A Therapeutic Efficacy of Shirodhara in Ayurveda: A Review Study

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ABSTRACT:

Introduction-Shirodhara is the application of medicinal Kwatha (Decoction) or oil to the forehead. According to Ayurveda, Shirodhara is an example of BahyaSnehana, or external oleation therapy. The primary indications for Shirodhara are neurological and psychosomatic illnesses. Stress is a big part of today's modern lifestyle, which makes it difficult for people to go about their daily lives. The most prevalent and difficult conditions in the modern period include conditions like insomnia, headaches, facial paralysis, scalp psoriasis, hair loss, etc. However, there hasn't been any efficient management of these complaints up to this point. Determining safe and efficient treatment techniques for these disorders is therefore urgently needed. Thus, an effort is made to rule out Shirodhara's effectiveness in treating various psychological disorders. Methods-review is collected from classics, commentaries etc., Results-This procedure's apparent mode of action are unclear. Ayurveda focused more on the results of the method than its action. Discussion-Treat the scalp with medicated oil in such a way that the oil remains in contact with the scalp for a certain period of time called Murdhatail. In order to better understand Shirodhara, a review of the Samhita, Chikitsa Grantha, Nighantus, and Ayurvedic texts was done. During the study, Shirodhara's indications, contraindications, and therapeutic efficacy were noted. Keywords: Shirodhara, Murdha Taila, PanchaKarma

INTRODUCTION

The words Shiro, which suggests head, and Dhara, which suggests flow, are derived from Sanskrit. Shirodhara is an Ayurvedic treatment during which heated liquids are gently poured over the forehead in a specific manner and height.1 Shirodhara comes in many various variations, including Tailadharra, Takradharra, Ksheerdhara, Jaladharra, and Kvathadhara. Traditionally, this process is included under Snehana Karma instead of being explained under Pancha Karma. The Ayurveda describes Murdhatalam as having four types: Shiroabhyanga, Shirosheka, Shiropichu, and Shirobasti. These are better within the order they are listed.2 It’s one of the Bahya Snehana (external oleation therapy) procedures that involves applying Snehan to the head or gently pouring liquids over the forehead and has been used to treat

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neurological diseases, psychosomatic disorders, and other conditions. These diseases damage people's quality of life, create anxiety, depression, and reduced capacity to function, additionally to being a disease condition. The physical body is compared to an inverted tree in Ayurveda, with the top serving as the trunk and the other organs as the branches. Therefore the head controls every system; hence application of drugs in the form of Shirodhara, on the top can cure much disease of different parts of the body. Classically Shirodhara is suggested for many diseases like Headache, Daha (burning sensation), Paka (Abscess), Vrana (Wound), Arunsika (Boils) etc. It also indicated in Ardhavbhedak (Migraine), Suryavarta (Type of headache). Application of oil doesn't follow any form of massage. By the utilization of this procedure one can achieve all the benefits in dermatological condition of scalp as well as psychological disorders. It is often performed in painful conditions or ulcerations of the scalp also. References regarding Shirodhara were collected from various textbook, published research papers, previous work done and compilation was done In-depth research was done on the Shirodhara concept and process.

Procedure:-
The Shirodhara procedure is split in to 3 parts; like Purva (Before Shirodhara), Pradhan(During Shirodhara) & Pachata Karma( After Shirodhara).

Purva Karma:-
Shirodhara Patra, Shirodhara stand, Shirodhara table, gauze, cotton earplugs, vessels, soft cloths, suitable oil, milk, or any liquid are necessary materials.

Preparation Of The Patient-
The patient is thoroughly examined whether he's fit with for procedure. Pulse, temperature and vital signs should be recorded after the patient has passed stool and urine. Patient is suggested to lie down in supine position and Dhara Patra should be fixed 4 Angula above the forehead. The attention and ear should be covered with cotton to prevent the entry of liquid into eyes.

Selection Of Sneha:-
Dharakalpa asserts that Sneha should be consumed in accordance with Dosha conditions. we are using sesame oil in Vata & Kaptha Dosha dominant diseases, Ghee for Pitta Dosha & Rakta Pradoshaja diseases, if any disease that have Vata, Pitta & Rakta in combined then Ghee & Tila Tail in equal quantity and if Vata Kaphaa & Rakta have in combined then ½ part Ghee and 1 part sesame oil.

Pradhana Karma:-
Shirodhara chamber must be thoroughly cleaned, well-ventilated, and quiet. After a massage, Shirodhara is performed within the morning on an empty stomach. Any liquid (water, milk, oil, and kvatha) should be stored in Dharapatra. Dhara should be continuously applied to the forehead, neither too quickly nor too slowly. Shirodhara liquid should not be too hot or too chilly. The Dhara liquid stream should not be excessively thick or thin. When the liquid begins to pour, the vessel is shifted during a pendulum-like motion from one lateral side to the other. The liquid is collected during a different container and used to fill the Dhara patra before it runs out of liquid. Up to 14 or 21 days, the Shirodhara treatment is performed for a minimum of half an hour in the morning (it is seen in general practice). When milk and water are use in Shirodhara, the liquid must be replaced every day. Dhanyamla are often used for up to 3 days at a time. The oil should likewise be changed every third day, but since it are often reused, it should be used for the primary three days in half, then for the subsequent three days in the other half, and on the seventh day, the primary and second halves should be mixed together before being thrown out.

Paschata Karma:-
The patient's head must be cleaned off and dried after the Shirodhara procedure. Following this, there's a little period of repose, an oil massage of the body and head, and eventually a warm bath. It's suggested that the patient receive a Pathya Ahara (light diet).

Indications Of Shirodhara:-
* Conditions involving aggravated Vata Vosha
* Attention deficit hyperactivity disorder
* Apasmar (Epilepsy)
* Anxiety disorders
* Brain-fag
* Irritability
* Hypertension
* Insomnia
* Phobia, depression and other neurological & behavioral disorders

Contraindications Of Shirodhara:-
* In Kaphaaaja Vikara
* Inflamed skin on the forehead
* Drugs or Alcohol Intoxication
* Pyrexia
DISCUSSION:

It has been demonstrated in clinical studies that Shirodhara is effective, although it is often challenging to comprehend how it works. Within the following methods, Shirodhara is effective. According to Ayurveda, the head, also referred to as Uttramanga, is the foundation for all of the sense faculties, or Indriyas (sensory organs), during a living being. Shirodhara thereby strengthens the Prana and therefore the Indriyas, which are typically vitiated in cases of psychological illnesses. Since Indriyas and therefore the mind are intimately connected, when Indriyas are in healthiness, the mind follows suit. Shirodhara maintains the wellbeing of the body and psyche. Stress and tension are often caused by an imbalance of Prana, Udana and Vyana Vayu, Sadhaka Pitta, and Tarpan Kapha. Through its mechanical impact, Shirodhara restores the functional integrity between various subtypes of Dosha.

Therapeutic Effect Of The Drug:

As per the principle of drug absorption, absorption of the substances through the skin depends on variety of factors, the foremost important of which are concentration duration of contact, solubility of medication, and fitness of the skin and part of the body exposed. In Shirodhara oil form is employed which has good dense concentration with longer duration of contact. Also the head the scalp is thin as compared to other part of body and absorption is faster and more from the scalp. (As per the principle of drug absorption maximum absorption is within the scalp region and comparatively oil is better absorbing then water.)

Dermal absorption: The skin is relatively permeable to compounds that are soluble in fat and comparatively resistant to those that are soluble in water. Because volatile oil molecules are so small, they will penetrate the stratum corneum when applied to the skin (the outer layer of the epidermis). The oil molecule leaves this location and travels through the dermis, capillaries, and into the bloodstream. Additionally, sweat ducts and hair follicles are used for absorption. The way oil molecule is absorbed depends on variety of things. Bloodflow to the skin’s surface is increased by both the pace of circulation and therefore the temperature of the skin, which increases the skin’s capacity to soak up oil. With massage, circulation and heat can be boosted.

Effect Of Shirodhara:

According to the "Law of Energy Conservation," every material has P.E. at a particular altitude, which transforms into K.E. when the substance descends from that altitude. Consistent with this concept, energy can only be transformed or changed from one form to a different rather than being generated or destroyed. The mass and height of the substance affect its P.E. If height is constant, P.E. is determined by the mass of the substance or mass energy; the more mass a substance has, the more energy it holds. Anything that falls from a specific height onto the forehead might modify the voltage and encourage the production of nerve impulses or emphasize the conduction of nerve impulses because of the change in the form of energy it generates. If the quantity of momentum is modest, the energy is absorbed by the cranium and therefore the magnitude influences the voltage differential between the creation and conduction of the nerve impulse. Modern physiology states that the brain continuously produces electromagnetic waves as a result of electrical activity. Consistent with contemporary physiology, the brain continuously produces electromagnetic waves, which the encephalogram records (EEG).

Effect Of Constant Pressure In Shirodhara Procedure:

The frontal bone's hollow sinus amplifies the constant pressure and vibration created by the Shirodhara technique. The spinal fluid serves as the medium via which the vibration is conveyed inward (CSF). Impulse transmission is additionally impacted by pressure. Shirodhara's technique involves applying sustained pressure to a nerve, which interrupts impulse conduction and causes some of the body to relax. By adjusting nerve activation, the trickling of medicinal liquid over the forehead for an extended period of your time induces mental peace and lowers stress. When the autonomic nervous system's nerve endings are stimulated, they release chemicals like acetylcholine, which is present in tissues in an inactive form and is activated by a impulse vibration caused by the constant pouring of liquid over the forehead. This stimulation of the nerve endings may cause Acetylcholine to cause a drop by blood pressure, which successively causes the central nervous system's activity to decrease, leading to mental tranquility. The strength of the patient's brain waves increases and therefore the level of cortisone and adrenaline in the brain lowers as Dhara Dravya (Medicated oil or any form of liquid) is concentrated and applied to his forehead. This element also functions as a Shirodhara anti-stress action.

On The Basis On Marma:

Consistent with ancient Ayurvedic texts, some Marma (Vital Spots) are found on the forehead and head region. This area
is usually home to Sthapni, Utshepa, Avarta, Shankha, and Apanga Marma\(^9\). Consistent with Acharya, the situation of Chitta is Bhela Bhrumadhya (between both eyebrows) (Mana). Sthapni Marma is additionally located there\(^9\). [Agni and Vayu Pradhana Mahabhoota structure the majority of the Marma in the head area\(^20\).

At the identical level as the pituitary and pineal gland is the Sthapni Marma site. Hormones regulate the pituitary gland's ability to work. It's the gland's master. It's capable of supporting the entire endocrine system in the human body. The endocrine system's imbalanced normal function was caused by mental stress and irritation\(^21\). Changes within the psycho-somatic level result from the stimulation of Sthapni Marma and indirect stimulation of the pituitary gland. Shirodhara therapy thereby relieves mental stress by maintaining this gland's normal function.

**Effect Of Temperature On The Shirodhara Procedure:**
The prolonged application of a continuous stream of warm liquid to the forehead will mildly dilate the blood vessels. Shirodhara increases bloodflow to varied regions and aids in regulating the brain's blood supply. The thalamus and therefore the basal forebrain may be activated by vibration and warmth, bringing serotonin a catecholamine levels back to normal.

**CONCLUSION**

Shirodhara is a crucial therapeutic technique in the Ayurvedic medical system, which has gained popularity throughout the world due to its ease of use and effectiveness in treating a wide range of illnesses and lifestyle conditions. It is a purifying and revitalizing therapy that relieves stress and any negative effects on the central nervous system, as well as toxins and mental tiredness. Shirodhara clearly has both a medicinal therapeutic benefit and a procedural effect based on the previous explanation. These can be understood in terms of mechanical, Marma, and Ayurvedic science. Shirodhara can be used to treat conditions affecting the scalp, hair, and mind.

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