



# AN OBSERVATIONAL STUDY ON CONCEPT OF SHIRODHARA AND ITS CLINICAL MANAGEMENT

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## ABSTRACT

Shirodhara is a treatment that involves continuously pouring a stream of therapeutic oil, milk, buttermilk, etc. over the patient's forehead for a certain amount of time from a set height. The four forms of Murdha Tail—Abhyanga, Parishek, Pichu, and Shirobasti—described by Acharya Vagbhatta are gradually more advantageous than the others. One of them is Shirodhara or Shiroparishechan. Shirodhara was mentioned in our ancient textbooks as a treatment for a number of illnesses, including Ardhavabhedaka, Suryavarta, Ardita, Pakshaghata, Hanugraha, Akshishula, Nidranasha, and Shirahkampa. Shirodhara is a Panchakarma therapy that is very popular in the modern era. In this review article, the type, procedure, indication, contraindication, mode of action, complications and management, and evidence of efficacy, among other aspects of Shirodhara, are defined using an evidence-based approach. Shirodhara has been proven to be helpful when used in conjunction with other therapy methods for a number of illnesses, including insomnia, psoriasis, ADHD in children, Shirah Shoola, essential hypertension, cerebral ischemic stroke, and premature ejaculation. In several research, shirodhara was proven to be helpful on both subjective and objective scientific or contemporary biochemical indicators criteria.

**KEYWORDS** Shirodhara, Parisheka, Prasechana, Murdhataila, Insomnia etc.

## INTRODUCTION

The Shirodhara is the practice of pouring a liquid across the scalp or forehead. It is a well-known Ayurvedic therapy and a traditional Panchkarma technique that may be performed using a variety of herbs including Taila, Takra, Kshira, Kwatha, etc. Taila Dhara is the name given to medicinal ghee or tail. This Taila Dhara is one of the Murdha Taila kinds, along with Abhyanga, Seka, Pichu, and Basti. The words "Uttarottar Gunaprada" are given. Shirodhara, then, is a form of Murdhataila in which the forehead is first covered with the appropriate medicinal oil, which is then permitted to flow over the scalp from a specified height.<sup>1</sup>

Shirodhara is a cleansing and reviving therapy used to get rid of pollutants, drain mental energy, reduce tension, and counteract any negative consequences. Patients who have had a stroke benefit from it as well. This treatment aids in improving the central nervous system's overall functioning. Shirodhara (Shiro-Head; Dhara-Flow) is a special type of traditional therapy that involves continually and rhythmically pouring oil over the forehead from a specified height for a set amount of time to allow the oil to flow into the scalp and into the hair. The use of oil and other liquids (such milk or buttermilk) linked with particular clinical disorders is the major focus of the shirodhara idea.<sup>2</sup>

## METHDOLOGY

The material of Shirodhara has been collected from different articles, manuscripts, authentic websites like PubMed, Scopus, Medlar, Jaim etc.

## SIGN & SYMPTOM

- Shiroroga
- Anidra
- Chittaudvega
- Manoavasad
- Unmad
- Twakroga
- Vepathu
- Manasroga
- Apasmar



## PROCEDURE

1. PURVAKARMA
2. PRADHANA KARMA
3. PASHAT KARMA

## PURVAKARMA

Purva Karma has to do with how the patient is ready. It must first be determined if the patient is suitable for Shirodhara or not. The following gear ought to be necessary.<sup>3</sup>

**Droni-** Dhara table, The Dhara Patra (Shirodhara pot) Dharavarti is an untied cotton thread wick. 1.5 liters of suitable oil.<sup>4</sup>

Additional necessities include a piece of fabric, cotton, a pot, and Rasanadichurna. If the patient agrees, the hair from their scalp should be removed. Urine and stool should be passed by the patient. The patient's blood pressure, temperature, and pulse should then be noted.<sup>5</sup>

## POSITION OF PATIENT

The patient should be lying on his back with the Dhara Patra raised four inches above his head for proper Shirodhara posture. Cotton should be placed over the ears and eyes to prevent fluids from getting inside. His head is propped up slightly, preferably on a piece of wood. The patient's head should be covered with a small amount of oil (10ml), and abhyanga (oil massage) should be performed on the face, neck, shoulder, and chest.<sup>6</sup>

## DHARA TABLE

A specific table called as the Droni is utilized for Shirodhara (vessel). To prevent the oil from leaking out, the table is composed of wood with raised edges on all four sides. At the head end of this table, provisions have been built to allow the oil to be poured to be collected and re-used.<sup>7</sup>

## DIAMETER OF TABLE

Here, the building of Droni is described by translating the old measures into modern ones. The Droni may be 7 feet long, 2 1/2 feet wide, and 2 1/2 feet tall. A horizontal midline band of 2 1/2 feet of wood, forming a 3-inch high border, divides the table into two pieces on all sides toward the edge of the head. Shirodhara is performed on this tiny area of the table that is closest to the head. A 6 inch diameter circular metallic plate with a central hole may be fixed in the middle, 3 inches from the horizontal line. This arrangement can be made to gather the oil in a container so it can be used again.<sup>8</sup>

## DHARAPATRA

Shirodhara liquids are placed in a receptacle called a Dhara Patra. It is made of materials like clay, steel, and brass. The vessel's mouth should be large, and its sides should gradually taper to a central point at the bottom. A hole around the size of a tiny finger may now be formed. The vessel's depth might range from 5 to 6 inches. The vessel may have a 2 liter capacity. A small wooden bowl with a hole in the centre should be placed inside the vessel opposite the two holes on the medial line. To keep the liquid flowing continuously through this little vessel, a wick should be inserted through both holes and dangling from the larger vessel. The wick should extend 4 inches beyond the vessel. To keep it from slipping from the vessel, tie a knot at the top of the wick. The patient's forehead should be where the Dharapatra is hung. The patient's forehead should be three inches above the bottom end of the cotton wick. The re-collected liquid is maintained the vessel full. To hang the vessel in a horizontal position and prevent spills, three holes should be drilled into the upper edge of the container.<sup>9</sup>

## AUSHADHA

Aushadha should be chosen according on the condition being treated. The amount needed is greater than 1 to 2kg.

- According to the Dosha condition, Sneha mentioned.
- Tila for Vata Dosha Vataghna liquid, taila
- Cold water, Ghrita, for Pitta Dosha
- The Kapha dosha Water that is just right—not too hot, nor too cold.
- Grita with ice-cold water for Rakta Dosha.

- Ghrita and taila have an equal amount of Vata, Pitta, and Rakta Dosha.
- 12 part Ghrita + 1 part Tila Taila for Vata + Kapha + Rakta Dosha

## PRADHANA KARMA

The chosen liquid should be kept in the container and should be regularly and slowly poured onto the patient's forehead. To keep the flow moving throughout the whole forehead, a little oscillation should be used. When the liquid in the vessel is emptied, this liquid is collected in the vessel that is kept below the table, and the lower vessel is then used in its place. Pouring oil into the Dharapatra after it has been heated to 40°C is required.<sup>10</sup>

## DHARANA KALA

In Snigdha Kaphayukta Vata, the period is one Prahara, or it should be till sweating starts. Period is 212 Prahara or 2 Prahara. But these days, depending on the patients' conditions, it is usually done for 45 to 60 minutes. The patient must continue to lie on his back. The course of treatment can last daily for 7 to 14 days, depending on the disease and the patient's physical condition. Treatment typically takes place in the morning, ideally between 7 and 10 a.m.<sup>11</sup>

When making parisechana, the milk needs to be changed daily. Dhanyamla can be used for up to 3 days at a time. In three days, the oil should also be changed. Half of the oil is used in the first three days, the other half in the next three days, and on the seventh day, all of the first and second halves are combined. At this point, the oil should be discarded. Shirodhara can be applied daily or every other day to someone with strong stamina (Uttam Bala Purush), every two days to someone with medium strength (Madhya Bala Purush), and every four days to someone with extremely weak stamina (Heena Bala Purush)<sup>12</sup>

## PASHAT KARMA

A piece of cloth should be used to wipe away the oil from the head after Shirodhara. Apply Rasnadichoorna on the top of the head. He needs to remove his cough and wipe his eyes with cool water. He need to take the gentle wind. He needs to take some time to relax. The body should next be rubbed with any leftover Dhara oil. Then he ought to take a hot bath. Then, according to Siddha with Vatanashaka Aushadhi, he should take perfume, eat light, and drink water. He ought to consume the hot supper. For up to 7 days, he should take Pathya. Warm water that has been boiled with Dhanyajiraka, ginger, and cumin seeds can be utilized for drinking. There should only be hot water utilized.<sup>13</sup>

## AFTER TREATMENT DIETARY REGIMEN

Physical activity, emotional stimulation like anger or sadness, as well as exposure to the elements like the cold, sun, dew, wind, smoke, or dust should all be avoided by the patient. Avoid any behaviors that might put a burden on your body or mind, such as driving fast, walking, talking for too long or loudly, and speaking in public. It's important to avoid sleeping throughout the day and standing for extended periods of time. A pillow that is neither too high nor too low should be used when sleeping at night. It is suggested to consume Takra or Yusha that has been made with black pepper, ghee, and other ingredients, as well as Hitakarak laghu ahara, or food that is simple to digest.<sup>14</sup>

## COMPLICATION & MANAGEMENT

**The following actions might be used to treat Dhara Dosha.**

- Gandusha
- Nasya
- Kashaya Pana and Sunthi
- A light dinner of Yusha with black pepper.
- On the third day, Basti containing Saindhava should be administered.

## SHIRODHARA BENEFITS

Chronic daily headache, insomnia, senile dementia, motor neuron disease, residual schizophrenia, anxiety disorder, depressive illness, Parkinson's disease, psycho somatic disorders (like IBS, peptic ulcer syndrome, ulcerative colitis), fibromyalgia syndrome, skin disorders, and generalized cerebral atrophy can all be treated very effectively with shirodhara.<sup>15</sup>

## DISCUSSION

Serum indicators of stress significantly decreased after taking shirodhara. Additionally, it significantly aided in the grading of the POMS Score. Brahmi oil-infused shirodhara is particularly useful for treating moderate to severe insomnia. There is proof that Shirodhara can significantly lower heart rate, mean diastolic blood pressure, and respiratory rate as well as raise alpha rhythm and lower beta activity (confirmed by EEG). Shirodhara is effective in treating conditions like pediatric ADHD, cerebellar ataxia, essential hypertension, menopausal symptoms, premature ejaculation, generalized anxiety disorder, and insomnia. This treatment has a demonstrable anxiolytic effect as evidenced by the decline in plasma noradrenaline and urinary serotonin excretion.<sup>15</sup>

Takradhara, in particular, has demonstrated a substantial effect in easing diseases brought on by stress. Shirodhara has been proven to be quite beneficial in reducing ADHD symptoms. Vatika Shirah Shoola w.s.r. to tension headaches can be effectively treated with shirodhara. In a clinical investigation, Shirodhara was found to be helpful in treating children with attention-deficit/hyperactivity disorder (AD/HD). It is proof that, even when compared to Sarpagandha Vati, Shirodhara is quite successful in treating essential hypertension.<sup>16</sup>

According to a research, Shirodhara is quite successful in treating insomnia and helping patients feel better without causing any negative or harmful side effects. Shirodhara was shown to be quite helpful in Pakshaghat, particularly with regard to cerebral ischemic stroke, and this technique provided notable outcomes in Pakshaghat in terms of MPG gradation score and power of upper limb and lower limb. Shirodhara was proven to be particularly beneficial in the treatment of stress-induced sleeplessness in a clinical trial (Anidra). Ksheerdhara discovered in a research that it was beneficial in lowering systolic and diastolic blood pressure as well as relieving the symptoms of essential tremors.<sup>17</sup>

## CONCLUSION

Shirodhara, a kind of Murdha Tail, is frequently employed in Panchkarma treatment. Shirodhara has the same meaning as Dhara, Parisek, and Paricsechan. It is recommended for chronic headache, insomnia, senile dementia, motor neuron disease, residual schizophrenia, anxiety disorder, depressive illness, Parkinson's disease, and psycho somatic disorders like fibromyalgia syndrome, peptic ulcer syndrome, ulcerative colitis, and generalized cerebral atrophy. In this post, we've included fourteen research that were done scientifically across India by different field specialists. When used in conjunction with other treatment modalities, it has been found to be very effective for a variety of conditions, including insomnia, psoriasis, ADHD in children, Shirah Shoola, essential hypertension, cerebral ischemic stroke, and premature ejaculation.

## CONFLICT OF INTEREST –NIL

## SOURCE OF SUPPORT -NONE

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