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Management of *Vātaja Śirah Śhūla* W.S.R. to Allergic Rhinitis Using *Śadbindu Taila Nasya*: A Single Case Study

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Abstract

Vātaja Shirah Shoola is described in *Ayurveda* as a headache dominated by *Vāta* vitiation, characterized by pricking, sharp, and variable pain. Allergic rhinitis, an IgE-mediated hypersensitivity disorder of the nasal mucosa, commonly presents with nasal congestion, sneezing, mucosal dryness, and frontal headache—symptoms resembling *Vāta-Kapha* aggravation described in *Ayurvedic* texts. *Nasya* is considered the foremost therapy for diseases situated above the clavicle, especially headaches and nasal disorders. This case study evaluates the effectiveness of *Śadbindu Taila Nasya* in a patient with *Vātaja Shirah Shoola* associated with allergic rhinitis. After 7 days, the patient experienced ~80% relief in headache and marked improvement in nasal symptoms. This case supports the utility of *Nasya* therapy in allergic rhinitis-related *Vātaja* disorders.

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