



The procedural Review of Shirodhara its importance and applicability A Literary review.

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ABSTRACT

Stream of therapeutic oil, milk, buttermilk, etc. is continuously poured onto the patient's forehead from a predetermined height for a predetermined amount of time during a shirodhara therapy. Abhyanga, Parishek, Pichu, and Shirobasti are the four forms of Murdha Tail that Acharya Vagbhata has described; one is progressively more advantageous than the others. They include Shirodhara or Shiroparishechan. Many Disorders, including Ardhavabhedaka, Suryavarta, Ardita, Pakshaghata, Hanugraha, Akshishula, Nidranasha, Shirogata Vata, and Shirahkampa, were mentioned in our old textbooks as indicating Shirodhara. It is a highly Popular Panchakarma therapy in the present day, and this review paper defines the kind, process, indication, Contraindication, mode of action, problems and management, and evidence of efficacy, among other things, using an evidence-based approach

Keywords: Panchakarma, shirodhara, parisheka, prasechana, murdha Taila, insomnia, anxiety, neurosis.

INTRODUCTION

Shirodhara is one of the Bahya snehana (external Oleation therapy) procedures being Practiced in Ayurveda. The author Vagbhata grouped under group of Murdha taila[2] (process of anointing The head with oil). Technically this procedure is defined as a stream of continuous pouring of liquid over Forehead or scalp With specified time is known as the Shirodhara[3]. It can be done by different medicaments like Taila (oil), Takra (medicatedbutter milk), Kshira (alkali), Kwatha (decoction) etc[4], and Shirasheka, Shirodhara, Parisheka, Sechana are synonyms of Shirodhara[3]. It is not recommended for It is not recommended for Kaphavikaras (diseases of Kapha) due to its synergistic effect over Kapha. Kaphavikaras (diseases of Kapha) due to its synergistic effect over Kapha. Therapy

extensively indicated in Ardhavabhedaka (migraine) [5], [6], Suryavarta (type of headache), Ardita (facial palsy), Pakshaghata (stroke), Hanugraha (lock jaw), Nidranasha (sleeplessness), Shirogata Vata (diseases of the vata in the brain), and Shirahkampa (tremors in the head) [7], [8]. Apart from these uses, it is now also used to treat conditions like diabetes, hypertension, Psychosomatic diseases, pre mature graying of hairs, fatigue, and infertility etc [9]. Ayurveda placed a lot of emphasis on the process's results rather than its action. Although this therapy seems straightforward, it is actually quite complicated to comprehend how it works. There is no critical understanding of this therapy's apparent mode of action. Therefore, the goal of the current study was to develop a theory that would forecast Shirodhara's apparent behavior. To determine the potential mode of action of this therapy, a survey of the classical Literature on Ayurveda, yoga, and newly released research updates was conducted.

AIMS & OBJECTIVES:

The procedural Review of Shirodhara its importance and applicability: A Literary review.

MATERIAL AND METHODS

For the preparation study methods used is Ayurvedic Clinical literature, books & published authors.

• **Procedure** [10]:-Three steps make up the Shirodhara process [11]; like

1. Purva Karma (Before Shirodhara),
2. Pradhan Karma (During Shirodhara)
3. Pachata Karma (After Shirodhara).

1) **Purva Karma**:-Materials needed include Shirodhara Patra, Shirodhara stand, Shirodhara table, gauze, cotton earplugs, containers, soft cloths, and any liquid, such as milk or appropriate oil. Getting the patient ready: - The patient undergoes a comprehensive examination to determine his suitability for the treatment. Following the passage of feces and urine, the patient's pulse, temperature, and vital signs should be noted. It is advised that the patient lie supine and fasten the Dhara Patra four Angula above the forehead. Cotton should be placed over the ear and attention to keep fluids out of the eyes.

Selection of Sneha:-Dharakalpa asserts that Sneha should be consumed in accordance with Dosha conditions [12]. We are using Sesame Oil in Vata & Kapha Dosha dominant diseases [13], 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 Kapha & Rakta have in combined then ½ part Ghee and 1 part sesame oil. [14]

2) **Pradhana Karma**:-The Shirodhara room should be peaceful, well-ventilated, and well clean. Shirodhara is performed in the morning on an empty stomach after a massage. Dhara Patra is where all liquids, including water, milk, oil, and kvatha, should be kept. Applying dhara to the forehead continually is important; don't go too fast or too slow. The

temperature of the shirodhara liquid shouldn't be too high or low. There should be no undue thickness or thinness in the Dhara liquid stream. The vase is moved in an apendulum-like manner from one lateral side to the other when the liquid starts to pour. Before the Dhara patra runs out of liquid, the liquid is gathered in a separate container and utilized to fill it. It is usual practice to deliver the Shirodhara treatment for at least half an hour in the morning for a maximum of 14 or 21 days. The milk and water that Shirodhara uses must be changed daily. For up to three days at a time, dhanyamla are frequently utilized. The oil should also be changed every three days, but as it is frequently reused, it should be used 50% of the time for the first three days, then 50% of the time for the next three days. On the seventh day, the primary and second halves should be combined before being discarded.

3) **Paschata Karma:** The patient's head must be cleaned and dried after finishing Shirodhara therapy. After that, there is a little moment of relaxation, a head and body oil massage, and finally a warm bath. A Pathya Ahara, or light diet, is advised for the patient.

•Indications Of Shirodhar[15],[16] :-

- * Conditions involving aggravated Vata Vosha.
- * Attention deficit hyperactivity disorder.
- * Apasmar (Epilepsy).
- * Anxiety disorders.
- * Brain-fag.
- * Irritability.
- * Hypertension.
- * Insomnia.
- * Depression and other neurological and behavioral disorders, including phobias.

Contraindications Of Shirodhara[17],:-

- * In Kaphaja vikara.
- * Inflamed skin on the forehead.
- * Drugs or Alcohol Intoxication.
- * Pyrexia.

Post-Treatment Dietary and Lifestyle Recommendations [18]:

Following treatment, individuals are advised to avoid both physical exertion and emotional disturbances such as anger or grief. Environmental exposures like dust, wind, smoke, dew, or cold should also be minimized. Activities that strain the body or mind—such as fast driving,

excessive talking, prolonged standing, or even long walks—should be restricted. Daytime sleeping should be avoided, and at night, it's best to use a moderately elevated pillow—not too high or too low. The diet must have light and easily digestible meals (Hitakarak laghu ahara). Foods like Takra (buttermilk) or Yusha (light soups) enriched with black pepper and ghee are especially recommended.

Pariharakala – Period of Abstinence: During this period, the individual should follow a restricted, wholesome diet (Pathya) and exercise self-restraint (Jitendriya) until the effects of Dharakarma (therapy) are fully realized.

Dhara Dosha – Complications and Management [19]:

Improper application of Dhara therapy—such as administering it from an excessive height, starting too early, or delivering it too slowly—may cause adverse effects like a burning sensation, joint pain, fever, skin rashes, or bleeding tendencies. To manage these complications, the following interventions are recommended:

1. Gandusha (oil pulling or gargling)
2. Nasya (nasal medication)
3. Intake of herbal decoctions (Kashaya Pana) with dry ginger (Sunthi)
4. Light meals in the evening, particularly Yusha spiced with black pepper
5. On the third day, a medicated enema (Basti) with rock salt (Saindhava) should be administered

Benefits and Mechanism of Shirodhara Therapy:

Shirodhara, by calming the Prana Vayu in the head region, works to soothe the nervous system and stimulate the cerebral system. It proves beneficial for conditions such as insomnia, anxiety, stress, depression, fatigue, hair fall, and various Vata-related imbalances. It enhances sensory perception and promotes an enduring sense of peace and clarity. This therapy helps relax the frontalis muscle, promoting alpha brain waves and a sense of mental nourishment. It effectively calms the central nervous system, reducing cortisol and adrenaline levels. Although more research is needed to confirm its direct influence on melatonin—the sleep-regulating hormone—Shirodhara's calming effect is widely observed. It corrects imbalances in Prana, Vyana Vayu, and Sadhaka Pitta, which are commonly disrupted in cases of stress and mental tension. Given the pituitary glands pivotal role in responding to stress and regulating hormonal activity, Shirodhara's therapeutic effects extend to the entire neuro-endocrine system.

Therapeutic Applications of Shirodhara [20]:

Shirodhara has shown effectiveness in treating a range of conditions, including: Chronic daily headaches, Insomnia, Senile dementia, Motor neuron diseases, Residual schizophrenia,

Anxiety and depressive disorders, Parkinson's disease, Psychosomatic conditions such as IBS, peptic ulcers, and ulcerative colitis, Fibromyalgia, Skin diseases, Generalized cerebral atrophy.

RESULT AND DISCUSSION

Shirodhara is a very effective therapy and in this section, we have discussed the results of various Studies with their evidence

•Clinical research work on Shirodhara and their outcomes:-

1. Shirodhara showed a marked improvement in her serum stress markers. Additionally, it significantly improved the POMS Score grading procedure.[21]
2. Brahmi oil and Shirodhara work wonders for mild to severe insomnia. [22]
3. According to EEG data, Shirodhara has been shown to significantly lower heart rate, mean diastolic blood pressure, and respiratory rate while simultaneously increasing alpha rhythm and decreasing beta activity.[23]
4. The decrease in plasma noradrenaline and urine serotonin excretion demonstrates Shirodhara's shown anxiolytic impact. Children with attention deficit hyperactivity disorder, cerebellar ataxia, essential hypertension, menopausal psychological symptoms, premature ejaculation, generalized anxiety disorder, and insomnia are among the ailments it can help address.[24]
5. Takradhara, a form of Dhara treatment, has demonstrated a noteworthy function in alleviating diseases brought on by stress.[25]
6. According to a study, Shirodhara is a very good way to reduce ADHD symptoms.[26]
7. When it comes to treating Vatika Shirah Shoola's tension headache, Shirodhara is incredibly successful.[27]
8. According to a clinical investigation, Shirodhara is useful in treating children with attention-deficit/hyperactivity disorder (AD/HD).[28]
9. There is proof that Shirodhara, even when compared to Sarpagandha Vati, is highly efficient in treating essential hypertension.[29]
10. According to a study, Shirodhara is highly successful in treating Anidra, or sleeplessness, and fostering a sense of wellbeing in the patient without causing any negative or harmful side effects.[30]
11. In the psycho-somatic management of Shukraavrita Vata (premature ejaculation), Shirodhara was found to be beneficial for factors such as the number of penile thrusts, patient satisfaction, performance anxiety, voluntary control over ejaculation, and intra-vaginal ejaculatory latency time.[31]

12. Shirodhara was shown to be highly helpful in Pakshaghat, particularly with regard to cerebral ischemic stroke. This technique yielded notable improvements in the MPG gradation score as well as the upper and lower limb power in Pakshaghat. [32]
13. Shirodhara was proven to be highly beneficial in treating stress-induced sleeplessness (Anidra) in a clinical investigation.[33]
14. Ksheerdhara was proven to be useful in lowering both the diastolic and systolic blood pressure as well as alleviating the symptoms of essential.[34]

CONCLUSION

A popular form of Murdha Tail in Panchkarma treatment is Shirodhara. Shirodhara is synonymous with Dhara, Parisek, and Paricsechan. Chronic headaches, sleeplessness, senile dementia, motor neuron disease, residual schizophrenia, anxiousness, depression, Parkinson's disease, psychosomatic disorders (such as ulcerative colitis, peptic ulcer syndrome, and IBS), fibromyalgia syndrome, skin conditions, and generalized cerebral atrophy are among the conditions for which it is indicated. We have included fourteen scientifically conducted research throughout India by a variety of subject matter specialists in this post. When combined with other therapy techniques, it has been shown to be highly beneficial in treating a number of conditions, including cerebral ischemic stroke, psoriasis, ADHD in children, Shirah Shoola, essential hypertension, and premature ejaculation. According to numerous studies, this therapy can be highly helpful in reducing a variety of conditions if used with other medications and under the supervision of a specialist in the relevant disorders.

Conflict of Interest- None

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