

Review on *Vachadi shirolepa*: A Sri Lankan traditional herbal paste used for *Tridoshaja Shiroroga*

D. R. K. Elikewela, L. D. R. De Silva

*Department of Ayurveda Medicine and Indigenous Medicine, Faculty of Indigenous Medicine,
University of Colombo, Sri Lanka*

Shiroroga broadly refers to a spectrum of painful conditions manifesting in the *Mastishka* (head). According to Ayurveda *Tridoshaja shiroroga* is a very painful condition of the head caused by the simultaneous aggravation of all three *Dosha*. The aim of the study was to review on *Vachadi shirolepa*: herbal paste mentioned in Thalpathe piliyam book used in *Tridoshaja shiroroga*. The data were collected from authentic Ayurveda and modern texts, journal articles and scientific databases. Observations were recorded and results were analyzed by percentage. The herbal ingredients of *Vachadi shirolepa* possessed with *Katu rasa* mainly (50%) while the prominent *Guna* was *Laghu guna* (36.48%). *Ushna veerya* (87.5%) and *Katu vipaka* (75%) were significant. *Katu rasa*, *Ushna veerya* and *Laghu guna* are responsible for pacifying *Vata*, *Kapha* and *Pitta dosha*. The most prominent *Karma* was *Vata-kapha shamaka* (87.5%) while the prominent *Guna karma* of the ingredients were *Vedanananshaka*, *Kaphanissaraka*, *Kaphaghna* and *Jeewaniya* which are responsible in alleviating the severity of the headache. The majority of ingredients possessed properties such as analgesic, antimicrobial, anti-inflammatory and antioxidant, which excel in providing acute symptom relief. The ingredients contain flavonoids, alkaloids, phenolic acids, tannins, saponins, terpenoids and glycosides as phytochemicals. According to the pharmacodynamic properties, *Dosha karma*, *Guna karma*, modern pharmacological attributes and secondary metabolites, *Vachadi shirolepa* is capable of managing *Tridoshaja shiroroga* based on *Dosha vyadhi viparitha* concept. Hence, *Vachadi shirolepa* can be logically proven as a promising and effective external paste in the management of *Tridoshaja shiroroga*. Further, efficacy can be validated by conducting large sample clinical trials which is of social importance.

Keywords: *Analgesic, Antioxidant, Dosha karma, Flavonoids, Shiroroga*