

Ayurvedic management of  
**CHRONIC SUBDURAL HAEMATOMA**  
in 52 years, old man – A case study

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**Abstract -**

Chronic subdural haematoma (CSDH) is an encapsulated collection of blood, fluid and degradation products between the brain arachnoids and dura mater layers. In this case study patient was get accident from his bike and get unnoticed injuries in head. He had frequent symptoms like headache, nausea, vomiting, dizziness, change in behavior, confusion, memory impairment, speech swallowing, trouble walking or balance issue, weakness and numbness on one side.

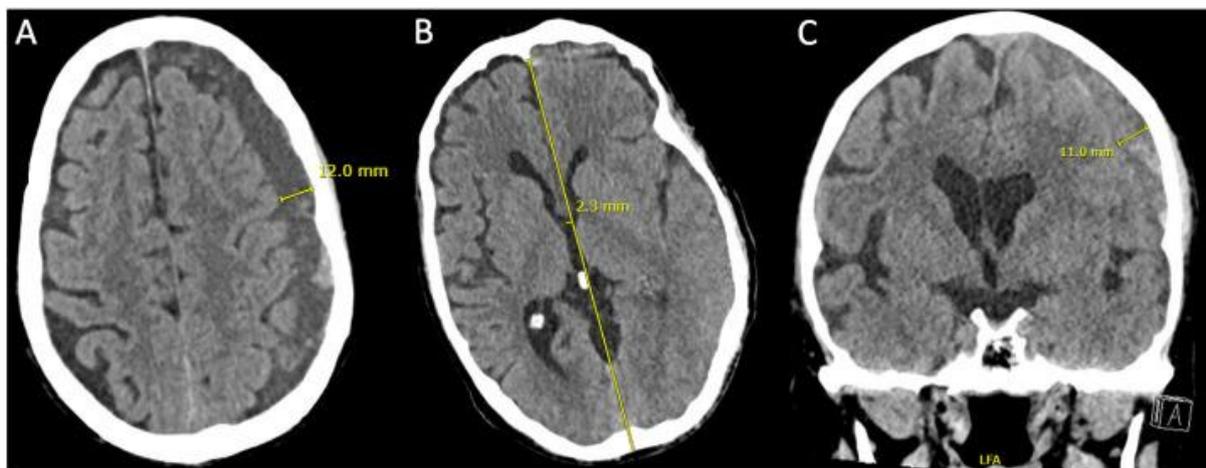
According to me there is vata pitta is involved so vata pittahara, rakta pitta chikitsa should be adopted. Tikta rasa medicine were selected. In panchakarma ksira basti was selected along with talam, mridu virechan, nasya and shirodhara.

After 3 months patient gets fully satisfied with treatment, and again NCCT HEAD was done and get fully satisfactory result.

**Key points:** CSDH, haematoma, head injury, siro roga, panchakarma.

## INTRODUCTION –

CSDH is a slowly developing collection of old blood between the dura mater and the surface of the brain, usually appearing weeks to months after a minor head injury.<sup>1</sup>



- **Clinical features** – symptoms develop slowly and can include headache, confusion or memory decline, personality change, drowsiness, focal weakness, gait disturbance, speech difficulty or seizures.<sup>2</sup>
- Non contrast CT head is primary investigation but MRI can better characterize membranes

and mixed density hematomas, and it is very helpful to plan treatment.

### **Pathophysiology**

After injury, damage to dural border cells triggers inflammation, membrane formation, and angiogenesis, creating leaky vessels that allow ongoing micro haemorrhages and fluid exudation. In CSDH cycle involves persistent exudation from outer membranes rather than just initial bleeding.<sup>3</sup>

### **According to Ayurveda**

In charaka<sup>4</sup>, sutra sthana has described 80 types of nanatmaj vata vyadhi. CSDH can be viewed in ayurveda mainly as a consequence of *shirah marma abhighata* (vital head injury) involving rakta dushti with predominant vata vitiation, leading to chronic compression of *mastulunga* (brain) and neurological deficits. Vata pitta dushti also described as one of the updrava of vrana in Charak chikitsa sthan.

In this study CSDH follows head trauma and corresponds to *shiro marma abhighata* causing slowly bleeding and fluid accumulation between the skull and mastulunga.

Pathologically it seems a tridoshaja shiroroga with dominance of vata due to injury, dhatu kshaya and rakta dushti (intracranial bleeding), leading to symptoms like headache, nausea, vomiting, dizziness, change in behavior, confusion, memory impairment, speech swallowing, trouble walking or balance issue, weakness and numbness on one side.

**Samprapti** : vata disturbs the integrity of sira in shiromarma, leading to slowly rakta srava, vata vaha srotus dysfunction manifests as chronic headache with all neurological signs, comparable to hemorrhagic stroke pathology.

**Samprapti ghatak<sup>5</sup>** :

**Dosha** – vata dosha. Pran, udan, vyan involved

**Dusya** – rasa, rakta, mansa, meda, majja sira, snayu, dhamni, mala.

**Srotodushti** – manovaha, rasavaha, raktavaha, mansavaha, medovaha, majjavaha

This can be considered as **sanga**.

CSDH can be considered as **atipravritti pitta vata** and *vimarga gamanam*.

**Ama** – ama possess Snigdha, pichchila, guru guna and it causes obstruction in various srotas.

Srotorodhana causes dosh prakopa and dhatu kshaya.

In CSDH Rasa & Raktagata ama (thrombus embolism) are produced, which obstructs cerebral arteries causing ischemia in brain tissue and leading to its necrosis (dhatukshaya).

All of these causes of vata prakop, **increases ruksha and sheet guna of vayu** and **decreases its chala guna** (loss of voluntary movements).

**Agni – visham**

**Treatment principle – vata pitta hara**

**Why this case study is important or unique?**

- CSDH exemplifies a complex shiroroga with involvement of Marma (vital cranial points) and samprapti (pathogenesis) dominated by vata dosha aggravation and Rakta dushti, which challenges the classical Ayurvedic concepts to integrate modern neuro trauma understanding.
- In this study it highlights the critical role of srotodushti (channel obstruction) in shiroroga and demonstrates how trauma induced vata and rakta vitiation affects the vital srotas related to mastulunga (brain), necessitating personalized treatment

strategies combination dosha pacification, srotosodhana (clearing channels), and tissue regeneration.

- This case stresses the limitation and the supportive role of Ayurveda in acute neurosurgical emergencies, promoting ayurvedic therapies as adjuncts for rehabilitation, reducing sequelae and enhancing neurological recovery rather than replacing surgical interventions.
- Its also emphasize preventive Ayurveda by managing underlying risk factors like vata imbalance and blood impurities, showcasing Ayurveda's role in comprehensive neuroprotective and lifestyle management.

So, from the Ayurvedic perspective, CSDH cases provide a valuable opportunity to demonstrate classical principles in modern contexts, advocate integrative care, and promote Ayurveda's role in chronic Neurological disorders for functional restoration and prevention of further complications.

## **Patient information and history -**

A 52 years old married male, mankind pharmaceuticals product supervisor, living in Meerut, middle socio-economic status.

- **Presenting complaints -**

- Headache left side
- Confusion
- Less memory loss
- Lethargy
- Weakness
- Shuffling walk
- Slight slurred speech
- Double vision

from 1 months after accident

- **History**

- Agantuj nidan
- Dietary – satvik
- Alcohol – no
- Tobacco – no
- Smoking – no
- Nidra – tandra-yukt
- Past medical history – Amavata
- Surgical history – no
- Family history – Amavata (sisters)

- **Ayurvedic examination –**

1. **Ashtavidh pariksha –**

- Nadi – sama, vata-pitta
- Jivha – sama, shweta varna
- Mala – shushk
- Mutra – pitvarna
- Netra – shrav, arun varna
- Akrti – madhyam
- Shabd – gadgad
- Sparsha – ruksha

## **2. Dashvidha pariksha –**

- Prakruti – vata-kapha
- Satmay – abhyavharan – heen
- Saar – mans
- Vayas – madhyam
- Desha – sadharan
- Kala – sharad
- Satva – heen
- Sanghanan – madhyam
- Pramanta – madhyam
- Sharir bala – madhyam
- Manas prakruti – satvik

## **• Diagnosis**

- **Modern diagnosis** - chronic subdural haematoma
- **Ayurvedic diagnosis** – vata pitta vridhhi in kapha sthana.  
vata dosha.

Rasa, rakta, majjavah sroto dushti.

- **Treatment principle –**

Here vata pitta is involved so vata pitta hara and rakta pitta chikitsa should be done.

Here tikta rasa medicine were selected.

- **Drugs orally –**

- Mahatiktak kashayam
- Kaishor gugullu
- Purna chandrodyak makardhwaj
- Siddha makardhwaj
- Ksheer bala oil
- Yogendra ras
- Vrihata vata Chintamani ras
- Nervokalp (later phase)

- **External treatment –**

- Udvartanam
- Abhyangam
- Mridu virechan
- Shirodhara
- Nasya
- Basti – bala muladi taila (A), ksheera basti (N)

## **Therapeutic intervention details**

### **Internal medicine**

<b>No.</b>	<b>Name</b>	<b>Anupan</b>	<b>Dose</b>	<b>Duration</b>
1.	Maha tiktak kashayam	water	15 ml BD	20 days
2.	Kaishro gugullu	water	1 BD	2 months
3.	Yogendra ras	honey	1 BD	2 months
4.	Vrihat vata Chintamani ras	honey	1 BD	2 months
5.	Makardhwaj	honey	1 BD	2 months
6.	Purna chandrody makardhwaj	honey	75 mg	2 months
7.	Ksheer bala oil	milk	10 ml HS	2 months
8.	Cap Nervokalp (later phase)	honey	1 OD	4 months

## Panchakarma

<b>No.</b>	<b>Name</b>	<b>Duration</b>
1.	Udvartanam	3 days
2.	Abhyangam	3 days
3.	Mridu virechana	1 month
4.	Shirodhara	11 days (repeat again 1 month)

5.	Nasya	11 days (repeat again 1 month)
6.	Basti Bala muladi taila - A Ksheera basti - N	16 days (again after 45 days)

## Pathya – Apathya

### • Pathya Diet

- Easily digestible food: moong dal soup, khichdi, cooked vegetables
- Vata pacifying foods: warm, moist, ghee
- Rakta strengthening food: pomegranate, sweet grapes, dates, beets, leafy greens etc.
- Brain nourishing food: almonds, walnuts, brahmi, ashwagandha.

### • Pathya Vihar

- Rest: absolute mental and physical rest.
- Sleep: ensure adequate sleep with the head slightly elevated (30 degree).
- Mental hygiene: engage in calming activities like listening soft music.

### • Apathya Diet

- Avoid vata aggravating foods: dry, cold rough foods like chips, excess raw salads, frozen meals etc.
- Avoid heavy and indigestible foods: red meat, aged cheese, processed foods,
- Strictly Avoid: Alcohol, Tobacco and caffeine.
- **Avoid Vihar**
  - No straining
  - Avoid sudden movement
  - No head trauma
  - Avoid excessive screen time
  - Avoid suppressing natural urges
- **Yoga pranayama**
  - Bhramri pranayama
  - Om chanting
  - Yog nidra

## **Assessment criteria**

The result of the treatment of CSDH were assessed on the basis of signs and symptoms of patients with objective parameters.

- **Clinical assessment**

- 1. Headache

- No pain – 00
- Mild pain – 1
- Frequent moderate pain – 2
- Severe pain – 3

## 2. Confusion

- No confusion – 00
- Mild confusion – 1
- Moderate confusion – 2
- Severe confusion – 3

## 3. Memory loss

- No memory loss – 00
- Less memory loss – 1
- Moderate memory loss – 2
- Severe memory loss – 3

## 4. Lethargy

- No lethargy – 00
- Less lethargy – 1
- Moderate lethargy – 2
- Severe lethargy – 3

## 5. Weakness

- No weakness – 00
- Less weakness – 1
- Moderate weakness – 2
- Severe weakness – 3

## 6. Shuffling walk

- No shuffle walk – 00

- Mild shuffle walk – 1
- Moderate shuffle walk – 2
- Severe shuffle walk – 3

#### 7. Slurred speech

- No slurred speech – 00
- Slight slurred speech – 1
- Moderate slurred speech – 2
- Severe slurred speech – 3

#### 8. Double vision

- No double vision – 00
- Mild double vision – 1
- Moderate double vision – 2
- Severe double vision – 3

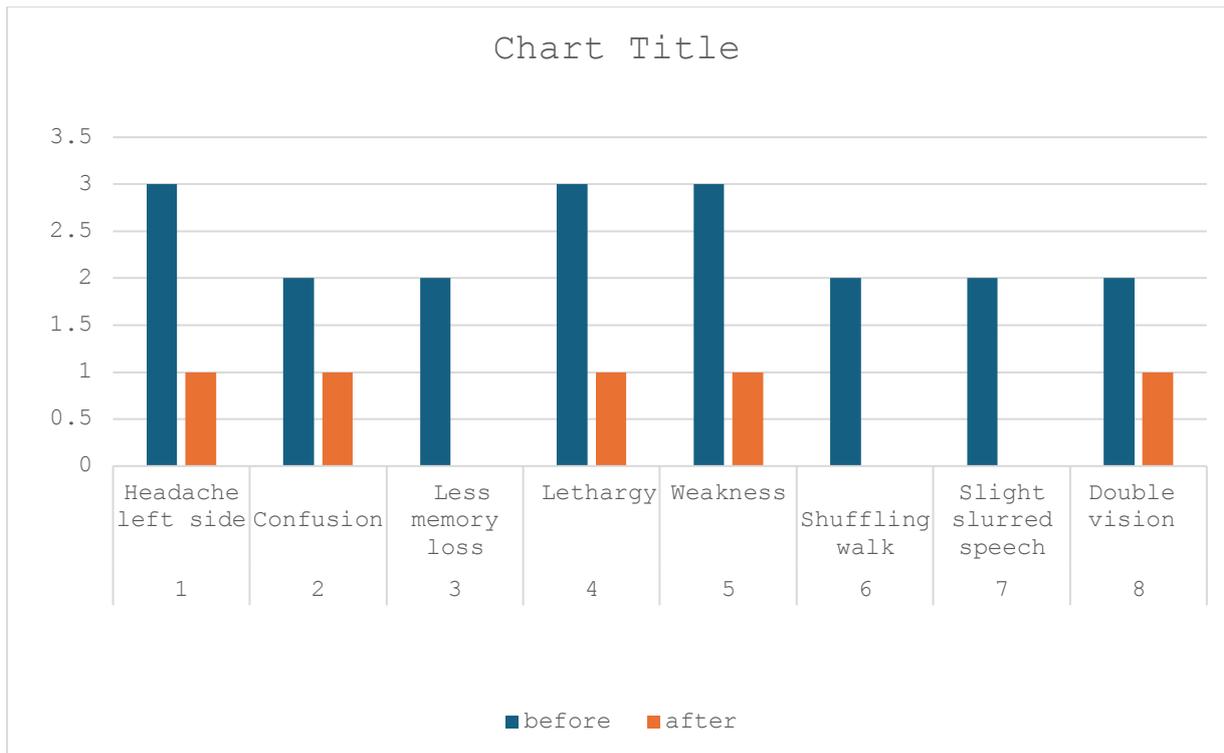
- **Objective assessment**

- NCCT Head
- Lab value

### **Outcomes and follow up**

After 3 months

- Subjective parameters

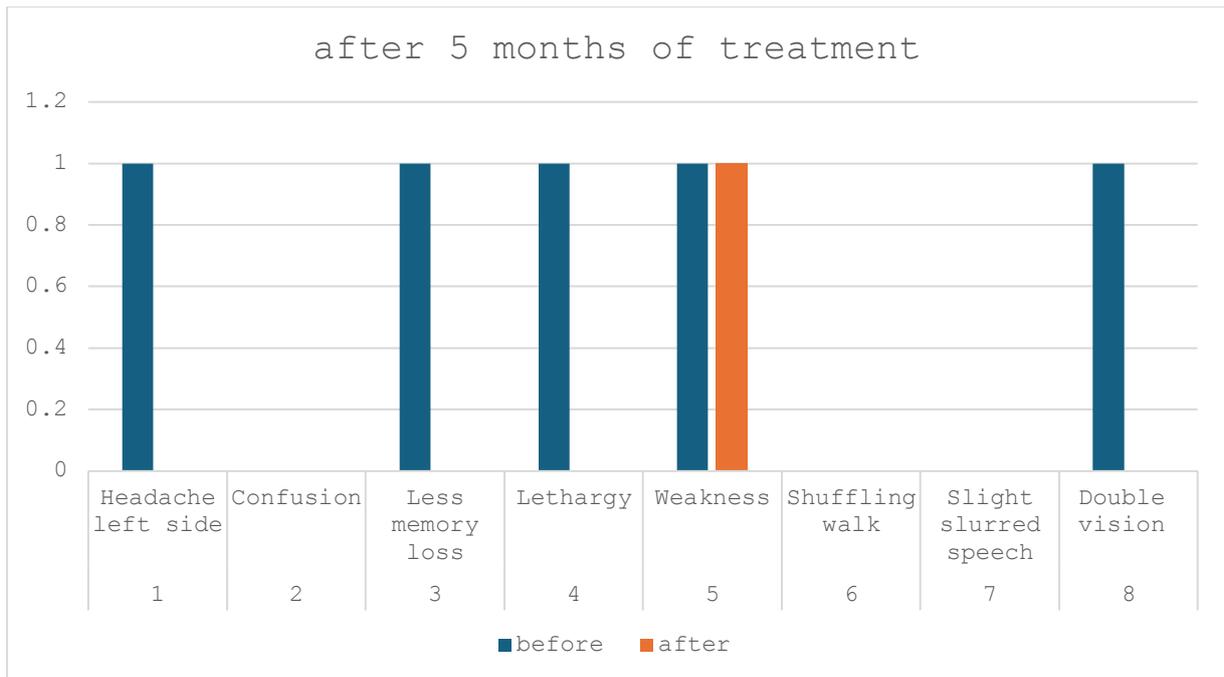


- Objective parameters

- NCCT HEAD on 18<sup>th</sup> Oct 2020 – **19.8mm**
- NCCT HEAD on 18<sup>th</sup> Jan 2021 – **06mm**

After 5 months

- Subjective parameters



- Objective parameters
  - NCCT HEAD on 18<sup>th</sup> mar 2021 – **normal**

## Discussion

Probably mode of action of oral medication

### 1. Maha tiktak kashayam

(Ref AH chi. 19 / 8-10)<sup>6</sup>

#### Mode of action:

It has ability to digest or resolve inflammatory changes caused by aggravated

pitta. By balancing pitta, it purifies the rakta and mansa tissues, making it effect on chronic inflammatory conditions.

It also helps to balance vata, particularly when vata is vitiated alongside pitta in conditions. It helps clear obstructions in the srotus and moves ama from adho marga.

## **2. Kaishor gugullu**

(sharangdhara vata Kalpana 70-81)<sup>7</sup>

It is specifically indicated for conditions where both vata and pitta are imbalanced.

Due to tikta rasa it act as pitta balance in rakta dhatu, anti-inflammatory effects, ama eliminations.

## **3. Yogendra rasa**

(Bhaishajya ratnawali, vatavyadhi chikitsa 26/198-202)<sup>8</sup>

Yogendra rasa is highly effective in managing neurological disease. Its mode of action include:

- It helps regulate the functions of five types of vata, which brings balance to bodily movements and nerve impulses.
- It strengthens the nerves and helps relieve muscle rigidity.
- It helps the active ingredients penetrate majja dhatu and nourishing them and clear ama.
- Its overall effect helps to calm the erratic nature of vata.
- It has pitta nirsarak action.
- Yogvahi action.
- It acts as a rasayana.

#### **4. Brihat vata Chintamani ras**

(bhaisajya ratnavali vata vyadhi 145-148)<sup>9</sup>

Brihata vata chinta mani rasa effectively manages vata disorder by counteracting the cold, dry, mobile and subtle qualities of vata.

- It acts as a nervine tonic.
- It helps to correct the srotas.
- Eliminating ama.
- It helps manage the agitation and heat often associated with aggravated pitta.

#### **5. Makardhwaj**

(bhaisajya ratnavali, vajikaran adhikar 237-246)<sup>10</sup>

- It primarily pacifies vata due to ushna virya.
- It stimulates dhatuagni and jatharagni, which helps in proper assimilation of nutrients and the breakdown of ama.
- It clears srotas of nervous system.
- It primarily nourishes the rasa, rakta, mansa, majja and shukra and ultimately boost ojas.
- It act as an anxiolytic, helping to reduce mental stress and anxiety.

## **6. Purna chandrodyā makardhwaj**

(Bharat bhaishajya Ratnakar 2/1908)<sup>11</sup>

This is an kupipakva rasayana and saptadhatuposhak, its mean it nourishes all seven dhatus. In enhances the function of organs and senses, which inherently helps in bringing the doshas into a balance state.

- It is use to treat various neurological disorders and general debility, which are often associated with vata imbalances. Its action as a nervine tonic helps to pacify

aggravated vata, like paralysis, neuralgia and general weakness.

## **7. Ksheer bala oil**

(ashtanga hridayam chikitsa 22/45-46)<sup>12</sup>

It has 3 main ingredients: Bala, cow's milk and sesame oil.

Ksheerbala oil pharmacodynamics:

Rasa – Madhura and tikta

Guna – guruand Snigdha

Virya – ushna (milk helps to balance heat)

Vipaka – Madhura

In ayurvedic pharmacology, ksheer bala oil has Madhur vipaka ensures an anabolizing effect on dhatu. It reduces inflammatory cytokine expression.

## **8. Nervokalp**

(www.pravek.com)<sup>13</sup>

Nervokalp is an Ayurvedic herbal mineral formulation by Pravek that aims to revitalize the nervous system. It is used to support nervous system health, improve mental

clarity, enhance physical strength, boost circulation and increase energy.

## **Mode of action of panchakarma**

I planned panchakarma treatment for 19 days. First 3 days only udvartana done. After that 3 days of abhyangam, 11 days shirodhara & nasya and 16 days ksheer basti done in kala basti pattern.

### **1. Udvartana**

The mode of action of Udvartana involves a combination of deep pressure massage and the therapeutic properties of herbal powders, which increases circulation, stimulates metabolism, and helps break down Ama. It works by mechanically stimulating the skin and muscles, increasing blood and lymphatic flow, and promoting the excretion of toxins and free radicals.

For excretion of external ama, udvartana is done.

### **2. Abhyangam**

When Abhyanga follows Udvartana, the sequence leverages the preparatory and

active properties of both treatments to maximize benefits.

Udvardhana, being a dry and stimulating treatment, can sometimes aggravate Vata (the principle of movement and dryness) in the body. The subsequent application of warm, heavy oil in Abhyanga directly counteracts this, pacifying Vata and providing stability and grounding. So abhyangam is done after udvardhana.

### **3. Mridu virechana**

Mridu virechan done by Trivrit avlehyam 20 gm with milk on empty stomach in morning for 15 days then 7 days gap and again 15 days.

Mridu Virechana works by using mild purgative

herbs with properties like Ushna, Tikshna, Sukshma, and Vikasi to mobilize vitiated Pitta

dosha from deeper tissues (Shakha) to the gastrointestinal tract (Koshtha) for expulsion,

influencing the gut-brain axis and correcting gut

flora, thereby cleansing the body gently without

severe irritation, making it ideal for sensitive

individuals.

#### 4. **Shirodhara**

Shirodhara with Ksheerabala oil works by rhythmically pouring warm, medicated oil onto the forehead (Ajna chakra), stimulating nerve endings to activate the **parasympathetic nervous system**, shifting the brain to a deeply relaxed state (theta /delta waves), reducing stress hormones (cortisol), increasing serotonin / dopamine to calming the mind, improving sleep, and balancing hormones, with the oil's properties (milk, herbs) nourishing and pacifying Vata.

#### **Neurological effect:**

- **Nervous System Shift:** The continuous flow stimulates nerve endings on the forehead, shifting the body from sympathetic to parasympathetic mode, inducing deep relaxation.
- **Brainwave synchronization:** It encourages brainwave activity to slow down to alpha, theta, and delta states, similar to meditation or deep sleep, promoting mental clarity and reducing mental fatigue.
- **Ksheera (Milk) & Bala (Sida cordifolia):** Ksheerabala oil, made with milk and Bala has *Madhura* (sweet) taste, *Snigdha* (oily) quality, and *Sheeta* (cooling) potency, which pacify

Vata dosha, calming the nervous system and providing nourishment. Ksheer bala oil to pacify all the 80 chronic conditions of vata roga.

- **Nourishment & Circulation:** The warm oil, rich in nutrients, improves circulation to the scalp and brain.
- **Reduced Activity:** It decreases central nervous system activity, leading to reduced blood pressure and tranquillity.
- **Cortisol Reduction:** Lowers the body's stress response

## 5.Nasya

The mode of action of Nasya with Ksheera bala oil combines Ayurvedic principles of balancing vata dosha in the head and neck region with modern physiological understanding of intranasal drug delivery to the central nervous system.

### Mode of Action

According to Ayurveda, the nose is considered the “gateway to the head” (*Nasa hi shiraso dwaram*). The therapeutic action of Ksheerabala oil via Nasya is primarily based on:

- **Balancing Vata Dosha:** Ksheerabala oil is renowned for its *Vata-shamaka* (Vata-alleviating) properties, which is crucial as

many neurological and head-related disorders (*Urdhvajatrugata Vikara*) are caused by vitiated Vata.

- **Reaching the Shringataka Marma:** The medicated oil reaches a vital point in the head called *Shringataka Marma*, a confluence of nerve fibers and blood vessels supplying the nose, eyes, ears, and tongue. Stimulation of this area helps regulate functions of the sensory organs and the brain's higher centers, and helps to reducing clots.
- **Brimhana and Rasayana Effects:** Ksheerabala oil possesses *Brimhana* (nourishing) and *Rasayana* (rejuvenating) properties. It provides strength to muscles and nerves, preventing degeneration and promoting tissue repair.
- **Suppressing Inflammation:** Due to its *Sheeta* (cooling) property, it helps reduce nerve and tissue inflammation.
- **Eliminating Toxins (Ama):** As a *Panchakarma* therapy, Nasya helps clear accumulated toxins (*Ama*) and vitiated *doshas* from the supra-clavicular region, restoring normal function to the channels (*srotas*).
- **Neuroprotection and Nerve Regeneration:** Ingredients in Ksheerabala oil, such as *Sida cordifolia* (Bala) and sesame oil, have documented anti-inflammatory and antioxidant properties. These properties help protect neurons from oxidative stress, reduce

nerve inflammation, and potentially aid in nerve regeneration.

## 6. Basti

Basti is a highly important procedure in Ayurveda that involves the **administration of medicated oils, ghee, or herbal decoctions into the rectum**. It is a core component of the five primary therapies of **Panchakarma** often referred to as the "mother" or "king" of all treatments due to its wide-ranging effects.

In this case I decide kala yoga pattern which is 16 Basti to the patient.

Anuvasana basti – Bala muladi taila

Nuruha basti – ksheer basti

**Balamuladi Taila** is an Ayurvedic oil formulation whose properties are derived from its key ingredients Bala and the sesame oil base (*Tila Taila*). Its *rasa*, *guna*, *virya*, and *vipak* can be summarized as follows:

**Rasa** - Madhura, Kashaya, Tikta, Katu

**Guna** - Guru, Snigdha, Tikshna, Sukshma

**Virya** - Ushna

**Vipak** - Madhura, Katu

According to ras guna virya vipak Balamooladi Taila acts in Basti therapy by combining the general mechanisms of Basti with the specific properties of its ingredients, primarily focusing on

pacifying Vata Dosha, providing strength and offering rejuvenating (Rasayana) and anti-inflammatory effects.

**Ksheera basti** is a type of basti in Ayurvedic medicine that uses milk as a main ingredient, along with other medicated substances like herbs and ghee. It is primarily used for conditions related to the Vata and Pitta doshas.

Ingredients:

- **Panchatiktak herbs** These are the five bitter herbs that give the therapy its name.
  - Guduchi (*Tinospora cordifolia*)
  - Nimba (*Azadirachta indica*)
  - Vasa (*Adhatoda vasica*)
  - Kantakari (*Solanum surattense*)
  - Patola (*Trichosanthes dioica*)
- **Ksheera (Milk):** Processed with the herbs to form a medicated milk decoction.
- **Madhu (Honey):** Added for its therapeutic properties.
- **Saindhava (Rock Salt):** Included in the mixture.

- **Panchatiktak ghritam**, which is prepared using the same five herbs.
- **Kalka** A paste made from the herbs, sometimes including ingredients like Shatavari, Kantakari, yastimadhu, triphala.
- **Oil** bala guluchyadi taila

## Conclusion

on the basis of classical text, conceptual analysis and observations made in this clinical study. It was observed that reduction in subjective parameters was highly significant. In this case panchakarma and orally medication helps to treat CSDH.

Note: I have 18 cases of CSDH patients, and all of them are both clinically and physically fine.

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12. Ashtanga hridayam chikitsa 22/45-46
13. [www.pravek.com](http://www.pravek.com)

**Note:** I have treated 21 patients of CSDH so far (dec 2025), and all of them are fine.

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