too should be used for sudation over the head to relieve the pain.

3.3. PATHYA-APATHYA:

In *Bhaisajya Ratnavali*, *Shirorogaadhikar Pathya-apathya* for all *Shiroroga* is given.

<i>Upakrama</i>	<i>Aahara</i>	<i>Phala</i>	<i>Jala</i>
<i>Nasya</i>	<i>Puranaghrita</i>	<i>Amalaki</i>	<i>Kanji</i>
<i>Swedana</i>	<i>Shali</i>	<i>Dadima</i>	<i>Narikela</i>
<i>Virechana</i>	<i>Shashtik</i>	<i>Draksha</i>	
<i>Raktamokshana</i>	<i>Yusa</i>	<i>Jambeera</i>	
<i>Sirobasti</i>	<i>Patola</i>		
<i>Upanaha</i>	<i>Shigru</i>		
<i>Lepa</i>	<i>Karvellaka</i>		
<i>Langhana</i>			

4. DISCUSSION:

Suryaavarta is explained as one among *Shiroroga* by *Acharyas*. *Acharyas* had explained the symptoms of this disease which in modern resembles the symptoms of Frontal sinusitis. Frontal sinusitis is an intense headache which also decreases the immune power of individual person. Patient remains in mental distress due to headache. It usually affects the people of middle age group. It's prevalence rate is increasing day by day. According to Ayurveda, it had been claimed to cause by '*Tridosha*' with *Vata* and *Pitta* predominance. The *Suryaavarta* can be cured by *Shodhana* and *Shamana* therapy. *Shodhana* with *Virechana* is given to remove the blockage of channels and to expel out the vitiated *Dosha* from the body. *Nasya* procedure helps in liquefying the thick secretion of mucus and easily removes it out along with clearing the channels. The *Shamana Ausadhies* are used internally for pacifying the *Dosha* and other oral medications are also used which helps in increasing the strength of body. *Shastrakarma* like *Shiravedhan* is used to let out the vitiated *Rakta* out of body. Proper following of *Pathya-Apathya* is very essential in curing the disease.

5. CONCLUSION:

Suryaavarta is a very severe and confusing condition. Modern science is still struggling with complete cure of frontal sinusitis. It is one of the common diseases found in hospitals due to improper lifestyle and increase in

mental stress level, which impacts negatively on physical as well as mental state of a person. Clinical features like frontal headache, tenderness, nasal discharge are found and with proper investigation we can diagnose this disease. It is very important to understand this disease so that we can prescribe best treatment. Thus from the above it can be concluded that *Suryaavarta* is one of the disease which causes severe headache and it depends on the intensity of sun. Ayurveda provides treatment which helps in the management of the disease and also provide proper understanding of its etio-pathogenesis.

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