

1. ŚIRAHŚŪLA (HEADACHE)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Apārmārga Taila (Achyranthes aspera)	Taila (Nasyārtha)	2 drops BD	-	B. R. Śiroroga cikitsā
3.	Godantī (Gypsum) Bhasma	Bhasma	500 mg BD	With honey	R. T. 11/238

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Ṣaḍbindu Taila	Taila Nasyārtha	3 drops BD	-	B. R. Śiroroga Cikitsā

2.	Śiraḥśūlādrivajra Rasa	Vaṭī	250 mg BD	Water/ Honey	B. R. Śiroroga Cikitsā
3.	Mahālakṣmīvilāsa Rasa	Vaṭī	125 mg BD	Water/ Honey	B. R. Śiroroga Cikitsā

C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat	Special variety of rice (kodrava, sāṃvaka)
Pulses	Black gram (uḍada)	Green gram (mudga), pigeon pea (arahara), peas (maṭar), chickpea (canā)
Fruits & vegetables	Paravala, brinjal, mango, pomegranate, phālasā, grapes, garlic, drum stick (śigru)	Jambo (jambū), bitter gourd (kāravellaka)
Others	Clarified butter, oil, milk, coconut water, sour vinegar (kāñjī), sesame	Betel nut, excessively heavy food substance
Life style	Massage on head, gentle	Excessive exercise, suppression

	pressing, rest	of natural urges, use of uneven bed, night awakening
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Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.