

A Review of the Classification, Etiology, and Clinical Features of *Shirshool* (Headache)

Vijayalaxmi Vitthaldas Lahoti,

Professor, SDMVM's, Sou. Shantadevi Vedprakash Patil Ayurved College,

Hatta, Dist. Parbhani, Maharashtra

Author Correspondence: Email ID: vijavalaxmi294@gmail.com

Abstract

Headache is recognized as probably the most common type of pain experienced by humans, and the majority of people suffer from this symptom, which is often associated with various diseases. Headache is also defined as pain in the head located above the eyes or ears, behind the head, or in the back of the upper neck. This review synthesizes information regarding the definition, classification, and key characteristics of primary headaches, drawing primarily on the criteria established by the "INTERNATIONAL HEADACHE SOCIETY". Specifically, it details the defining features of Tension Type Headache (TTH) and Migraine

(Vascular) Headache, including their location, quality, frequency, duration, and underlying causes.

Keywords

Headache, *CEPHALAGIA*, Primary Headache, Tension Type Headache, Migraine, Classification.

Introduction

Headache is probably the most common type of pain experienced by humans. The majority of people suffer from headaches, and it is a common symptom of most diseases. There are various types of headaches, the classification of which was given by the "INTERNATIONAL HEADACHE SOCIETY".

Aim, and Objects

The aim of this review is to enhance understanding of headache

classifications and to provide a detailed review of the characteristics, etiology, and clinical manifestations of the major types of primary headaches based on diagnostic criteria.

Methodology

This review research article was drafted based on the comprehensive synthesis and structural reorganization of the provided source material, focusing on definitions, classification, characteristics, and etiology of headaches. The classification criteria used throughout the source material are attributed to the IHS (International Headache Society). Content describing symptoms and causes of Tension Type Headache and Migraine was extracted and analyzed to formulate the discussion section. All *Latin* and medical terms, such as *CEPHALAGIA*, were italicized, and grammatical corrections were made while ensuring all original facts and citation indicators were retained.

Discussion

Definition

Headache is also known as *CEPHALAGIA*. It is a symptom of pain anywhere in a region of the head or neck. Alternatively, headache is defined as pain in the head that is located above the eye or ears, behind the head, or in the back of the upper neck.

Classification

Headache is classified using the IHS diagnostic criteria based on the characteristics of the headache. Headache is mainly classified into

PRIMARY HEADACHE and SECONDARY HEADACHE.

Primary Headaches

Primary headaches include:

- Tension type headache
- Migraine type headache
- Cluster type headache

Tension Type Headache

Tension Type Headache (*TTH*) is the most common type of headache. *TTH* is characterized by its **Bilateral location, pressing, and tightening quality**. It is usually mild to moderate in intensity and is also subcategorized.

Details of Tension Type Headache:

- **Site of pain:** TEMPORAL AREA, FORE HEAD, and BACK OF HEAD.
- **Quality:** Constant SQUEEZING, TIGHTNESS.
- **Frequency:** CYCLE FOR SEVERAL YEAR.
- **Duration:** INTERMITTENT FOR MONTH OR YEAR.

(Image of Tension Headache showing Areas of pain and Muscles)

Etiology

It is thought that *TTH* is a result of **sustained and painful contraction of muscles of the scalp and neck**. Other etiological factors include the **neurovascular factor**, where vasoconstriction and dilation of blood vessels cause changes in blood flow, as well as **physical and emotional stress**.

Clinical Feature

The clinical features of *TTH* include:

- No prodrome (early manifestation)
- Phonophobia
- Photophobia
- Stiffness of the neck and tenderness

Migraine or Vascular Headache

Migraine is described as a **recurrent throbbing headache** that characteristically affects **one side of the head**. It mainly occurs due to spasm and subsequent over-dilatation of certain arteries in the brain.

Details of Migraine Headache:

- **Site:** unilateral in 60% or one side of the head.
- **Quality:** Throbbing (*pulsating pain*).
- **Frequency:** periodic cycle.
- **Duration:** continuous for hours or days.

Conclusion

Headache is an exceptionally common affliction classified by the International

Headache Society into primary and secondary types. Understanding the characteristics of primary headaches, such as the common, bilateral, and tightening pain of Tension Type Headache, and the recurrent, throbbing, and unilateral pain of Migraine, is crucial for accurate diagnosis and management. The etiology of *TTH* is often linked to sustained muscle contraction and stress, while Migraine involves neurovascular mechanisms related to arterial spasm and dilation.

Reference:

1. Bramhanand Tripathi, Charak Samhita, 5th Edition, Varanasi,: Choukhamba Surbharati Prakashan; 2005
2. Ambikadatta Shastri, Sushruta Samhita With Nibandha Sangraha and Nyaya Candrika, Chaukhambha Orientalia, 1997
3. Dr Ganesh Gadre, Ashtang Hruday, New Edition, Raghuvanshi Publication, 2009.
4. Madhav Nidan, Tripathi B. Madhukosha tika by Vijayrakshit and Shrikanthadutta, Vol-1, Varanasi, Chaukhambha Sanskrit Sansthan, 2012

Conflict of Interest: Non

Source of funding: Nil

Cite this article:

A Review of the Classification, Etiology, and Clinical Features of Shirshool (Headache)
Vijayalaxmi Vithaldas Lahoti

Ayurline: International Journal of Research In Indian Medicine 2025; 9(5):01- 03