

CONCEPTUAL STUDY OF SHIRODHARA

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Abstract: Shirodhara is a classic remedy Urdhava jatrugata vikaras. Properties and instrumentation are available in classical Ayurveda But Dara his Kalpa is the doctrine of the southern family Vaidyas. India explains everything from its instrumentation. As the name suggests, Shirodhara is formed from two different terms: la (head) and Dhara (flow) is the pouring of liquids such as herbal decoctions, medicated oils and medicated milks. Sprinkle medicated buttermilk, water, etc. over the head in a steady rhythm height for a period of time. The continuous flow of Shira's Shirodhara can enhance Dhi (intelligence), Dhiriti (restraint/restraint), Smirti (memory), that is, there is a balance between Raja and Smirti. Improving Tama Doshas and Satva Gunas. Shirodhara with its mechanical action Restoring functional alignment between the doshas located in the sira, especially the prana, Vyana Vayu, Sadhaka Pitta and Tarpaka Kapha. Shirodhara can stimulate them Causes improvements in the forebrain and behavior, concentration and intelligence. Shirodhara It can stimulate it through an osmotic effect that lowers cortisol and adrenaline in the brain. Level up, synchronize your brainwaves, strengthen your mind and soul, and provide relaxation. Some previous research has been done on Shirodhara, but to increase its scientific validity Shirodhara studies should be conducted in larger populations under different clinical conditions in various groups.

Introduction

Panchakarma is a traditional Ayurvedic detox for the mind and body that promotes rejuvenation. Dhara literally means "to flow". Dhara is the procedure of pouring a liquid over the forehead, whole body, or certain parts of the body in a certain rhythm for a certain period of time. In a dala, oils or medicinal decoctions flow into the body through the pores, triggering healing mechanisms in the body and mind to restore health. Synonyms of Dhara are Dhara, Seka, Pariseka, Avaseka, Sechana and Prasethana.

Based on the field of application, there are three types of dala. Shirodhara (head), Sarvanga Dhara (whole body), Pradeshka Dhara (particular part of the body) ⁽¹⁾. It is classified into Abhyanga, Seka, Pichu and Basti. They say he is Uttrottara Gunapada (more effective) ⁽²⁾. His Dhara Kalpam of Sahasrayogam is regarded as the authentic textbook of His Dhara of various kinds.

Classical Ayurvedic texts consider Shira Pradesh as Uttamanga and Pradhana Marma. This is where the prana of the body is located and controls all the senses and functions of the body. Its importance is not only justified by its mere function, but also by the prahdhanas such as chatradrana, nasha and shiroabhyanga. Special procedures are mentioned in both Dincharya and Ritucharya for its protection, as well as the prevention of disorders that threaten marma. Acharya Vagbhatta notes this importance and collectively he mentions a specific set of procedures known as Murdhni Tailam⁽³⁾ to prevent confusion related to Shirah Pradesh.

Based on the abstract Shirodhara, as the name suggests, Shirodhara is formed from two different terms *Shira* (head) and *Dhara* (flow) and is used to describe liquids such as herbal decoctions, medicinal oils, medicinal milks, medicinal buttermilk, and water. Pour continuously according to the rhythm. Overhead above a certain level for a certain period of time⁽⁴⁾. A constant flow of shirodhara to sila can improve di (intelligence), diriti (inhibition/preservation) and smirti (memory). Through its mechanical action, Shirodhara restores the functional integrity between the doshas in the silas, especially the prana, and the vyana vayu, sadhaka pitta and tharpaca kapha. Shirodhara stimulates the forebrain and improves behavior, concentration and intelligence. Shirodhara can lower cortisol and adrenaline levels in the brain, synchronize brain waves, strengthen the mind and spirit, and stimulate it through an osmotic effect that provides relaxation. Studies have been conducted, but in order to increase their scientific validity, shirodhara studies should be conducted on larger populations under different clinical conditions in different populations. Used in Dravya Dhara are Taila (oil), Takra (buttermilk), Kshira (milk), Kwatha (decoction) and Jala (water) Dhara. Dravya can be selected based on the patient's prakriti. Sneha of Vataja, Kushira of Pittaja, Takla of Kapaja. Based on the dravya temperature, depending on the dosha state, the dhara can be performed as an ushna dhara or a sita dhara. In vata kapha states, it is better to use warm dhara dravya to avoid the ama doshas of slaughter. In the state of pitta rakta, dhara dravya can be chilled to calm pitta dosha conditions. It is used as a unique and effective remedy based on Dosis status by bringing about changes in the process of Dhara Dravya and Dhara.

These steps are:

1. Shiro Abhyanga: A head massage with oils containing specific dosha soothing oils.
2. Shirahseka: Pouring of liquids (unctuous and non-unctuous) on forehead and head.
3. Shiropichu: A cloth soaked in a special oil, is placed on the head.
4. Shirohbasti: Use a leather cap to hold the oil on the head for a while period.



Step 2 Shirahseka



Step 3 Shiropichu

The strength and effectiveness of these procedures increase in the same order. So Shirobasti is the most powerful procedure of all, followed by Shiropichu⁽⁵⁾.

Shiraseka, commonly known as Shirodhara, is an important practice of this group, Abundant compared to other methods practiced with Shiro Abhyanga. Traditional Practices of Shirodhara and Their Effectiveness in Various Mental and Stressful Situations guided interference not only popularized it, but also led to its modernization. Instrumentation that reduces labor and waste of required raw materials. Modern spa therapy has introduced shirodhara as an integral element, which is used by many Developments of the manufacture and function of the instrument. This Induction not only made Shirodhara popular among classical practitioners, among those seeking therapy for relaxation purposes. The classic cast of Shirodhara: The classical Shirodhara instrument consists of two instruments.

Important components:

- A) Dharapatra with Shirodhara Stand
- B) Droni

A) Shirodhara and Dharapatra are standing.

A jar consisting of gold, silver, other metals, and even clay is described as a Dharapatra in the book Dharakalpa, which contains information about Dhara karma 1536gm. The vessel's base should have a perforation that corresponds to the little finger's middle joint⁽⁶⁾. With the use of cords tied around the vessel's rim, this vessel is suspended from a stand. To ensure continuous flow of the substance, an appropriate wick needs to be suspended from the base of the object. The wood Shirodhara stand has a hook at the top end for hanging the Dharapatra. The height of the traditional stands was fixed and could not be changed.



Image I - Classical Shirodhara Instrument.

B) Droni

Droni is made from particular plants, such as Plaksha, Udumbara, Gandhsara, etc., that have vata-reducing characteristics. Droni should have the following dimensions: four Hasta, or 72 inches long, one Hasta, or 18 inches wide, and a quarter Hasta, or 4.5 inches high. The foot end of the Droni should have an outlet to enable spent liquids flow out⁽⁷⁾. The proximal or head end and the

distal or foot end should each have two compartments. The Droni's head end should be 18 inches in diameter. It ought to be firmly set down and have a level surface. The table should have sturdy arms and legs.



Preparation for the Shirodhara treatment:

The materials required for the procedure are assembled beforehand. As follows: Use of a number of medicinal fluids is used to complete Shiro Dhara. Taila (herbal oils) for Shirodhara with Taila Oil is the primary component required for Taila Shirodhara (stream pouring of herbal oils). The oil must be coconut oil, herbal oil, or sesame oil (unless otherwise specified). According to the patient's constitution or the type of morbidity, medicinal oil (oil treated with herbal decoctions) is prepared. These days, it is not practicable to prepare medications instantaneously because neither pharmacies nor all the raw materials required to prepare various medicated oils are always available at the same time.

In these situations, the physician should carefully plan and make a short list of a few oils listed in the classics that can be typically utilised to treat a variety of illnesses. The pharmacy or hospital must prepare these medications. As an alternative, the medications (medicated oils) are now easily accessible in bottled form. They must be gathered in advance, and stocks of them must be preserved. Prakriti (constitution), Vikriti (morbidity or type of disease), and Dosha (involving dosha) particular oils must be used ⁽⁸⁾.

Procedure for Shirodhara Treatment

After consulting with your doctor, select the prescribed Shirodhara oil.

Clients are advised to lie down on a special wooden table with their neck and head comfortably positioned.

Pour a stream of warm medicated oil from a dedicated container onto the center of the forehead in a slow and steady stream to perform a Shirodhara scalp massage.

Different liquid mediums are used in dharas depending on individual health concerns.

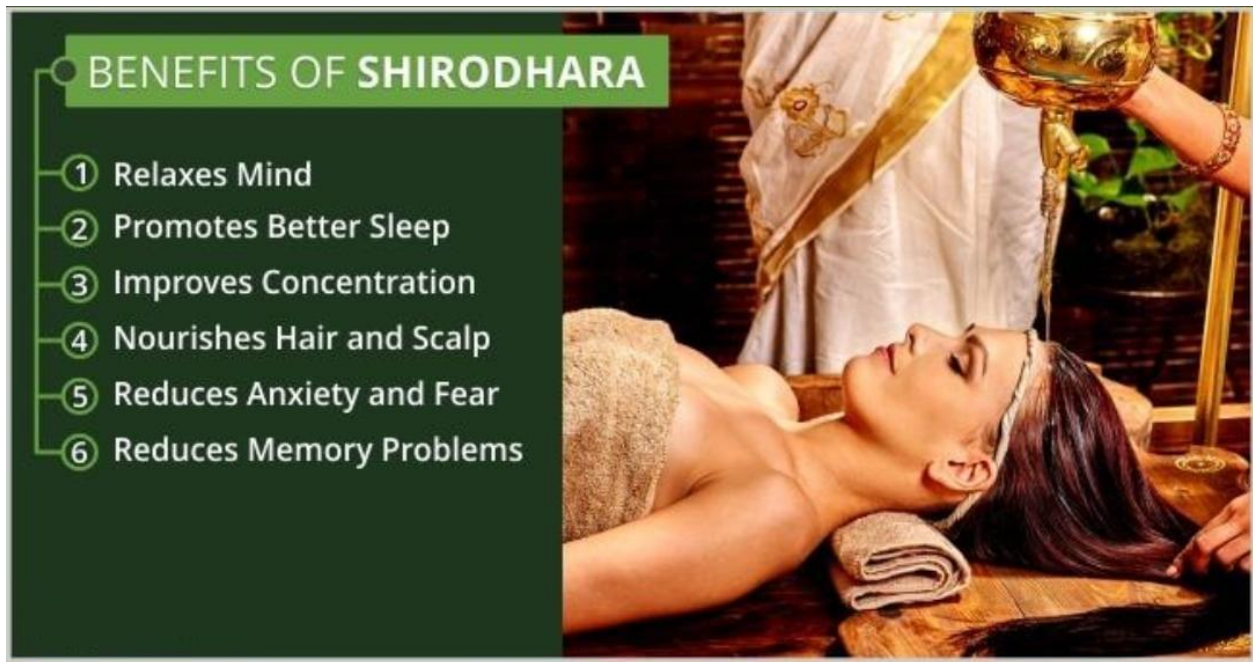
Medicinal shirodhara oil, milk, buttermilk, delicate coconut water and decoctions of herbal extracts are some of the liquids used. According to Shirodhara, there are no restrictions, but you cannot take a bath after the treatment.



Benefits of Shirodhara

Relieves Stress

Stress is the body's reaction in the form of physical or makes one feel angry, frustrated, or nervous. Treatment holds high significance in alleviating stress from the mind and body. Once your body is in a deep state of relaxation, Turn on the mode of the parasympathetic nervous system. Increased brain activity reduces stress hormones. Wave (insert wave) transitions to Relaxed Arousal (Alpha) Through this transition, the body stores energy and Relaxes muscles, widens blood vessels and slows ⁽⁹⁾.



Shirodhara for Hypertension

Shirodhara treatment induces potent vasodilatory effects on the body. If oil drops in the center of forehead Activates and assists the forehead , Agnya Chakra. Dilate blood vessels and improve blood flow through the body. It not by normalizing blood flow Not only does it improve heart function, it strengthens them Cardiovascular endurance that raises blood pressure. Treats high blood pressure and abnormalities due to stable levels Pressure reading ⁽⁹⁾.

Shirodhara for Cognitive Abilities

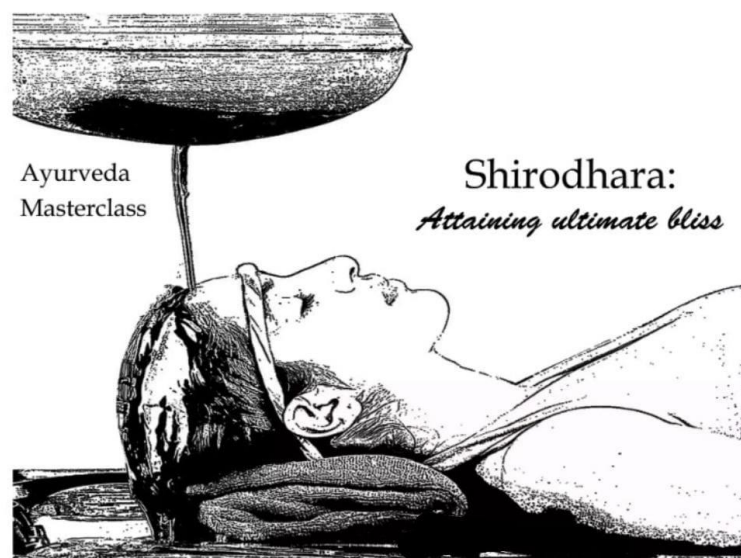
The oils used in this traditional remedy have powerful brain-activating properties. Rich in powerful antioxidants, flavonoids, effectively increase concentration, memory, concentration, composure, alertness Shirodhara oil is rich in neuroprotective elements.

Shirodhara of depression

Shirodhara therapy is of great value in treating differences types of psychotic problems such as depression, dementia, Restlessness etc. Thanks to the powerful anti-stress, anti-depressant and anti-anxiety properties of herbal oils. When used, the treatment balances brain chemicals. Increases neurotransmitter and dopamine release Second, keep serotonin levels under control and contribute to it. It reduces various symptoms of anxiety and depression ⁽⁹⁾.

Mechanism of Action

The forehead or "ajna chakra" or "third eye" has a very concentrated nerve supply. The pressure of the oil on the forehead creates vibrations. Shirodhara oil saturates the forehead and scalp, further penetrating the nervous system, creating a calm state of mind and inducing natural sleep.



Which Oil is best for Shirodhara?

Most often, Ksheer bala tailam (a mixture of Bala herb paste, sesame oil, and cow's milk) is used for Shirodhara. Other varieties are Chandanadi Tairam, Karpasastyadi Tairam, Narayana Tairam and Dhanwantharam Tairam.

If the above herbal oils are not available, sesame oil can be used for shirodhara massage. Rich in antioxidants and active ingredients such as sesamin, sesaminol, and sesamol, this oil controls serotonin activity in the brain. It not only calms and soothes the mind,

but also helps relieve stress and promote sleep. Shirodhara oil blended with nerve herbs is also beneficial in treating people suffering from post-traumatic stress disorder.



Different Types of Shirodhara Massage.

Shirodhara therapy typically uses various types of herbal oils or infusions to create a feeling of calmness in the mind and body. Depending on the type of liquid used, they are divided into the following types:

1. Taila Dhara (Thaila Dhara):

Thailadhara massage uses one type of oil or a blend of multiple Ayurvedic oils.



2. Dugadha Dhara (Ksheerdhara):

The main ingredient in Dugada Dhara is milk.



3. Takra Dhara (Thakradhara):

Takla Dala uses mainly buttermilk as the main ingredient.

4. Kwatha Dhara (Decoction):

Depending on the diagnosed condition or dosha imbalance, the main ingredients of Kwatha Dhara consist of decoctions made from various herbs.

5. Jala Dhara (Aqueous Formulation):

Often used for pitta imbalances in the body. This type of treatment primarily uses coconut water as the main ingredient of the treatment.

How does Shirodhara work?

An infusion of oil or other liquid, when poured on the head and scalp, creates a soothing sensation in the muscles of the head that travels to the brain via the superficial peripheral nerves in the forehead. It treats conditions such as insomnia by regulating pituitary gland activity and inducing sleep. Shirodhara also stimulates various vital points around the head and improves blood circulation. The warm herbal oils used cause vasodilation of all blood vessels and improve blood circulation in the brain. Massage lowers levels of serotonin, a neurotransmitter that stabilizes mood, health and well-being. Shirodhara also reduces levels of stress hormones such as adrenaline and norepinephrine, relaxing the mind and relieving stress and tension. It also helps alleviate many types of psychosomatic disorders such as stress, tension, depression, and anxiety.

Conclusion

A new era has opened with a new approach to traditional procedures for performing procedures. Opportunity for Ayurvedic Health Professionals. Shirodhara on one side

Popularized by new ways of performing procedures, while their overall method

Healing is gradually being replaced by mechanical approaches. The advantage is in time and money. Balanced against what is achieved by classical Pranic healing concepts. Shirodhara is Widespread as a stress reliever, the cure is underrated. Because so many people choose it for different purposes. There have been changes throughout. To improve the prospects of this procedure and maintain its integrity, gradually the approach should be preserved in its original form. But spa therapy is making it popular. Procedures, but at the same time the way in which the procedures are carried out must be standardized. Benefit from the aesthetic treatment of this disease.

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