



‘ROLE OF JATAMANSI SIDDHA PHANT SHIRODHARA IN MANAGEMENT OF RAJONIVRITTI WITH SPECIAL REFERENCE TO MENOPAUSAL STRESS ‘

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ABSTRACT-Menopause is physiological condition ageing of Women. They are backbone of family. If a lady gets disturbed then whole family become under pressure. The stress is unavoidable part of a daily Life. Any Change of body & Life style increases stress. So to overcome such conditions we have shaman and shodhanchikitsa to maintain Harmony of life. According to Ayurveda, Life Science Practice of Shirodhara is one of the major. Prevalence of menopausal syndrome shows 30% of prevalence rate.stress, Anxiety, Hot flushes, Palpitations, loss of libido, Hypertension, Disturbed sleep these are the symptoms of Rajonivritti or Menopause. It can be clearly seen that the entire disturbance during Rajonivriti are directly proportional to vitiation of Vata Dosha along with dhatu Kashay. Due to this pre dominant vata dosha,Psychological disturbances like anxiety, irritability depression, mood swings takes place. Shirodhara is a unique, blissful therapy that balances and stabilizes the mind. Shirodhara purifies the mind, alleviates anxiety, reduces headaches, and expands awareness Jatamansi sidhha phant shirodhara

plays effective management for stress relieving pamchakarama therapy without side effects which are soothing and cost effective.

*KEYWORDS-RAJONIVRITTI,POSTMENOPAUSALSTRESS,PANCHAKARMA,
JATAMNSI PHANT SHIRODHARA.*

INTRODUCTION-

In present era women are also building a nation by means of house hold work, jobs and business practice as well they are major part of economy. In India 130 millions of population 45% are females. Menopause is physiological condition ageing of Women. They are backbone of family. If a lady gets disturbed then whole family become under pressure. The stress is unavoidable part of a daily Life. Any Change of body & Life style increases stress. So to overcome such conditions we have shaman and shodhanchikitsa to maintain Harmony of life. According to Ayurveda, Life Science Practice of Shirodhara is one of the major. Prevalence of menopausal syndrome shows 30% of prevalence rate. During reproductive years women are protected by female hormones i.e. estrogen and progesterone. In menopause women enter in an estrogen deficient phase which leads to aging process resulting to psychosomatic problems such as hot flushes stress, night sweating, cardiovascular symptoms, loss of libido, osteoporosis, vaginal dryness, mood swings and lots of others which affect the quality of life during climacteric period. The age of menopause ranges between 45-55 yrs.

MATERIALS AND METHODS- Manasika Lakshanas

Manasika lakshanas are very troublesome to the patients as well as for physician. Sometimes they may disturbed the whole family So, it is very necessary to treat these symptoms with proper medical help as well as counseling and family support too. Following are the manasika lakshanas commonly seen in the patient of Rajonivritti

1. Krodha
2. Smritihrasa
3. Utsahahani
4. Dhairyahani Shoka
5. Shirahshula
6. Vishad

7. Chinta
8. Bhaya
9. Medhahrasa
10. Alpa Harsh
11. Parakramhani
12. Dwesha
13. Priti

Manasika Bhavas : Stress

To understand the influence of Manasa Bhava in Insomnia, a stress induced disease, it is necessary to understand the Manasa Bhavas. It is always interesting to probe into the mystery of Manasa (mind). The workers in the field of applied science like psychology and psychiatry are trying to trace out the mystic nature of it. Charaka says that Manasa is one of the nine Dravya (Ch. Su. 1/48). Ubhayatmaka and Atindriya Manasa is Achetana but Kriyavana (Ch. Sha. 1/75).

After Sannikarsha of Atma, Indriya and Artha, the main factor whose presence or absence determines the Jnanotpatti that is

Manasa (Ch. Sha. 1/18-19). It has two Gunas – Anuttava and Ekattva;

two Doshas – Rajas and Tamas (Ch. Su. 1/57); three types – (Ch. Sha. 4/36).

Shuddha (Sattvika), Rajasika and Tamasika

Stress -Stress can come from any situation or thought that makes you feel frustrated, angry, or anxious. What is stressful to one person is not necessarily stressful to another. Anxiety is a feeling of apprehension or fear. The source of this uneasiness is not always known or recognized, which can add to the distress you feel.

Alternative names for stress -Anxiety; Feeling uptight; Stress; Tension; Jitters; Apprehension

Symptoms of stress-

1. Stress usually first affects the inner emotions. Initial symptoms may include the following feelings:
 - o Anxiousness
2. Nervousness

3. Distraction
4. Excessive worry
5. Internal pressure Stress is often accompanied by physical symptoms, including:
6. Twitching or trembling
7. Muscle tension, headaches
8. Sweating
9. Dry mouth, difficulty swallowing
10. Abdominal pain (may be the only symptom of stress, especially in a child)
11. Sometimes other symptoms accompany anxiety-
12. Dizziness
13. Rapid or irregular heart rate
14. Rapid breathing
15. Diarrhea or frequent need to urinate
16. Fatigue
17. Irritability, including loss of your temper
18. Sleeping difficulties and nightmares
19. Decreased concentration
20. Sexual problems

Medical Treatment:

The treatment of your stress will vary greatly depending on the types of symptoms you are experiencing and how severe they are.

1. Treatment can range from simple reassurance to inpatient care and evaluation in a hospital setting. Some basic treatment recommendations are as follows:
 - a. Careful workup and evaluation by a doctor
 - b. Regular exercise program
 - c. Reassurance
 - d. Biofeedback as indicated
 - e. Counseling by qualified mental health professionals, as needed
 - f. Medical intervention for any physical problems discovered

Life style-

Panchakarma form:

- Abhyanga • Utsadana • Chakshu Tarpana
- Shiro Lepa • Vadana Lepa • Murdha Taila
- Karna Purana • Shiro Basti • Shirodhara

Ayurvedic treatment of Kerala has advised the Tailadhara, Takradhara, and Kshiradhara.

DRUG DETAILS OF JATAMANSI

Latin : Nardostachys Jatamansi Family : Valerianaceae

English : Spikenard Hindi : Balchhad Gujarati : Jatamansi

SYNONYAM- Mansi Bhuta jata, Tapaswini, Sulomasha, Nalada, Jatila, Surabhi

GANNA-: Sangyasthapan PART USED-Moola (Rhizome)

PHARMACOLOGICAL PROPERTIES-

RAS-Tikta Kashaya Madhura

GUNA-Laghu Snigdha Tikshna

VEERYA-Sheeta

VIPAK-Katu

PRABHAV-Bhutaghna (Manasdosha hara)

DOSHAGHANTA-Tridosh Shamak

KARMA-

1]GANARAL-

Medhya, Balya, Manasdosahara, Uttejaka, Sangyasthapan, Vedanasthapan, Nidrajanak, Daha Prashamana, Vajikarana, Kantiprada, Varnya Deepan Pachana Anulomana, Hridya, Mutrajanana Artavajanance, Keshya

MODERN CONCEPT-Tonic, sedative to spinal cord, stimulant, nervine tonic, tranquilizer, antiseptic, appetizer, aromatic, carminative, emmenagogue, expectorant, vermifuge, Muscle relaxant

PHARMACOLOGICAL STUDIES :

1) The essential oil obtained from rhizomes of N.J. exerted prolonged and pronounced hypotensive effect in dogs (Arora et al, 1958). However, the oil free aqueous of N.J. showed a transient hypotensive effect and ECG changes in dog's heart (Sheath and Kekre 1956).

3) Jatamansone, the sesquiterpene from N. J. was shown to exert tranquilizing activity in mice and monkeys, hypothermic activity in mice and anti-emetic in dogs (Arora et al, 1962).

KASHAYA PHANT DHARA AND ITS BENEFITS -

When medicated kwatha is poured on the forehead, it is called kashaya Dhara. It improves speech, stabilizes mind, increases the physical strength, relieves stress, remove anorexia, increases sweetness of voice, softness of skin. It is helpful in Timira and Netra Roga, Shukra etc. Dhatus are nourished, increases virility excessive body temperature is reduced and patient can get good sleep.. The sense organs are toned up and the skin of the face becomes beautiful and the person gets good sleep and feels happy (Ch. Su. 5/82-84).

Relaxing and coolant effect on brain: Shirodhara has a relaxing effect on the brain and whole nerve system and hence releases the stress and anxiety stagnant in the chief controlling station. As we know that brain controls all the functions of the body.

The master gland pituitary gland and the hypothalamus associated with many physical and mental functions are located in the head. When all these are relaxed, the body functions including the heart functions take place in relaxing manner. The circulation of blood and nutrients take place in a proper way.

The peripheral resistance is reduced. The channels of the body open up. The cells start flushing the toxins and overall metabolism gets improved. Shirodhara also release stress to a great extent. When we get distressed, the psychosomatic balance is established. The

brain will start controlling body mechanics in a better and efficient way. We will feel at bliss and best of body-mind health.

Dhara' is the procedure in which medicated oil, milk or buttermilk is poured in a continuous stream on the head especially on the forehead. In Ayurvedic texts Shirodhara can be correlated with Shiroparisheka. Shirodhara is the process of pouring the liquid over the head. It can be of three types Taila, Kshira and Takra. If medicated or plain 'Takra' is poured on the forehead & scalp, it is called Takradhara. There are many varieties of Moordhnidhara, among them Takradhara, Ksheeradhara, Stanyadhara and Snehadhara. Takra has Pancha-Rasa except Lavana Rasa, Amla Vipaka, Ushna Virya, and Vata Kaphaghna property.

Method of pouring of Dhara –

The procedure of Dhara may be divided into 3 stages for the descriptive purpose.

- I. Purva Karma
- II. Pradhana Karma
- III. Pashchat Karma

DISCUSSION –

Jatamansi phant Shirodhara therapy is extensively used for alleviation of psychic and psycho-somatic ailments. The drugs under Dashamula kwatha having Ushna Virya, Tridosahara and Vedanasthapaka properties, balance the vitiated Vata - Pitta doshas in this disease. The therapeutic effect may be due to diffusion of Kwatha drugs through the fine pores present over forehead in similar way as seen by the procedure like Abhyanga, Snana, Udvartana, Parisheka etc. (Su. Sha. 9/9). Moreover, possibility is there to produce a certain amount of absorption by application of substances on the skin. (Lovatt Evans Phy. 11th edition).

CONCLUSION-

Shirodhara re-establish functional integrity between Prana, Udana & Vyana Vayu, Sadhaka Pitta & Tarpaka Kapha. Shirodhara procedure stimulate the Agyachakra - seat of vital part (Marma) and thus help in regulating the neuro-endocrine system to maintain

the hormones, neurotransmitters etc. related to Hypothalamus, Pituitary, Pineal gland etc, to have proper relaxation & tranquility. Moreover, supine position in Shirodhara also helps in providing further relaxation. Whether Shirodhara directly influence the release of Melatonin – a hormone responsible to induce sleep, and reduces postmenopausal stress could be a subject of further study. Shirodhara from jatamansi phant (having Tridoshashamaka, Vedanasthapaka properties) may act by increasing the concentration to keep away all kind of stressors to achieve the state of tranquility leading to relaxation for normalization and stabilization of the Manasika Doshas to make the patient healthy and happy for getting sufficient sleep and relive stress . Therefore it can stated that administration of jatamansi phant Shirodhara plays important role to reduce post menopausal stress.

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