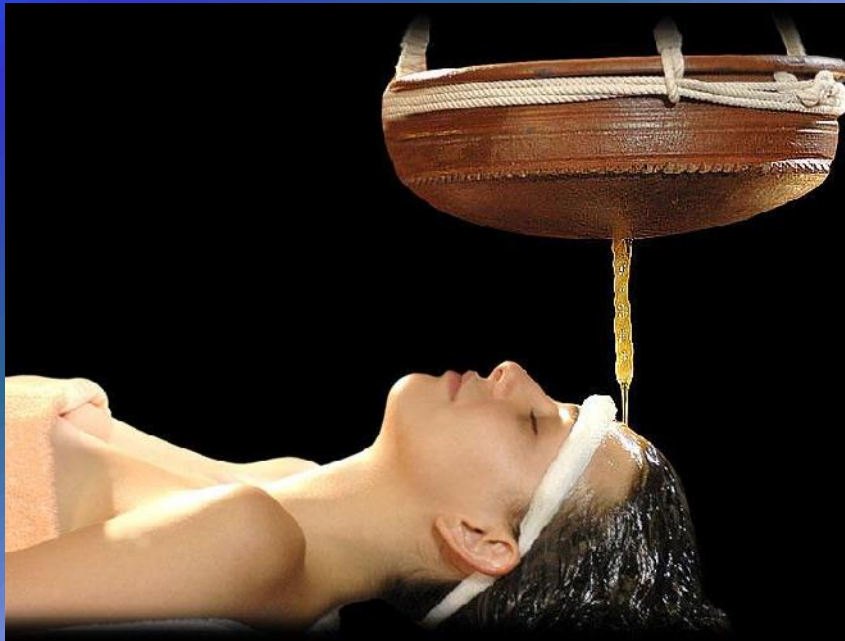


# SHIRODHARA – A CRITICAL ANALYSIS



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# INTRODUCTION

- **Shirodhara** is an ancient Ayurvedic healing practice performed in India for over 5,000 years.
- The word shirodhara breaks down into two ideas: “shiro,” meaning **head**, and “dhara,” which means **flow**. Together they form a concept that aims to bring physical and emotional balance by rejuvenating the spirit and preserving health.
- This is achieved through a relaxing technique in which warmed oil is poured over a pt’s forehead for an extended period of time.
- It is one among moordhni taila explained by diff acharyas
- There are specialized **forms** of shirodhara called tailadhara, ksheeradhara, takradhara and jaladhara.

CONTD...

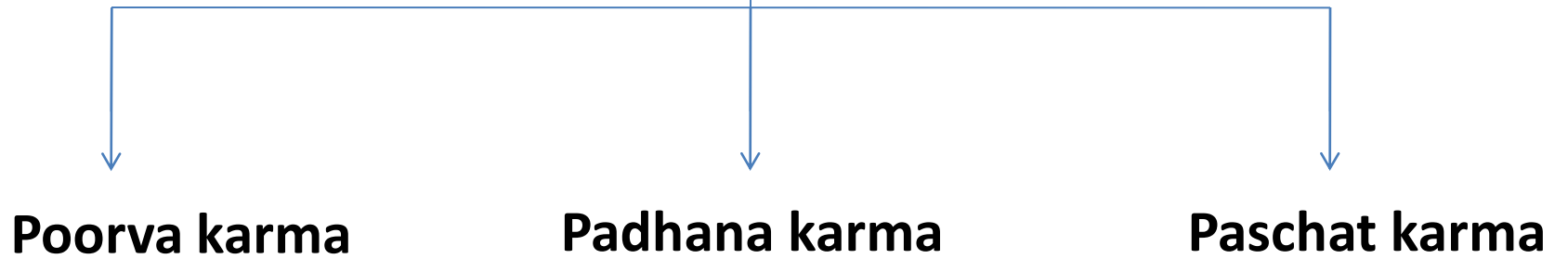
- Procedure
- Guna
- Arha
- Anarha
- Mithya yoga
- Critical analysis
- Conclusion

# Moordhni taila

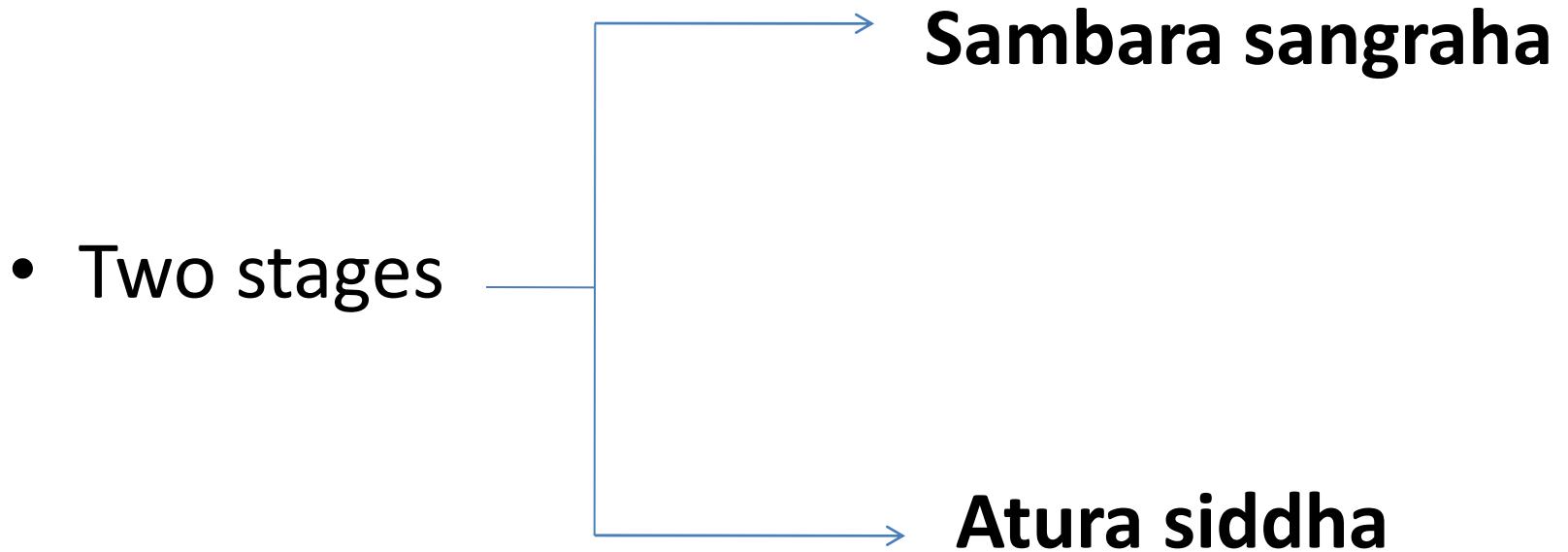
- It is one among Moordhni taila. -Su.Su.
- Moordhni means retaining taila for a stipulated time over the head.
- Acc to Vagbhata 4 types-
  - i) Shiro abhyanga
  - ii) **Shiro seka or dhara**
  - iii) Shiro pichu
  - iv) Shiro basti

# Shirodhara

Vidhi



# Poorva Karma



# Sambara sangraha

- Droni
- Dhara patra & dravya
- Bhesaja
- Paricharaka

# Droni





# Materials required for the preparation of droni

Plaksha

Ashoka

Amra

BilvaNimba

Agnimantha

Gandhasara

Nyagrodha

Kapitta

Udumbara

Asana

Champaka

Khadira

Arjuna

Varuna

Punnaga

Bakula

# Droni Pramana

- Length – 4 Hasta
- Breadth – 1 Hasta
- Height –  $\frac{1}{4}$  th Hasta

# DHARA PATRA



# Materials required for the preparation of dharapatra

- Mrittika
- Swarna etc loha patra
- Size of Patra nalikagra is equal to the size of the kanista anguli of the patient
- Dravya matra in dhara patra – 128 karsha

# Paricharaka guna

- Anurakta
- Saavadhana
- Shubha
- Should take care of the patient

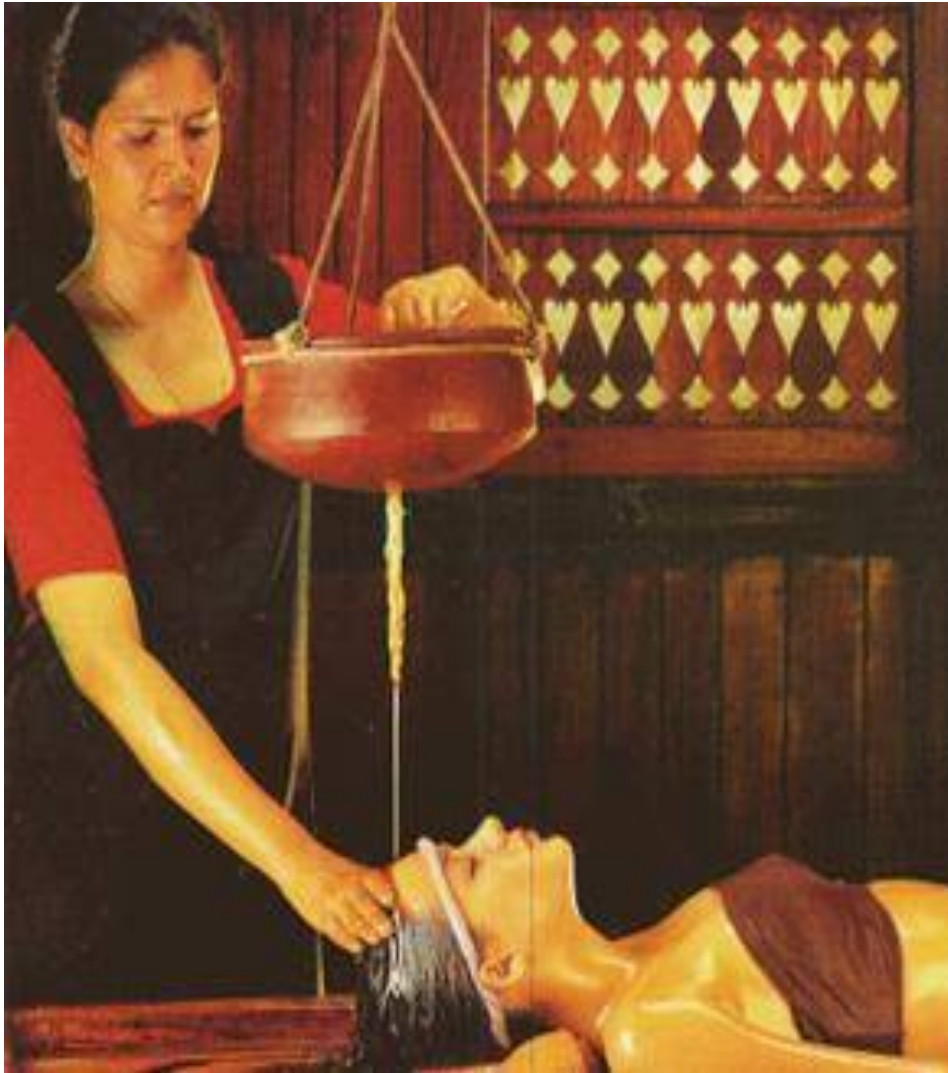
# Aatura siddha

- Pt should lay down in supine position on the droni with calm mind
- Closing the eyes of patient with cotton.

# Bheshaja siddha

- Sneha dravya preparation – sukhoshna dravya should be used
- Preparation of dharapatra, filling of patra with sukhoshna sneha dravya

# PRADHANA KARMA





# Pradhana karma

- Pt should be in comfortable supine position
- Dhara patra should be retained in the center of the head
- Dhara started initially in centre of the head for 5min
- Later oscillated from centre to lateral sides of head
- Height of the dhara patra should be 4 angula from the head.

## Contd...

- Temperature of the dravya should be maintained through out the procedure
- Continuous flow is maintained
- Care should be taken while oscillating dhara patra, so that it should not spill on the face
- Duration :- 30-45min
- At the end of the procedure again dhara should be poured at the centre of the head for 5min
- Course – 7, 5, 21 days

# Paschat karma

- Thorough head wash with sukhoshna jala
- Removal of cotton pad and wiping the eyes with clean cloth
- Advise patient for head bath with sukhoshna jala
- Patient should avoid exposure to cold, dust, wind

# Moordha taila guna

- Uttarottara shrestha:- abhyanga, seka, pichu, shirobasti
- Abhyanga- rukshata nasha
- Parisheka – kandu,daha, shopha, vrina, kleda
- Pichu – kesha sputana
- Shirobasti – vata shamaka

# Contd...

- **Regular shirodhara enhances blood circulation to the brain, improves memory, nourishes hair and scalp, assists in providing sound sleep and calms the body and mind.**
- **Shirodhara is one of the most effective treatments for reducing stress and nervous tension.**
- **Ultimate mental and emotional relaxation therapy**
- **Beneficial for many diseases connected with the head, neck, eyes, ears, nose and throat**
- **Beneficial for many diseases of the nervous system like nerve disorders, facial palsy, paralysis and ptosis (drooping) of the eyelids.**
- **Beneficial for curing long standing insomnia and schizophrenia**
- **Prevents hair lose, premature graying and cracking of hair**
- **Relieves headache and burning sensation of the head**
- **Nourishes and rejuvenates the body**
- **Stimulates the nervous system giving sturdiness to the body**
- **Improves digestion**

# Contd...

- Sharpens the sense organs
- Gives strength to the neck and head
- Improves the health of the skin
- Cools the body and relieves pain.
- Helps relieve fatigue, tension, anxiety, anger, chronic headaches, rheumatism, hypertension, asthma, hair problems and stress
- Rejuvenates the entire face
- Activates the **pituitary gland**
- Increases spiritual awareness
- Regulates mood and depression disorders
- Activates the memory & stimulates the 6 & 7th charka which regulates our breathing patterns.
- It improves concentration, intelligence, confidence

# Contraindication

- Full stomach
- People with severe anxiety and combined control issues
- Pregnancy
- Recent neck injury
- Alcoholism
- Abrasions or cuts on head
- Rashes on forehead or scalp

# Pathya

- Takra or yusha prepared out of maricha, ghrita, katu etc
- Hitakarak laghu ahara



# Apathya

- Vegavarodha
- Vyayama
- Krodha
- Shoka
- Hima, atapa maruta sevana
- Chankramana
- Prayana
- Divaswapna
- Dhooma sevana

# Atiyoga laxana

- Daha
- Shira & shareera sada

# Critical Analysis

- SNEHA
- MASTISHKYA
- MAJJADHARA KALA
- VATA PRADHANYATA
- ANATOMICAL
- PHYSIOLOGICAL
- FLUID DYNAMICS

# CONCLUSION

- Based on drugs – it is both samanya & vishesha chikitsa
- Both preventive & curative
- Shirodhara is said to be a uttama chikitsa for all shiroroga & vatavyadhi

THANK U ...